

Hosted by  **CAPITAL**



Lived Experience Advisory Group (LEAG)

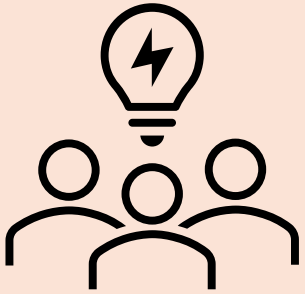
We work together to make mental health services better in Sussex.

What is the LEAG?

- A group of people who have experience of mental health problems.
- We work to improve local mental health services.
- We do this by sharing ideas and working with partners like the NHS and local councils.
- There are three LEAG groups: Brighton & Hove, East Sussex, and West Sussex.
- Every two months, all groups meet as SCALE (Sussex Co-production And Lived Experience) to share ideas and learn together.



Who can join?



- Anyone with lived/living experiences of mental health within West Sussex.
- We welcome people from all backgrounds and experiences.
- We are a friendly group and have been running for 3 years.
- We want new members to help us make mental health care fairer and better.

What have we done so far?

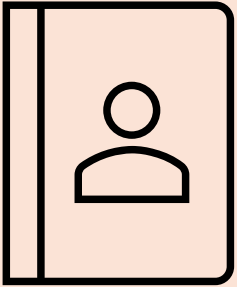


- Made and delivered training for new members.
- Gave advice on the Electronic Staff Record (ESR) system.
- Helping to design Neighbourhood Mental Health Teams (NMHTs).

What will you get as a member?

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- Learn about mental health services in Sussex.
 - Support to share your story and ideas.
 - A chance to make services better.
 - Payment for meetings (where possible).
 - Other paid and volunteer opportunities.
 - Meet new people and make friends.
 - Build confidence and skills.
 - Be part of an inclusive group that makes a difference.
 - We cannot promise paid work, but we will share as many opportunities as we can.

Contact Us



- We would love to hear from you!
- Contact us to get involved
- Email: leag@capitalcharity.org