

Get Active Get Involved Feedback – 4th October 2019

Stigma Free Café: - now called: **Activate yourself café**

1. What does a stigma free café mean to you?
2. Does the group want to name/define the Group:
 - Branded logo
 - Activate yourself café
 - Person centered
 - Democratise – voting system
 - Ownership – feeling like it's a part of them
 - Monthly members meeting
 - Terminology – 'user'/yourself has stigma attached to it
3. What would the next steps look like:
 - Have a learning session, where attendees can learn to make a variety of foods i.e. vegan, non-vegan, healthy etc.
 - Promote the café through social media, websites etc.
 - Remove associating the café with the word 'mental' to disassociate any stigma
4. What resources does the group need to get there:
 - Have wheelchair access to the location
 - Have a range of white goods, dishwasher, fridge etc.
5. How does the group think we might achieve a successful group:
 - Foundation laying, have a positive approach, removing any words that lead to stigma
 - Putting theory into practice
 - Have the location in a familiar place
 - Have suitable lightening, that are appropriate for people with epilepsy i.e. not fluorescent bulbs
 - Have an itinerary of activities
 - Have a quiet corner, so noisy activities don't interfere
6. How will the group connect to the community:
7. **How do we become a vibrant café that is accessible to people living with Mental Health:**

feedback using coloured dots

The main points the group thought were important to focus on to achieve this were:

- Having a good location that is safe to access
- Have late evenings/weekends, out of hours, scope for more hours on a volunteer basis - x
- Spread the word – word of mouth, positive experiences

Date and times of hub sessions & logistics?

Tuesday 5th November