

Hear Us Membership Application Form

Resident in London Borough of Croydon

Have a recognisable interest in mental health service user issues in Croydon

Have had emotional psychological problems or some form of mental illness

Name:

Address:

Tel:

Email:

Age & DOB:

Gender:

Ethnic Origin:

Which resource centre (if any) do you attend?

Hear Us will not use the information you provide for anything other than distribution of newsletters and invitations to meetings.

I would like to become a member of Hear Us, and to receive your free newsletter. I agree to the group's rules.

Please read the form thoroughly and check that the information you have provided is correct before signing.

Signature:

Hear Us Aims

- To relieve the needs of people living in the London Borough of Croydon and surrounding areas who have mental health problems by provision of services and advice
- To advance education about mental health for the public benefit in the London borough of Croydon and surrounding areas with the object of creating awareness and reducing the stigma attached to mental health
- To actively campaign with users on issues raised by users themselves.
- To reach out to all service users to encourage and support participation in the Croydon User Council.
- To actively oppose discrimination against service users in Croydon.
- To support a user council in which to discuss and debate current concerns.
- To offer service users a communication platform for the constructive exchange of ideas on issues affecting them.
- To campaign for improvements in mental health services.
- To provide a wide range of information about local/national services and issues that concern users of mental health services in Croydon, through our Newsletter and Web site.

Working Together for Change and Better Understanding in Mental Health



HEAR US

Croydon's Mental Health Service User Group



To promote, educate, communicate and empower, for the benefit of all mental health service users' interest.

Company No. 6891337
Charity No. 1135535



HEAR US

is Croydon's Mental Health Service User Group which acts as a coordinating body to facilitate, and ensure service users involvement in, the planning, delivery and monitoring of mental health services in Croydon. Helping to improve the quality of the services commissioned and delivered in Croydon. Hear Us:

- **Represents** the views of people that use the local mental health services in Croydon to service providers and commissioners.
- **Contributes** to the local mental health promotion agenda, and promotes positive mental health within the local community.
- **Promotes** mutual respect and equality of rights and opportunities, regardless of disability, with particular reference to local mental health service users and service survivors

We attend regular committee meetings with South London and Maudsley Trust (SLAM) and Croydon Primary Care Trust (PCT), and other planning and monitoring meetings to represent the voice of service users by ensuring service user representation at these meetings. We are looking to recruit service users as volunteers to participate at these foresaid meetings, please call us on 020 86816888 if you would like to be involved.

We also promote empowerment by influencing decision making by organising and facilitating 'Service User Representative Groups' in adult mental health service outlets; statutory, voluntary and community services. We have a project called **Linkworking**, holding group meetings with inpatients on:

- The Croydon Wards at Bethlem
- Croydon's CMHT Resource Centres

At these meetings you will be able to:

- Improve life on the Wards & CMHT
- raise your concerns about the service you receive
- feed back and give constructive criticism that could influence decision making
- identify areas where your Ward, Centre & Service can improve
- identify areas where you feel unsupported
- and get those 'grumbles of disapproval' heard

If you think your centre/group needs a 'Service User Representative Group' forming which would voice your collective opinions and influence current and future policies made by the providers; then please contact us on 020 8681 6888

We also produce a quarterly service user newsletter, and maintain a web site, which includes information about our organisation, the Croydon User Council and local and national services.

To promote, educate, communicate and empower, for the benefit of all mental health service users' Interest.

Hear Us
Orchard House
15a Purley Road
South Croydon
CR2 6EZ

020 8681 6888

hear.us@hear-us.org
www.hear-us.org

