



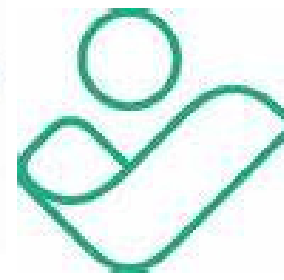
Lab  
Cyd-gynhyrchu  
Cymru

Co-production  
Lab  
Wales



GIG  
CYMRU  
NHS  
WALES

Addysg a Gwella Iechyd  
Cymru (AaGIC)  
Health Education and  
Improvement Wales (HEIW)



Gofal Cymdeithasol Cymru  
Social Care Wales

**Do you have lived experience of mental health challenges and/or supporting someone with their mental health?**

**Do you work in mental health services (social care, healthcare, charity)?**

**Join us for our series of**

# Lived Experience Events

Tuesday 4th June 10am - 3pm - Mercure Hotel Newport

Tuesday 11th June 10am - 3pm - Bangor University

Tuesday 18th June 10am - 3pm - Park Plaza Cardiff

Tuesday 25th June 10am - 3pm - Orbit Business Centre Merthyr Tydfil

Tuesday 2nd July 10am - 3pm - Mansion House Llansteffan

Tuesday 9th July 10am - 3pm - Llangoed Hall Brecon

Tuesday 16th July 10am - 3pm - Swansea City Football Club

**Find out more and contribute to national guidance on lived experience in mental health services in Wales, learn more about what's happening locally and nationally and connect with others passionate about valuing lived experience**



## ACTIVITIES INCLUDE...

National Recovery College guidance |  
Peer support guidance | Co-production  
workshops | Welsh language guidance |  
Lunch and refreshments provided

**FOR MORE INFORMATION -  
[EVENTBRITE](#)**

