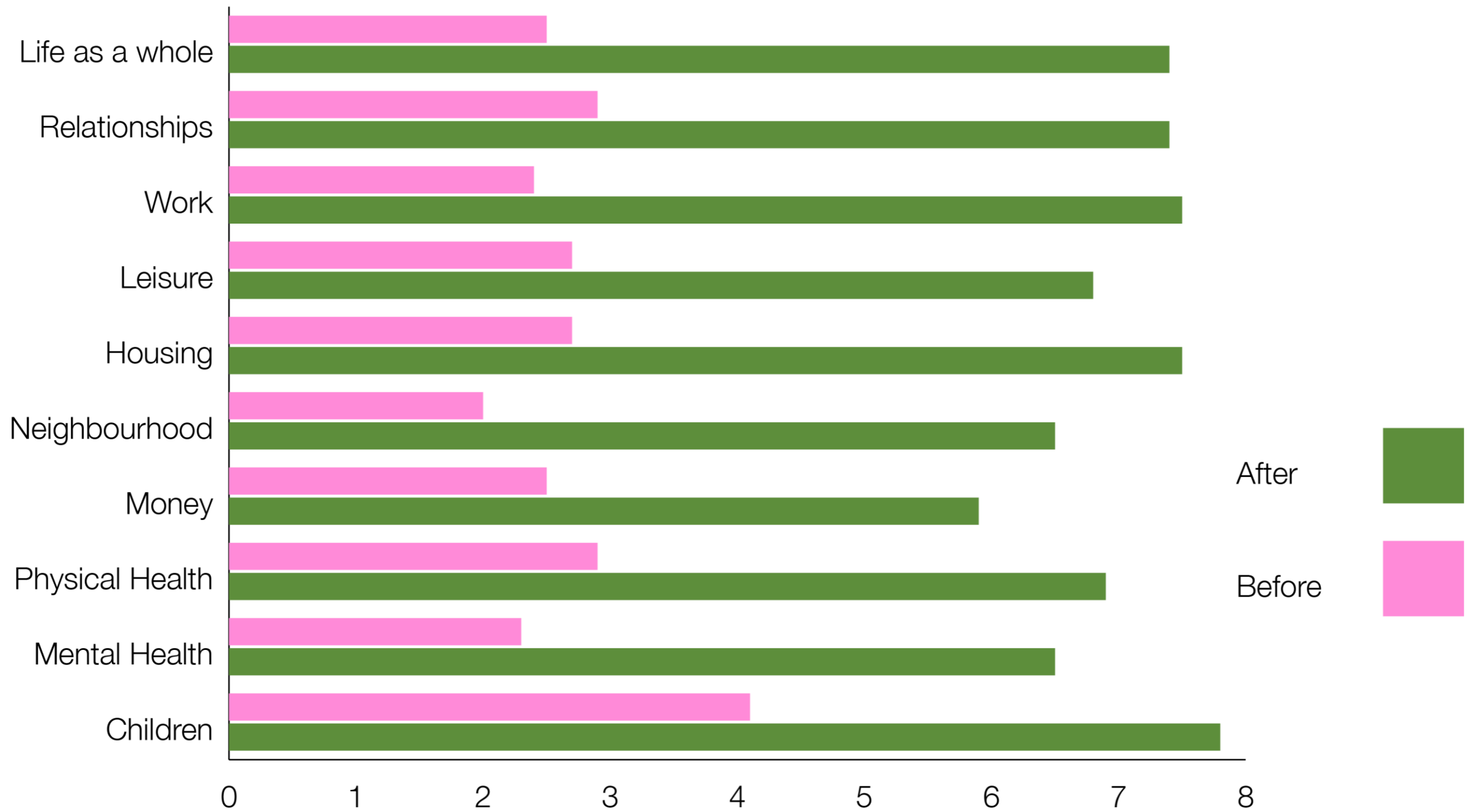


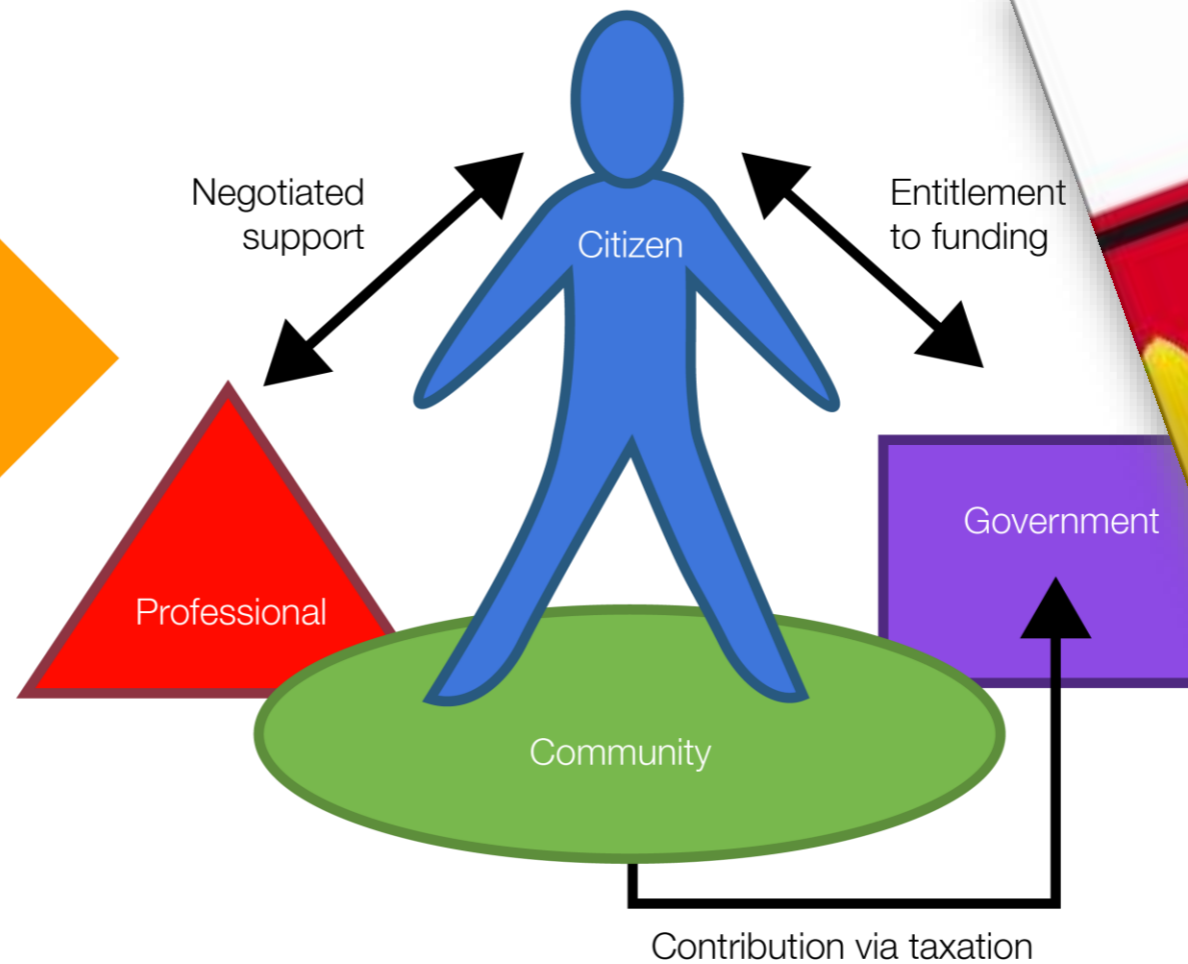
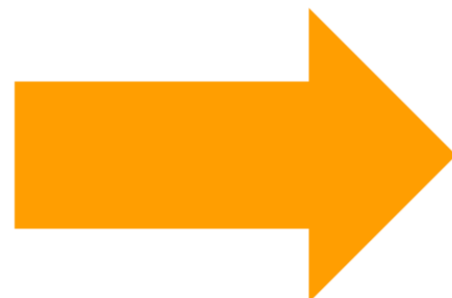
A partnership between women - improving mental health



Source: Duffy S and Hyde C (2011) Women at the Centre. Sheffield, Centre for Welfare Reform (n=44)

Mental health improves
with greater **citizenship**

Support should not be a professional's gift but a citizen's entitlement.



Duffy S (2014) *Unlocking the Imagination: Rethinking Commissioning*. 2nd Edition Sheffield, The Centre for Welfare Reform.

<http://bit.ly/unlockimag>

“I use direct payments to go to the gym, travelling and **volunteering.**” [Adam]

“The payments enable me to **exercise** several times a week which has had a really positive effect on my wellbeing as well as keeping me fit.” [Ruth]

“I now have a **purpose** on life and hopefully this will lead me to have an independent life in the future.” [Susan]

“Straight away I started **singing** lessons...” [RG]

“I used my direct payments to enable me to **meet** up and spend time with my brother.” [Bernadette]

