



Be part of shaping mental health in Lancashire

The most important person in managing a mental health condition is the person themselves.

We therefore want to involve a wide range of people living with a mental condition from the ideas stage onwards, to inform and shape our vision to improve mental wellbeing for all in Lancashire.

This “Lived Experience Network” will be central to determining and shaping the future activity of Lancashire Mind directly and the delivery of the partnership strategy “A Blueprint for Lancashire” (This is available on our website).

There is requirement to have had previous contact with Lancashire Mind.

What will I do?

You will be kept up to date with developments to provide you with regular opportunities to have your say on new activities including new projects, leaflet designs, campaign ideas and more.

You will also be invited to regular meetings across Lancashire to discuss and share ideas in a relaxed group setting. These meetings will be chaired by Geoff Smith who has personal experience of mental health conditions. The meetings will also be supported by a member of staff from Lancashire Mind.

There is no commitment to come to every meeting and the meeting venue will move across Lancashire. We aim to come to each area twice a year:

- Blackburn with Darwen
- Blackpool
- Central Lancashire
- East Lancashire
- North Lancashire
- West Lancashire

If you are unable to attend a group meeting you will have opportunity to comment on the planned discussions by email or phone.

Please note: The group is for specific discussions to help shape the approach to mental health in Lancashire and is not a peer support group for personal conditions or experiences.

Getting involved

If you are interested in getting involved or for more information contact Lancashire Mind on:

01257 231650 or email: info@lancashiremind.org.uk