

**time to change**

**let's end mental health discrimination**

# Role Description

## Time to change Parent's Panel

### Why a Parent's Panel?

Time to Change has committed to develop their work, with people (of all ages), and to continue to create a culture of anti stigma and discrimination revolved around mental health problems. The Time to Change Parent's Panel will be formed to engage in and contribute to the various work streams of the project, ensuring that parent's perspectives are taken into account within the campaign.

### What will be your responsibilities?

- To ensure there is an appropriate parents and family focus, across the whole TTC programme.
- Contribute to the ways young people, families and parents are engaged.
- Help TTC CYP work stream to shape the way we communicate and engage with other parents and families.
- Review resources and materials to ensure that they are relevant and accessible to parents and families.
- Work alongside the TTC Young People's Advisory Panel and Advisory Board
- Keep the work of Time to Change accountable and on track to achieve its goals.

### What will you gain?

- You will be an integral part of an exciting project that will contribute to the ending of stigma and discrimination on the grounds of mental illness, which could directly impact your children, relatives and families.
- You will work alongside other parents from all walks of life with many different experiences.
- You will engage with professionals, organisations and partners to work towards educating others and changing attitudes and behaviours towards mental illness.
- You will contribute towards the work of educating others and changing attitudes and behaviours towards mental illness.
- Refreshments and lunch will be provided.
- We will pay your reasonable travel expenses to attend the panel meetings.

### What we want from you:

- Commitment to attend the panel for a maximum duration of a year.
- Attendance at four London based face to face meetings over the course of a year.
- To attend discussions in between meetings (via telephone and/or internet)
- Engagement and input into various parts of the TTC programme
- To complete a CRB/Enhanced (criminal Record Bureau) check
- Agreement to treat each other, facilitators and guests with respect.

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## Skills and personal Specification

	Essential	Desirable
Empathic response to others	X	
Commitment	X	
Enthusiasm	X	
Able to work as part of a team	X	
Open-minded	X	
Non-judgemental	X	
listening skills	X	
To be able to see different perspectives	X	
Good communication skills	X	
Willing to learn from others	X	
Approachable	X	
Understanding of people's individual needs	X	