

Explore your story
and the stories
around you

50

reflection

Conserving Richmond Borough Mind

50 Years of Service
50 Years of Mental Health Heritage

Want to help us collect these stories? Become an Oral History Community Researcher.

We'll give you training, practical support and cover your expenses. See over for more details or visit www.rbmind.org

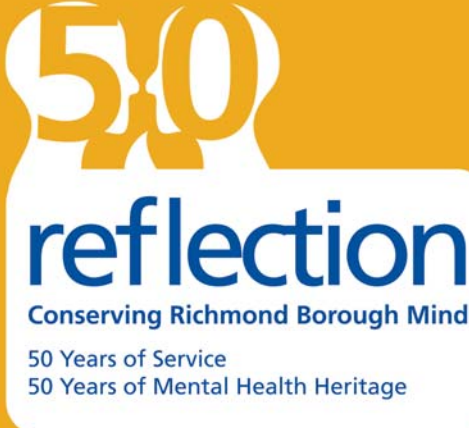
Mental Health isn't just the absence of mental distress; it is about mental well being and affects everyone. Richmond Borough Mind (RB Mind) is 50 years old this year. To celebrate this we are launching a **heritage project**. Heritage is valuing those things that are handed down to us from the past and in this case is to collect the oral histories and stories that cover our 50 year anniversary.

You may be a mental health service user/client or a member of the public but if you have an interesting story to tell about your own mental health or RB Mind, whether your story is 'big' or 'small' we



For better
mental health





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How can you help?

If you are interested in having your story listened to, becoming an Oral History Community Researcher or helping in the production of our documentary and exhibition please contact Helen on: **07789 107692**, helen.robinson@rbmind.org, or at www.rbmind.org

Researchers

We will be collecting **oral histories** from a diversity of people, with multiple experiences and perspectives. To do this we need volunteers to become part of our team of Oral History Community Researchers to interview participants and transcribe their oral histories. We will give you the **training** and necessary skills you need for operating oral history equipment. We will also offer **practical support** together with covering volunteer expenses.

Creative Types

We are looking for **creative people** to help with making a documentary and in the production of a series of exhibitions. The plot of the **documentary film** will be taken from the stories of the participants and woven together to tell one cohesive story. We are looking for people to help develop the story-line with us. The documentary will be filmed and produced over the summer months.

Artefacts

Please help the project by donating your artefacts; these may be art, **photos and newspaper cuttings** of RB Mind or Mental Health locally.

Exhibition

We are looking for individuals to assist in planning **5 exhibitions** with all the resources we have collated. We are looking for creative people to help with display and setting up the exhibition together with staffing and running it.

