

# Women's Mental Health Peer Support Programme Advisory Group

## Recruitment of Advisors who have relevant personal experience

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Agenda, the alliance for women and girls at risk, and Mind are working together to set up the Women's Mental Health Peer Support Programme with the aim of increasing the opportunities for women to support each other through mental health problems. The programme will focus on women who are facing a number of challenges including homelessness, drug and alcohol misuse, offending and mental health problems. It is funded by the Department for Digital, Culture, Media and Sport (Tampon Tax fund).

The advisory group will help the programme to deliver its overall aim of providing women with mental health support across England and Wales. The group will help oversee the programme including its set-up, delivery and learning. It will help ensure that the programme is useful to the women who use it and that women have a say in how it works.

We are looking for four women to contribute to the advisory group by bringing their own experiences to the table. We are looking for women who can draw on their experience of challenges such as homelessness, drug or alcohol problems, offending and/or mental health problems. We are keen to have the contributions of women who themselves have given support to or received support from other women.

### Details of the programme

The programme will enable the provision of support to around 5,000 women through four key strands:

- **A grants programme:** Produced and delivered by the women's, mental health and grants sectors, it will give out 85 grants regionally across England and Wales.
- **Learning events:** Four events to take place during 2019 with grant funded projects that will provide tools, resources and training on how to run, manage and evaluate mental health support for women provided by their peers.
- **An independent advisory group** that will provide strategic direction to the programme, overseeing the set-up, delivery and learning from the programme.
- **An evaluation and sustainability programme** that will raise awareness of the value of peer support for women and how to access it.

## **Role of Advisors**

We want advisors to carry out the following tasks:

1. Advise on the range of activities - particularly shaping the development of the grants programme - that contribute towards the achievement of the programme's objectives.
2. Provide expertise of the issues faced by women with experience of mental health problems and facing other disadvantages.
3. Support the effective monitoring and evaluation of the programme.
4. Make recommendations on how women with personal experience can be at the heart of the programme in its design, planning and delivery
5. Consider ways and advise on how the programme can reach diverse communities, including women from Black, Asian and minority ethnic communities.
6. Receive and review reports about aspects of programme delivery and evaluation and use these to inform your advice and opinion.

## **As an advisor we ask you to:**

1. Actively participate in advisory group meetings and read minutes and papers in preparation for meetings.
2. Be part of the group for the lifetime of the group (1.5 years).
3. Ensure equality of opportunity is promoted through all aspects of the programme's work and relationships.
4. Be keen to work as part of a diverse group.
5. Respect confidentiality of matters discussed at the advisory group.

## **We are looking for advisors who can bring valuable experience, knowledge and skills**

We do not expect all advisors to have all of the following attributes as we are looking for a range of experiences, knowledge and skills and representation from England and Wales across the group.

### **Experience**

1. Personal experience of being a woman dealing with challenges such as mental health problems, homelessness, drug or alcohol issues or offending.
2. Experience of giving, receiving or developing peer support.

### **Knowledge**

1. A good understanding of mental health peer support including its challenges and best practice.
2. An understanding of the way women are disadvantaged in receiving services.

### **Skills/Abilities**

1. Able to contribute to discussion.
2. Able to contribute to the development of a grants programme.
3. Able to contribute through discussion to the design, planning and delivery of a programme.
4. Commitment to ensuring the programme has diverse reach, to include women from Black, Asian and minority ethnic backgrounds.

**Time commitment:** Six meetings held quarterly from July 2018 to November 2019 lasting around 2 hours. The first meeting is scheduled for 1pm on 20 July.

**Payment:** £100 per meeting (to include preparation). Reasonable travel expenses will also be reimbursed for each meeting, including overnight accommodation as agreed in advance.

**Location:** Central London location

## **If you are interested**

If you would like more information on this opportunity and the new programme, please contact Jan King, Project Manager at [j.king@mind.org.uk](mailto:j.king@mind.org.uk).

If you would like to apply then please complete the form (that can be downloaded here) and submit to [engagement@mind.org.uk](mailto:engagement@mind.org.uk) saying why you are interested and what you would like to contribute by 9.00 am on 2 July. We will invite those shortlisted to discuss their application on 9<sup>th</sup> or 10<sup>th</sup> July in London or by phone. We welcome applications in different formats, please contact [engagement@mind.org.uk](mailto:engagement@mind.org.uk) if you need to apply using an alternative format such as video or sound file.

We expect a large volume of applications so we are sorry but it is not possible to give individual feedback on applications.

We are working to achieve a diverse and representative group. We welcome all applications to ensure our work reaches people from a wide range of backgrounds, including people from disadvantaged and marginalised communities.