

You are invited to the next

Croydon Mental Health Forum

We will be meeting on **Wednesday 28th September 2016, 1:00-3:30**. The meeting will take place at the CVA Resource Centre, 82 London Rd, Croydon, CR0 6UT

Who's it for? People who use or have used mental health services, carers, the voluntary and community sector and anyone with an interest in improving mental health in Croydon.

What's it about?

- It's about providing a space to **discuss topics** important to you concerning mental health.
- A chance to **network** with other users, carers and voluntary sector groups who you might not normally meet.
- A place to **share ideas**, collectively campaign on mental health issues and enhance understanding of different perspectives.
- A forum to feed into and **influence** the planning of mental health services in Croydon.
- A place to get **up-to date information** on mental health matters. .

What will happen at the forum?

Each forum meeting has a different focus which is decided by forum members. We invite relevant speakers and organise sessions so people have the chance to share their experiences and ideas. The focus on 28th September is:

Getting Your Voice Heard: Influencing Mental Health Services

We will map out difference ways people can comment and influence Mental Health Services in Croydon and share ideas about how to support people to get their voices heard.

What do I do if I am interested?

You can book a place at the forum via the CVA website

www.cvalive.org.uk/news-events or you can email Hilary.bell@cvalive.org.uk

