

## **Vignette One**

I'm thinking sitting in a park with a couple of service users on a beautiful winter's day. They have all organised the day out. It was meant to be a lunch in the park. They organised it. I just showed up. They got there under their own steam. It was like a day in the park with any community group, and sitting next to a particular person who said, "You know what I was told when I was in the forensic unit that I would never work again because I had a diagnosis of schizophrenia and that I'd probably never be able to live independently.

Do you know what? I made it to this picnic here today under my own steam. I've got a part-time job, and finding peer support is probably the most enlightening thing that has happened to me in my career as a service user.