



Shaping the future of community mental health support – lived experience representative

Background

Bristol, North Somerset and South Gloucestershire's (BNSSG) Community Mental Health Programme represents a significant opportunity to transform Adult and Older Adults Community mental health provision and address long-standing challenges that have meant people have not consistently had access to the timely and personalised support needed to recover and stay well.

New NHS England funding (approximately £12m over 3 years) supports this improvement programme. It builds upon engagement and planning undertaken over recent years and supports Healthier Together's vision for people to access high quality, fully integrated care in their community.

Through the Discovery Phase of this programme, partners across BNSSG outlined the challenges that we need to address and shared their views on new models of care. To build upon this and support the development and transformation of key areas of the Community Mental Health Programme over the next 3 years, a set of system-wide Working Groups are being created. These groups will be co-chaired by an expert by experience and individual area expert. The Working Groups will report to BNSSG Community Mental Health Programme Board.

The Opportunity

We are looking for "lived experience representatives" to join the following working groups of the Community Mental Health Programme:

- Personality Difficulties and Complex Trauma
- Eating Disorders
- Mental Health Rehabilitation
- Older People Transitions
- Younger People Transitions
- Peer Support Framework.

You can either join a working group as:

- One of three working group members for each of the groups listed above, joining commissioners and service providers to shape the programme.
- A lived experience co-chair for one of the groups listed above.

You can also apply to join a lived experience advisory group for one of the areas mentioned above, which will bring together a wider group of people with lived experience to shape what mental health support needs to look like in the future.



What do we mean by lived experience?

By lived experience we mean you may:

- Have previously accessed mental health support.
- Be currently accessing mental health support.
- Be seeking mental health support and have not received any yet.
- Have lived experience of mental health problems and requiring support and have not accessed support.
- Be a carer of someone covered by the above.

Lived experience representatives on the programme will:

1. Have expert knowledge in the working group / advisory group area – lived experience of using / requiring related services within the last two years or caring for someone who has done so.
2. Show a strong understanding of, and commitment to, co-production.
3. Bring skills to ensure that the Working Group can access, and act upon, the diverse experiences of people with lived experience.
4. Provide the perspectives of people who use access support / experience these issues.
5. Provide advice and scrutiny from a wider lived experience perspective.
6. Use any personal experience as a patient of current services in a constructive and objective way to ensure views are as representative as possible.
7. Be available to attend meetings which will take place during the day (dates and timings of meetings will usually be provided a minimum of one week in advance to all representatives).
8. Prepare for meetings by reading the meeting agendas, minutes and other associated papers which, at times, may be complex and specialist in nature.
9. Understand that they may be asked to respect the confidentiality of items discussed by at the meetings.
10. Contribute to feedback on presentations given at the meetings, some of which will be made by people who use are currently using or have used the services.
11. Feedback to IMHN on matters discussed at the meetings and gather views from the network and other people with lived experience; support will be provided to do this.



The sort of experience, knowledge and skills that we are looking for in this role include:

1. The ability to be objective and able to separate your own experiences as a user of the service from the need to provide a broader user perspective.
2. Ability to demonstrate listening, negotiating and influencing skills, with a personal style that is challenging, but not confrontational.
3. Ability to be solution focused, and to act as a critical friend to the programme.
4. Ability to work with others in a team and demonstrate a commitment to non-discriminatory principles and values.
5. The ability to represent the perspective of people from disadvantaged backgrounds who use services, including those whose voices are seldom heard.
6. An understanding of equality diversity and inclusion and the ways diverse groups that use mental health services can be impacted by them.

Desirable attributes that we are keen to see (these are desirable and NOT essential):

- Experience of working on, and with, multi professional groups e.g. NHS Trust Boards; School Governors; Private Sector Business; charity, community, cultural or faith groups.
- Membership of, or involvement with, a patient group which would enable your contribution to be informed by the views of other users and carers.

We will provide the following support to lived experience representatives:

All lived experience representatives

- Out-of-pocket travel expenses for travel within the BNSSG area (when in person meetings are able to resume again). This includes for taxis where this has been agreed in advance with a member of the IMHN staff team.
- Support to prepare for working group / advisory group meetings. This will include briefings with a member of the IMHN staff team where required ahead of meetings taking place.
- Support to reflect on how you are feeling about participating in working group / lived experience advisory group meetings.



Lived Experience Co-Chairs

- A payment of £150 per day of involvement in the programme (1 day = 7.5 hours). Expected commitment is likely to be about two days per month.

Working Group Members

- A payment of £90 per day of involvement in the programme (1 day = 7.5 hours). Expected commitment is likely to be about one day per month.

Lived Experience Advisory Group Members

- A payment of £90 per day of involvement in the programme (1 day = 7.5 hours). Expected commitment is likely to be about half a day per month.

Please note you will need to check if this impacts any means-tested benefits and seek independent advice on this if you are unsure.

How to apply

To apply please complete our expression of interest form on Survey Monkey that can be found [here](#) by 23:59, Sunday 14th February 2021.

If you cannot press the link, copy and paste this text:

<https://www.surveymonkey.co.uk/r/CMHF-BNSSG-OPP>

How we will make decisions on who is successful

- Decisions about appointments will be made by a panel of two representatives from IMHN and a representative from BNSSG CCG.
- The panel will score each application based on the information you provide about the skills and experience you have. Please make sure to refer to all of the stated skills, knowledge and experience, along with section detailing the role.
- No prior knowledge of applicants will be considered, so please do ensure you give the best possible account of yourself in your application.
- The highest scoring applicants will be offered the role applied for, with a reserve list held in case a space becomes available. The reserve list will be held in line with IMHN's [privacy policy](#).
- As part of making decisions, we will also seek to ensure that working group and advisory group membership has diverse representation from a range of communities as far as possible.



- We will aim to contact all people who apply within one week of the close of applications. We therefore hope to do this by Monday 22nd February 2021.

Promoting and supporting equality diversity and inclusion

We value and promote diversity and are committed to equality of opportunity for all. We particularly want to hear from people from all protected characteristics, and/or from BAME backgrounds, and are happy to have a chat to explain the available roles in more detail.

If you require any further information, or would like to complete the application in an alternative format, please email engagement@imhn.org