



UNIVERSITY OF
STIRLING



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:

<http://unity.wordpress.stir.ac.uk/>