**Text only version of infographic: The Benefits of being Involved**

From Shaping Our Lives, March 2022

* It can be empowering to shape services for the better
* It can lead to new roles - both paid and voluntary
* It can give you a real sense of making a difference
* It can lead to new skills, knowledge, opportunities, and people
* Provides new activities and opportunities through increased confidence
* Is an opportunity to network and join user-led groups or voluntary sector organisations
* It can lead to invitations to events, consultations and involvement events
* Hearing about other’s experiences can be helpful and informative
* Some people find that being involved benefits their health and wellbeing