

# UNDERSTANDING VOICES

## CONSULTATION WORKSHOPS

**MARCH 21 (DURHAM) | MARCH 27 (LONDON)**

Hearing the Voice has been working with members of the voice-hearing community to develop Understanding Voices (UV) - a new web resource that will help people find clear, balanced, comprehensive information about voice-hearing.

We hope that UV will make it easier for people to find information about different approaches to voice-hearing and ways of supporting those who are struggling with the voices that they hear.

The website will cover a wide variety of topics, ranging from what it is like to hear voices and what's happening in the brain, through to the pros and cons of medication, cognitive behavioural therapy and peer support. It will present practical techniques for managing distressing voices, information for families and friends, and also shed light on the links between voice-hearing and inner speech, trauma, creativity and spiritual or religious experience.

### How can I help?

Back in October 2016 we asked voice-hearers, their families, allies and mental health professionals for their ideas on how to make Understanding Voices as useful as possible. Over 100 people helped us to identify key needs for the site.

We have now built a prototype website which has been shaped by the results of that consultation, and covers a selection of the topics that will be available on the final UV site. We are very keen to see whether the draft website is useful and accessible to voice-hearers and those who support them, and would be delighted if you could join us to provide feedback on what we have developed so far.

### What would I have to do?

If you sign up, you will be sent a password protected version of the prototype website on 14 March 2019. You will then be invited to complete an online survey and attend one of our workshops, at which we'll discuss your thoughts on different aspects of the site.

We are running workshops in London and Durham, details of which can be found below:

**21 March 2019 (11am—3pm)**

**Caedmon Building | School of Education | Durham University | Leazes Rd | Durham DH1 1SZ**

**27 March 2019, 11-3pm**

**Ovalhouse Studio (Downstairs Theatre) | 52-54 Kennington Oval | London SE11 5SW**

Lunch and light refreshments (tea, coffee and biscuits) will be provided.

If you either can't or don't want to take part in the workshop, but would still like to contribute your feedback, you can just review the site and complete the online survey.

As a small token of our appreciation, all participants will receive an Amazon voucher (£25 for completing the survey and attending the workshop; £10 for completing the survey). Reasonable travel costs for attending the workshops will be covered by Hearing the Voice - please get in touch with Victoria (victoria.patton@durham.ac.uk) in advance if you have queries.

### How do I take part?

If you'd like to get involved, you can register to participate at <https://tinyurl.com/y4tn4v6x>. Please indicate whether you will be completing the survey and attending the workshop, or just viewing the prototype website and completing the survey.