



National Development Team for inclusion

## From Staff-run to Self-run Groups: Navigating the Journey (one group at a time)

### **The policy context:**

*'Provide opportunities for people with mental health problems to run their own services. Many service users particularly value help from others who have been in a similar situation as this can inspire hope, self-belief and confidence. User-run services can provide valuable ongoing social support to avert crises and to access mainstream opportunities'.<sup>1</sup>*

*'Peer support, including that provided through user-led organisations, will be a vital element in the successful rollout of self-directed support'.<sup>2</sup>*

### **The need:**

*Many effective user-run organisations are born out of existing user-run groups or formed as brand new bodies. An alternative and less well-examined approach is for staff to start a group or service and then yield power to the emerging leadership of members. People using services, staff and commissioners need to develop a shared understanding of the process and the pitfalls of this approach.*

### **The workshop:**

*This NDTi one-day workshop provides a clear road-map of the journey from staff-run to self-run for an individual group or local team providing a single service. Practical ideas are offered for managing budgets, keys and crises, avoiding cul-de-sacs and diversions, and achieving the goals set by participants and commissioners.*

### **Hosting a workshop:**

Contact Peter Bates ([peter.bates@ndti.org.uk](mailto:peter.bates@ndti.org.uk) or 07710 439 677) or call our office on 01225 787 982 to discuss your requirements.

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<sup>1</sup> National Inclusion Programme, NIMHE, CSIP (2006) *From segregation to inclusion: Commissioning guidance on day services for people with mental health problems* para 12.

<sup>2</sup> Equality and Human Rights Commission (2009) *From safety net to springboard: A new approach to care and support for all based on equality and human rights* p27.