



Mental health and wellbeing project Information sheet



Opening Doors



UK Foundation



Our project is about mental health and wellbeing for people with learning disabilities aged 30 to 50 years old.



We will teach people ways to look after their mental health and wellbeing.

We will do this in different ways:



Short films



A workbook



Workshops



'Being Well' days



We are looking for **6 peer supporters** to work on this project from November 2019 to August 2020.



Age 30 to 50

You must be Age 30 to 50



You must live in Norfolk



You must have a learning disability

I don't go to Opening Doors



You do not have to be a member of Opening Doors to apply



Peer supporters will come to 2 Training Days. Then you will work together to plan and run workshops.

When you come to Training or you lead workshops you will be paid £9 per hour.



When you come to Training and workshops we will pay for your transport.

When you come to Training and all day events we will pay for your lunch.



Other work on the project is voluntary.

This means you do not get paid for it.

You can choose how much of this work you want to do.



At all meetings and events on this project an Opening Doors Adviser will be there to support the group.



To find out more about Opening Doors you can look online.



**01603
631433**

Or you can give us a call.



If you need 1 to 1 support to take part you can bring a supporter.

We will not be able to pay them.