

Camden Borough User Group (CBUG)

A welcoming group for Camden residents with lived experience of mental health

The
Advocacy
Project

It's having a
voice and being
heard

It's a safe
space

It builds my
confidence and
skills

It's not
tokenistic

Why join
CBUG?



It feeds my need
for knowledge and
understanding

Learn

- Hear from visiting speakers about mental health services, new developments and local issues.
- Gain knowledge and hear about important changes early.

Get involved

- Help shape and improve mental health services in Camden.
- Find opportunities to take part in consultation and service user involvement.
- Members choose the topics and speakers they want to hear from.

Connect

- Meet others with shared experiences.
- Share ideas in a friendly, supportive environment.
- We have a group agreement to help create a safe and respectful space.

We meet

- 10.30 - 12.30, 3rd Tuesday of every month, usually at St Pancras Hospital.

If you're a Camden resident with lived experience of mental health, or a carer, you're welcome to come along. Come to a meeting, find out more and discover other ways to get involved. Contact Katja Huijbers to find out more:



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