

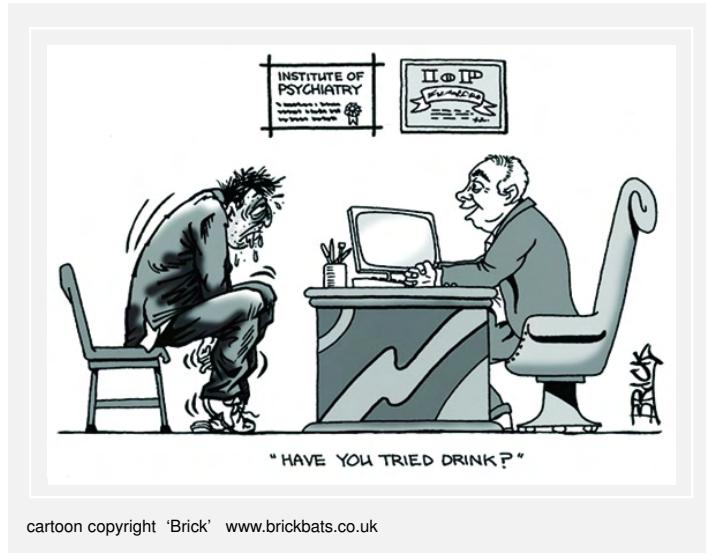
challenging ideas about madness



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How can I get involved?

- Have you had experience of mental distress (you may not have a diagnosis or maybe have used drug/alcohol services)?
 - Do you want to tackle the prejudice experienced by people with mental health issues?
 - Are you literate and numerate?
 - Are you prepared to learn new skills?
 - Are you able to commit at least half a day a week?
 - Are you reliable and want to take up some work?
- We are particularly keen to find people with existing teaching, research and creative skills.
- If you think this is for you please contact us either by phone, email or letter. You will be invited to come and find out more and fill in a short application form. We will look at your interests and skills and discuss which work might best suit you at the moment.

Who are we?

We are a group of people with a range of experiences of mental distress who aim to use our skills and experience to challenge the prejudice that we face, to promote new and innovative ways of supporting people and understanding what it is 'to be mad'.

We are a not for profit, limited company and a social firm. We receive no direct funding and generate our income from our training and research work. For more information about the services we provide please contact our director Torsten.



illustration © Corrina Rothwell www.corrinarothwell.co.uk
taken from recent peer support worker training



working on ideas to combat prejudice

What do we do?

- Evaluations of existing mental health services
- Research with a number of partners on subjects that we think are relevant
- Design teaching materials for delivery to mental health workers and students
- We attend various committees, reference groups, steering groups, working groups etc where we think we may be able to promote change
- Exploring ways to work creatively with people to share their stories and to carry out research and evaluation

What do we offer?

If you become a member of Making Waves we offer:

- Training in research skills and teaching
- Payment for your time/costs
- A chance to work with like minded people
- Access to teaching and research opportunities
- Access to our library of books, magazines and videos related to mental health
- Access to our computer facilities, digital camera, laminating etc.



photo © John Stallard taken from a recent photography based social inclusion project for people in NHS residential services