Invitation: Commission for Equality in Mental Health in Manchester

# About the Commission

Centre for Mental Health is an independent charity currently leading an 18-month investigation into mental health inequalities: the Commission for Equality in Mental Health. The Commission is investigating what causes inequalities in mental health and what can be done to prevent them and ensure those who have a higher risk of a mental health difficulty get better help.

The Commission is holding a series of workshops in Greater Manchester to hear from people who have experience to share. It is seeking the views and experiences of people and organisations who know about this first-hand. It wants to hear from people who have lived through a mental health difficulty themselves and from people who are involved in initiatives that seek to improve mental health in their community.

# Let us know you’re coming

Workshops will be an opportunity to share your views and experiences with researchers about what can be done to improve mental health, especially in communities that don’t get listened to. We are holding four workshops, each with a different focus. Click on the links below to see more details and to let us know if you’re coming.

[**Workshop 1 (morning): 27 November, 10.00 - 12.00**](https://www.eventbrite.co.uk/e/commission-for-equality-in-mental-health-womens-workshop-tickets-78958375627)The first workshop will focus on women’s experiences. It will be held at the Oldham Library.

[**Workshop 2 (early evening): 27 November, 16.30 - 19.00**](https://www.eventbrite.co.uk/e/78966285285)The theme will be young adults and students. It will be hosted at the University of Manchester.

[**Workshop 3 (morning): 5 December, 10.00 - 12.00**](https://www.eventbrite.co.uk/e/78966744659)This workshop will focus on men’s experiences. It will be hosted at the University of Manchester.

[**Workshop 4 (early evening): 5 December, 18.00 - 20.00**](https://www.eventbrite.co.uk/e/78967258195)Our final workshop will not be centred on a particular group – we invite people with a range of experiences to come and share. It will be hosted at the University of Manchester.

# Workshop details

* Workshops will be facilitated in an **inclusive** and **respectful** way.
* Light refreshments will be provided.
* Each will have no more than 20 attendees. Places are limited and you must register to attend.
* The Centre will reimburse travel expenses on presentation of a receipt (public transport, unless this is inappropriate for you – please let us know in advance).
* The Centre will also offer an incentive of £20 for people who attend to represent their own lived experience or who volunteer in a non-paid role relevant to the workshops.

*If you want to register and are having problems, or want more information, please contact Emma Bailey (**emma.bailey@centreformentalhealth.org.uk**) or Louis Allwood (**louis.allwood@centreformentalhealth.org.uk**), or call Louis on 07824 708 855.*