



My Opinions Matter

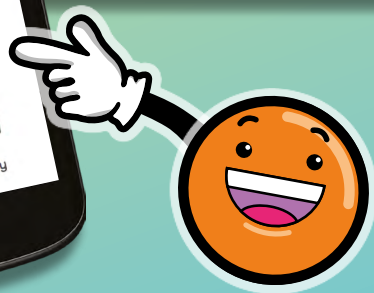
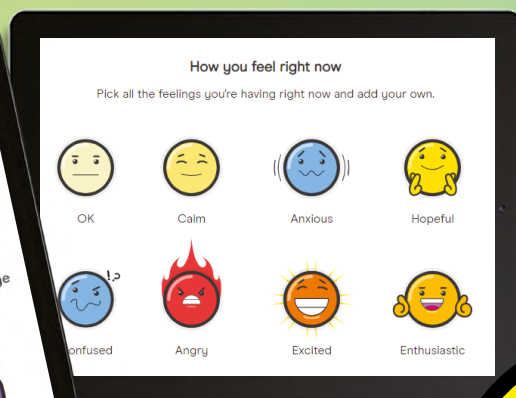
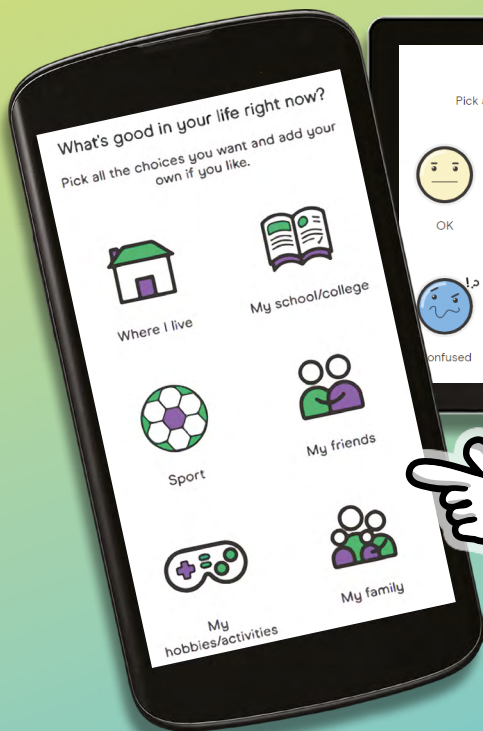


“Mind of my Own apps can help you say what you want to say and help you talk to your workers before, during and after meetings.”

Mind of My Own can be used by us all, it's so easy, you can share it with workers who support you but only if and when you want to.

Take control: We love that the app is safe, private and gives us the chance to say how we feel in our own time.

Be heard: The apps let us use our true voice and communicate with our workers in a different way.



Ask your worker about **Mind of My Own** today and sign up for your One app account at one.mindofmyown.org.uk

For more help and support around Mind of My Own please contact your worker or email your questions to CSCParticipationandEngagement@durham.gov.uk

