

Thank you for your interest in becoming an Expert by Experience!



Here is a little more information to give you a clear understanding of the role:

### What is an Expert by Experience?

As the role suggests, Experts by Experience are people who have had their own experiences of recovery and are keen to share their insights and understanding with others to help them in their journey. The 'expert' bit means we have a deep understanding of our own experiences not that we are experts in the field of mental health. The reason sharing our stories and insights is so essential is because it offers others hope that recovery is possible, people hear ideas that get them thinking about their own recovery or how to improve services and most importantly we begin to see we aren't alone. We are particularly interested to hear from people who have undertaken the Waves recovery programme.

### Who makes an ideal Expert by Experience?

Everyone's experiences are different but the main aim of the role is to encourage others to think about how they could shape their recovery or develop more recovery-focused services. There are however a few elements that are essential to the role:

- You must feel confident in sharing your experience and ideas with people you probably don't know
- Your story should be representative of your experience and be hopeful
- You are in a place where you can reflect and talk about your experiences without it feeling distressing, you have good support networks and your own recovery feels resilient
- This last point is really important. **You'll get support from the team, but this is not a support service in itself.**
- Experts by Experience will be assisting Norwich & Central Norfolk Mind to develop services and make real changes to people's lives.

### Training and Support

We want to make sure you get the most out of the role so we will start out by orientating you to recovery-focused work if you aren't already familiar with it. You will also be trained in professional boundaries so you feel confident in your role and the level of responsibility it holds. You decide how many hours you can offer and during this time you will use your experiences in a variety of ways supported by the Waves team.

**Closing date for this application is**

**You will need to be available for interview on**

Download the criteria list for a comprehensive look at the role and how to apply