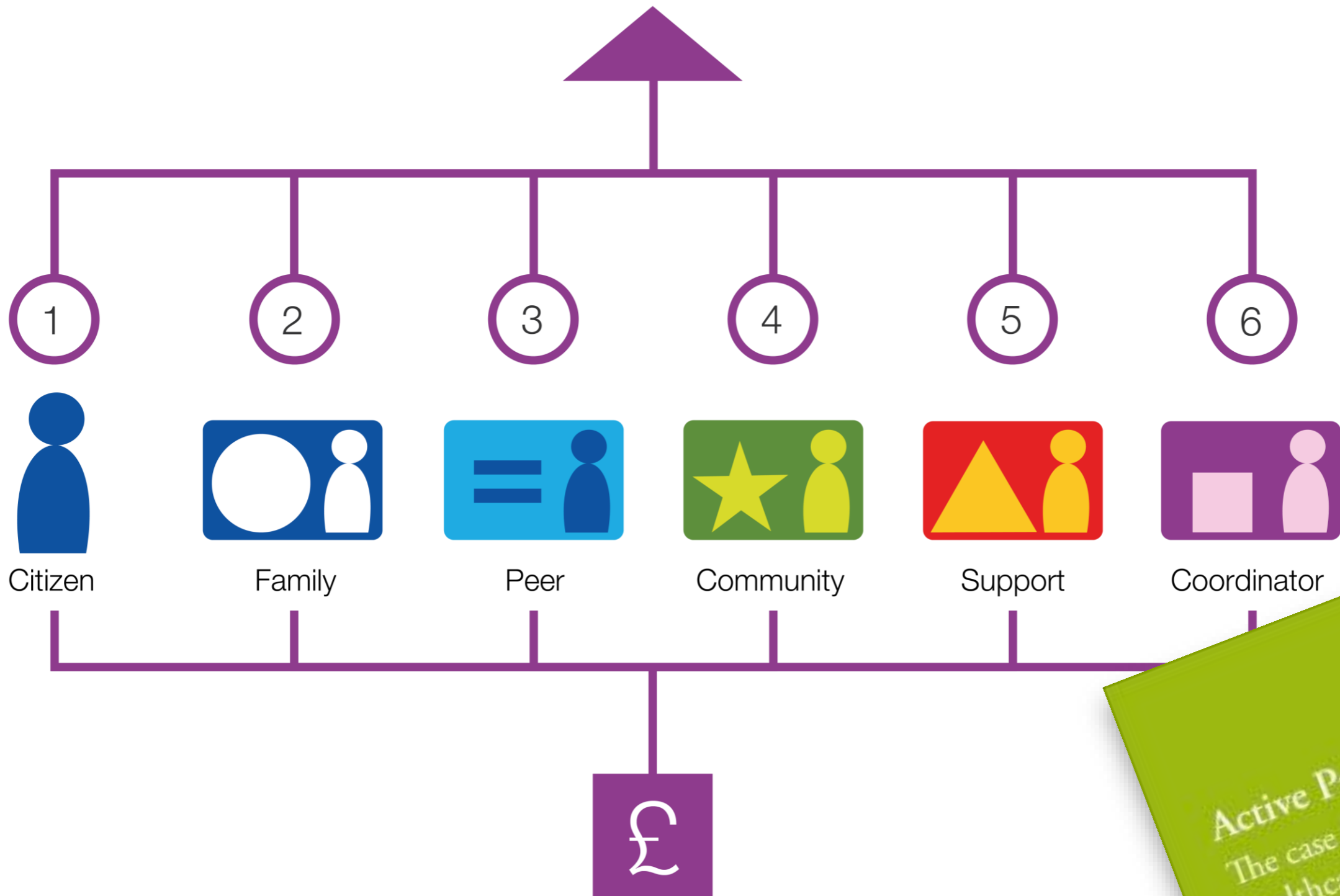
“...he used the money to pay for bus and taxi **fares.**”
[Christine]

“....to pay for **swimming** lessons.” [S.S.S.]

“Our hope for the future is that my husband will continue to live at **home**. Direct Payments plus committed and smart **professionals** are the key enablers for this.” [Fred]

“This allowed me to have a **holiday** with my daughter... I also go to the theatre, meals out... **hobbies** such as card making...” [Carol]

“Personal budgets have enabled us to work in **partnership** with our service users to identify and access services and resources that are meaningful to their Recovery.” [Mandy]



<http://www.centreforwelfarereform.org/library/by-date/active-patient.html>



| | | | |
|--|-----|--------------------------------|------|
| Transportation | 13% | Crafts | 2% |
| Computers and accessories | 12% | Licenses/ certification | 2% |
| Dental services | 11% | Entertainment | 2% |
| Medication management services | 8% | Vision services | 2% |
| Psychotropic medications | 8% | Furniture | 1% |
| Mental health counselling | 8% | Non-mental health medical | 1% |
| Housing | 7% | Camera and supplies | 1% |
| Massage, weight control, smoking cessation | 5% | Education, training, materials | 1% |
| Utilities | 3% | Haircut, manicure etc. | 1% |
| Travel | 3% | Pet ownership | 1% |
| Equipment | 3% | Supplies and storage | <1% |
| Clothing | 2% | Other | <1% |
| Food | 2% | Total | 100% |