**Exciting new volunteering opportunity: Service Co-Designer**

*Are you a current or ex-smoker who experiences or has experienced mental health problems? Could you help us understand the smoking experiences of people with mental health problems?*

**Home-based with some travel to Cambridgeshire**

**Time commitment:**

**15 hours in total between**

**August and November 2025**

**Expenses compensated up to £300**

Shape

Description automatically generated

CPSL Mind is a progressive and expanding mental health charity, working across Cambridgeshire, Peterborough and South Lincolnshire.

We are seeking individuals with current or previous lived experience of smoking and mental health problems. They will join our team to help us understand the experiences of those in Cambridgeshire with mental health problems who might connect with smoking cessation (quitting) services. This project seeks to gain insight into how mental health challenges affect how one accesses smoking cessation services, and to create a CPSL Mind smoking cessation service which is accessible and supportive for everyone.

* The successful post holders will have lived experienced of smoking and mental health problems, and will have good communication skills. They will be willing to give space for and explore opinions different from their own.
* They will:
  + Attend one 3.5-hour training session in Cambridgeshire.
  + Have three conversations with individuals who currently or previously smoked and have current or previous experiences of mental health problems. You are expected to find and contact these three individuals yourself.
  + Attend one 2-hour questionnaire building session in Cambridgeshire.
  + Attend one stakeholder ideas session in Cambridgeshire.

Further information can be provided by contacting: [**oliver.holdsworth@cpslmind.org.uk**](mailto:oliver.holdsworth@cpslmind.org.uk)

**To apply, send a completed Application Form and Equal Opportunities Form to:** [**hellohr@cpslmind.org.uk**](mailto:hellohr@cpslmind.org.uk)

A picture containing text

Description automatically generated

**Closing date:** Thursday 31st July at 5pm

Charity number: 265087 Company number: 1082980