

# Co-Production Newsletter

## A strong start for 2025

2025 is off to a strong start for co-production, with a refresh to our Co-Production Network, expanding our mailing list to reach even more people with an interest in co-production.

Our Adult Co-production group has been working hard in collaboration with our Marketing team to involve co-production and co-design in our new charity campaign: 30 for 30k. More information below

## Time to Talk Day 2025

Time to Talk Day was on February 6th. Members of the Adult Co-production Group and Shakti Project engaged in conversations on how to encourage their loved ones to talk about their mental health and how to provide a listening ear, as well as how we can tackle the cultural stigma towards mental health

## 30 for 30k campaign

Our new charity campaign centres around collaborating with local businesses and encouraging meaningful conversations about mental health. More information can be found on our website <https://www.hfehmind.org.uk/support-us/30-for-30k-campaign/>

If you would like to get involved, you can take part in a variety of ways including:

storytelling, interviews, videos, podcasts, and blog-writing

To get involved, you can contact: [haveyoursay@hfehmind.org.uk](mailto:haveyoursay@hfehmind.org.uk)