## Role Description: Lived Experience Training Expert

**Responsible to:** Marketing, Fundraising & Engagement Team

**Time commitment:** Various.

**Location:** Across the county. There will be face to face and online opportunities.

**Payment**: Up to 3 hours (£25), 3 - 5 hours (£40) and over 5 hours (£55)

**Who we are:**

We work across the county to support positive mental health and wellbeing.  We provide a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county. Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 5-18 year olds.

Our vision is to make sure every person in Hertfordshire will feel supported with their mental health.

**Role Description:**

Lived experience trainers play a vital role in the development of training courses within our mental health charity. Your personal experience with and knowledge of mental ill health will enhance the competence and awareness of staff members. Your input will ensure that we design and deliver courses that are tailored to address the specific needs and challenges faced by individuals dealing with mental health issues.

Incorporating the perspectives of lived experience trainers ensures that training courses are sensitive, realistic, and effective in preparing staff to provide support and services in the mental health sector.

**Main tasks:**

As part of the training workshops you will:

* Actively participate in the creation, assessment, and refinement of training courses.
* Provide honest feedback regarding the topic.
* Help in shaping content that is not only evidence-based but also empathetic and relatable.
* Draw upon your own journey to provide unique insights, fostering a deeper understanding among learners.
* Be part of a team discussion regarding the best way to inform others about the topic.
* Share your lived experience of the topic.
* Provide us with feedback on ways to improve our training and promote greater involvement of individuals with lived experience.

**What we are looking for:**

* An individual with lived experience of a mental health condition.
* An individual who is enthusiastic and willing to support the work of Hertfordshire Mind Network.
* An individual who has a passion for mental health and spreading awareness.
* An individual who may be interested in assisting with the delivery of the training in the future.

**We would like you to be:**

* Able to use Word and the Internet.
* Able to communicate in a confident manner to a range of individuals.
* Able to commit to the agreed hours.
* Able to travel (where applicable).
* Able to listen and discuss with others and respect differing opinions.
* Able to explain your experience of the topic openly.

**What we can offer you:**

* The opportunity to gain experience of working as part of a team.
* Experience of working in the charity sector.
* The opportunity to learn new skills and build confidence.
* Hertfordshire Mind Network’s commitment to a Health and Safety and Equal Opportunities Policy.
* Travel expenses in line with the influence and participation policy.

**Next steps:**

If you would like to know more about this role, please get in touch with us:

**E:** shareyourexperience@hertsmindnetwork.org

**T:** 0203 727 3600

Or write to us at:

Share Your Experience, Herts Mind Network, The Wellbeing Centre, 501 St Albans Road, Watford, Herts, WD24 7RZ.