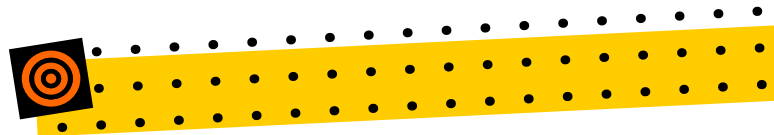


April 2015



### Want to get involved?

The Westminster Forum for Mental Health welcomes all users of mental health service users who live in Westminster. Whatever your age, whatever your diagnosis, whatever your ethnic background, race or sexual orientation—you will be very welcome!

You can get involved in various ways:

- ◆ Attend the monthly meetings (when you want to and have time)
- ◆ If meetings are not your thing, we will involve you in other ways—for instance, by contacting you about work projects, keeping you updated with a regular newsletter and emails, as well as offering you training and support to take part in projects.

### For details please contact:

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Wandsworth & Westminster Mind | Radstock House |  
5 Eccleston Street London SW1W 9LX | Tel: 0207 259 8100  
email: [briddell@wwmind.org.uk](mailto:briddell@wwmind.org.uk)



*Westminster Forum for Mental Health is funded by Central & West London CCGs and hosted by Westminster Mind*



## Westminster Forum for Mental Health



### Speaking up for mental health service users in Westminster!

- Consulting service users
- Commenting on services
- Changing services for the better

# Westminster Forum for Mental Health

## Who are we?

We are an independent group of people who use mental health services in the Westminster area, which stretches from Pimlico to Queen's Park.

*"I don't want to just tick boxes – I can do much more"*  
*Westminster service user*

The Westminster Forum is funded by CCGs in Central and West London and hosted by Westminster Mind, but is still an independent group.

## What do we do?

We listen to the views and experiences of people who use mental health services in Westminster.

We then feed these comments back to the people who commission mental health services to ensure they meet people's needs.

## When & where do we meet?

We meet once a month in the morning at Westminster Mind's offices which are a few minutes from Victoria station and wheelchair accessible.

Meetings are friendly and jargon-free and we finish with a free sandwich lunch (optional).



Are you a service user?

Join us!

## Examples of our work include:

Go4Mental Health: listing of local groups and services ([www.go4mentalhealth.com/servicedirectory](http://www.go4mentalhealth.com/servicedirectory)) developed by service users.

Code of conduct: developed to make meetings with mental health staff less intimidating for service users.

Interviewing NHS staff: service users sitting on interview panels for senior NHS staff.

Police training: ensuring police officers understand from service users what it's like to come into contact with the police.

We want to hear from you! The NHS is committed to listening to the views of people who use mental health services (these people are called patients, service users, clients, people with lived experience, survivors, etc). The Westminster Forum wants to hear from all service users in the Westminster area. What's been good about your treatment or service? What could be improved?

*If you'd like to get involved, then we'd love to hear from you! Details on page 4.*