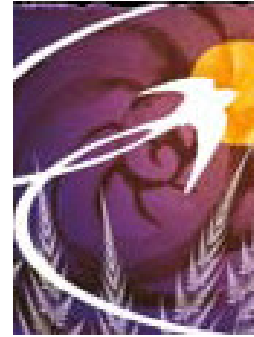


OUR KEY AIMS are to:

- consolidate the structure of CMHG as a whole.
- develop local Forums for each of the 6 District Council areas - Carlisle, Eden, South Lakeland, Barrow-in-Furness, Copeland, and Allerdale.
- work together as a team within the localities including local commissioners and providers of services, and also with service commissioners and providers at County level.
- develop locality teams of volunteers and development workers to facilitate the process of Service User and Carer involvement.
- pursue issues of service improvement within organisations including NHS, Social Care, Department of Work and Pensions and the third sector.
- ensure that the independence of CMHG can be developed by having a variety of income streams.
- provide opportunities within CMHG for development of service users' skills and experience, enabling their potential for activities that are meaningful for them



CUMBRIA MENTAL HEALTH GROUP

“speaking up for the mental health community”

OUR VISION

to promote mental wellbeing in Cumbria by influencing the quality of mental health care provided throughout peoples lives.

How to contact Cumbria Mental Health Group:

Kendal Office:

Castle Lodge, Aynam Road, Kendal LA9 7DE
Tel: 01539 737012

Barrow Office:

Prospect House, 3 Prospect Road, Barrow in Furness. LA13 9AA
Tel: 01229 827870

Carlisle Office: Cumbria Centre for Independent Living, Unit 2c Port Rd Business Park Carlisle CA2 7AF Tel 07917 167408

Cumbria Mental Health Group office@cmhg.org.uk
www.cumbriamentalhealthgroup.org.uk Registered Charity No. 1105459

OUR MISSION is to:

- ensure that issues, concerns and recommendations from Service Users and their Carers are raised with commissioners and providers
- ensure Service Users and Carers are at the heart of all decisions that impact on their mental well being.
- be involved in service planning, commissioning and provision at both county and local levels
- promote wider knowledge and understanding of best practice in mental health and wellbeing
- be involved in regional and national debates on relevant issues.

OUR VALUES are:

- that empowering individuals to shape their own lives is essential to their mental health and happiness
- that recovering the capacity to take control of one's life may be as realistic an objective as achievement of some ideal total "cure"
- that social inclusion is of critical importance to continued wellbeing
- respect for the uniqueness and dignity of all individuals
- respect for the confidentiality of personal information
- to be an open organization welcoming all who wish to further our vision.
- that service users and carers are experts by experience and this enables effective input into mental health service design
- that good personal relations and a safe, harmonious and friendly atmosphere are essential within CMHG and in our dealings with others