

Seeking Expressions of Interest

Family and Carer Mental Health Program Carer Advisory Group (CAG)

Uniting's Family and Carer Mental Health (FCMH) Programs are seeking Expressions of Interest from Carers who may be interested in joining a newly formed FCMH Carer Advisory Group.

What is the Carer Advisory Group?

The Carer Advisory Group is for Carers to have a voice to improve services, which is led by the FCMH Carer Peer Workers. The FCMH Carer Peer Workers, together with a Carer representative from each of the four regions including Central Coast, Northern Sydney, Nepean Blue Mountains and Western Sydney, will make up the CAG.

What are Carer Peer Workers?

Carer Peer Workers have a lived experience as a Carer for someone living with mental illness. They use this experience to support and inform other Carers on their own journey. Each FCMH Program has a Carer Peer Worker.

Why we need you?

Carer representatives help Uniting FCMH staff understand the diversity of carer needs to provide better services. Carer representatives also contribute to a balance of views to help Uniting make better decisions and improve our policies. Ultimately, Carer participation results in better services for everyone.

Helping to improve the Uniting FCMH Program can be satisfying. You will have the opportunity to meet likeminded people and see how your efforts help influence change by knowing you are making a difference representing the wider Carer community.

CAG members' participation contributes to a range of outcomes for the Uniting FCMH program:

- More accessible and effective services
- Development of services reflective of Carer needs
- Evaluation of FCMH services from the Carer perspective

CAG members act in an advisory capacity. You are there to bring the Carer's voice to the planning table and act on behalf of the Carer community. CAG members are asked to commit to a monthly online meeting for 1 hour with small follow-up tasks suitable to your availability and skills and there will also be opportunities to visit each of the FCMH sites across the four regions to meet the FCMH teams. Carers will be acknowledged for their time.

If you would like more information on joining the FCMH Carer Advisory Group, please contact the Carer Peer Worker in your area for more information and an Expression of Interest Application Form.

FCMH Central Coast	Mardi Bell	0407097587	mbell@uniting.org
FCMH North Sydney	Sonja Pettersen	0411524533	spettersen@uniting.org
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FCMH Nepean Blue Mountains	Priseilla Seghabi	0438257672	pseghabi@uniting.org

