

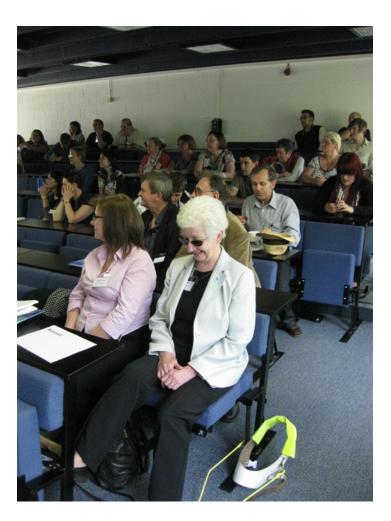
#### Reflections on my learning from Unity: Sara Hitchin

## Real Lives; Real Difference Conference June 2013











# Essential Ingredients for Effective Involvement

- The importance of reciprocity
- Coffee, biscuits & laughter
- The investment of time & commitment to not just pay lip service to service user & carer involvement

### **Emotional Wellbeing Events**



## To Unity I would like to say....





 If you would like to know more about the work of UNITY, please visit: <u>http://unity.wordpress.stir.ac.uk/</u>