

# SUN RAYS

## Purpose and mission statement

**SUN RAYS** brings together the views of service users, carers and staff with lived experience to improve mental health, learning disability and specialist health services across the communities of Leeds. Our focus is on co-production, genuine involvement, and partnership with the Trust.

## What's it all about?

**SUN RAYS** are born from SUN, the main Service User Network, and we aim to help support and encourage people to maintain their wellbeing whilst living in the community. **SUN RAYS** will be distinctly different to SUN as they will focus on self-support and the groups, activities and information-sharing opportunities within the local community.

## Who are we looking for?

We are looking for local service users, carers and staff who have lived experience of accessing mental health services within the community.

## What's in it for you?

- Share your own experiences, including what worked and what didn't
- Share your ideas for how services could be improved
- Meet like-minded people
- Put your personal experience to practical use
- Propose topics for discussion
- Attend regular events

To get involved, or for more information, call **Bev Thornton** on **0113 85 56758**, or email [sun.lypft@nhs.net](mailto:sun.lypft@nhs.net)



**SUN RAYS**  
SERVICE USER NETWORK