

**My Voice,
My Rights,
My Way.**



Co-design self-advocacy workshops

Express your interest in joining a co-design focus group!



Co-Design Participant Information Sheet

CoMHWA My Voice, My Rights, My Way Project

About the Project

The *My Voice, My Rights, My Way* project will deliver workshops led by people with lived experience of mental health challenges. These workshops will aim to teach self-advocacy skills to empower you to confidently advocate for yourself. We will help you to build your knowledge and provide you with resources to better navigate and understand the mental health system, so that you have a clear path forward. These workshops will help you explore and identify key barriers you have faced and build confidence so that you can better advocate for yourself in the mental health system. These workshops will also provide opportunities to connect with other people who have experienced similar challenges.

The co-design team will meet for 2 sessions. The first session will focus on gathering information about your needs and experiences and explore what you would like to see from our workshops and materials. After the first session we will review and summarise the information we gathered to inform *My Voice, My Rights, My Way* workshop content. In the second session we will present this to you, and you will have the opportunity to review this information. You will also be able to provide feedback and clarify anything we might have misunderstood. For this reason, **you must be available to attend both co-design focus group sessions** to ensure your voice is captured accurately. Following both co-design focus group sessions, we will provide you with a final update on the outcome of the focus groups. You will also be invited to give feedback on your experience of the co-design process.

Once these workshops and resources have been co-designed, a pilot program will be trialled in the Perth Metropolitan area. After this, workshop participants will be invited to give feedback to further refine the project structure and content. Following the pilot

program, *My Voice, My Rights, My Way* will deliver Peer-led workshops in the Perth Metropolitan area, online, and in Regional hubs.

Additionally, the *My Voice, My Rights, My Way* project will offer Peer group mentoring and Peer networking opportunities. We will also provide training, mentoring and supervision opportunities for people with lived experience of navigating mental health systems who want to co-facilitate and deliver My Voice workshops.

But...what is Co-Design?

To put it simply, co-design is a group of people working together, with shared decision-making to design or make something.

The excellent website, Beyond Sticky Notes, gives a good definition of what Co-Design is: *“Co-design brings together lived experience, lived expertise and professional experience to learn from each other and make things better - by design.”*

Co-design... involves centring care, working with the people closest to the solutions, sharing power, prioritising relationships, being honest, being welcoming, using creative tools, balancing idealism and realism, building and sharing skills. Co-design uses inclusive facilitation that embraces many ways of knowing, being and doing.”

(source: <https://www.beyondstickynotes.com/what-is-codesign>, 2024)

As part of being on the Co-Design team it is expected you would identify with and be willing to hold up the values of co-design which are listed above.

Sounds good, so when is it happening?

Gender Diverse Community (including transgender and non-binary people, and anyone who identifies as not cisgender)

Session 1 - Thursday 14th November 2024 4pm to 6pm

Session 2 - Thursday 5th December 2024 4pm to 6pm

General Community

Session 1 - Friday 15th November 2024 10am to 12pm

Session 2 - Friday 6th December 2024 10am to 12pm

Culturally and Linguistically Diverse Community

Session 1 – Thursday 6th February 2025 10am to 12pm

Session 2 – Thursday 20th February 2025 10am to 12pm

Aboriginal and Torres Strait Islander Community

Session 1 – Friday 7th February 2025 10am to 12pm

Session 2 – Friday 21st February 2025 10am to 12pm

Reimbursement and Catering

You will be provided with a participation payment for your time at the meeting which will be **\$37.50 per hour**.

Light catering will be provided for all sessions. Please let us know if you have any dietary requirements.

Cultural Safety

We want our workshops to be as safe and inclusive as possible for everyone.

We're taking steps to ensure your cultural safety in the co-design process through: considering the aspect of social and emotional wellbeing; being flexible and providing different ways of providing feedback; and ensuring racism, sexism, transphobia, and homophobia aren't tolerated in the space.

We also welcome you to share any specific things you need from the space to make it safer and more welcoming for you. This could include cultural or religious needs.

We will create and address group guidelines before the focus group begins, and these guidelines will be referred back to throughout the process.

Accessibility

We want to make it as easy as possible for people to attend the workshops. We will have beanbags, sensory toys (fidgets), dim lighting, and access to the elevator. We will also provide information before the meeting about what to expect. If you would like to bring someone to support you, they are welcome too!

Face-to-face workshops

Unfortunately, we made the hard decision to make the workshops face-to-face only. With a focus on authentic co-design, we're prioritising discussion and group decision making – and being in the room is a big part of this. For this reason, we unfortunately can't accommodate online participation.

We do acknowledge that this greatly limits accessibility for some people. We are exploring other ways to capture your voice if you are unable to attend a focus group and would love to hear from you directly about how you would like to contribute.

Contact us

For more information about the co-design workshops, please email Nate, Dany and Elena at admin@comhwa.org.au. Alternatively, you can call us on **(08) 9258 8911**.