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**Independent Mental Health Network
Newsletter - June 2023**

Dear Reader,

Hello!

Hope you are keeping well, and enjoying this lovely weather. My name is Lauren and I am the new Communications Officer for IMHN! I'm really pleased to be working with the team - if I've not met you, I hopefully will do in the coming months. Part of my work is collating a monthly newsletter, and this is the first.

I'll keep this part fairly brief, but do feel free to contact me if you ever want anything included in the Newsletter or have any queries regarding anything social media, branding or engagement related. My email is lauren.davison@imhn.org

Take care,

Lauren Davison (Communications Officer)

IMHN AGM

Our Annual General Meeting will be held on **Monday 12th June, online at 6pm** in the evening.

Click here to join: <https://us02web.zoom.us/j/87330239503?>

The AGM is an important opportunity for members, lived experience reps, and trustees to meet and discuss the future of the organisation.

It's also a requirement that we have an AGM at which we will elect officers and trustees of the Charity. A full agenda will be circulated before the meeting. If there are topics that you would like raised please let us know.

Please do take the opportunity to join us at the AGM, we need your feedback and engagement to make IMHN an effective voice for people with Lived Experience of Mental Health.

We look forward to seeing you there.

Jason Burrowes,
Chair, IMHN Board of Trustees

Staff Changes

After many years with the IMHN our CEO Tom Renhard has moved on. We wish him all the best for the future and thank him for his contribution to the organisation and his advocacy for mental health. A new post of Head of Operations has been created as a replacement for CEO, reflecting the changing structure going forward. In the interim Kaz Self has taken over the running of the organisation.



KAZ SELF -
INTERIM HEAD OF OPERATIONS

"I'm pleased to be able to take up the role of managing the IMHN on an interim basis. I was previously the Chair of the Board of Trustees but have now handed that over to another trustee, Jason Burrowes, who I know will be fantastic in the role."

I've previously been involved with the IMHN as part of their LGBTQ+ steering group and the listening events we ran a couple of years ago. As a trans woman I know that mental health of the LGBTQ+ community is an issue and I'm passionate for making sure that organisations like the IMHN are involved in mental health provision and that lived experience is a part of that."



LAUREN DAVISON -
COMMS/ENGAGEMENT
OFFICER

"I'm thrilled to have joined the IMHN team. As a young person with lived experience of mental health issues, I know how important it is that support is freely available for those who need it. Part of that is communicating the brilliant work being done, and showcasing the help that can be accessed!"

I can't wait to get started properly and help this fantastic organisation reach those that need us!"



Pride Month



June is Pride Month!

From all of us at IMHN, we'd like to wish you all a happy Pride Month. We remain committed as ever to supporting our LGBTQ+ communities, and putting inclusion at the forefront of all we do.

We have some LGBTQ+ specific resources [on our website!](#)

Get involved - Patient and Public Voice Partners on SW Joint Commissioning Committee

NHS England South West (NHSE SW) is offering a rare opportunity to influence the thinking and decision making of senior healthcare leaders and decision makers across the whole of the South West by supporting the transition of responsibility for commissioning specialised services from NHS England to ICBs over the coming years.

NHSE SW are looking for two people with a genuine interest in participation and an ability to constructively engage and share your views with senior level professionals to join the joint committee. Ideally, they will have previous experience of influencing change and taking part in high level and strategic discussions.

More details:

- The role will last for a year, renewable for up to 3 years.
- Meetings will be held on a bi-monthly basis usually online, but occasional travel for face to face meetings may be required. Meetings should typically last 1.5 hours except in exceptional circumstances.
- Travel expenses and other appropriate out-of-pocket expenses are reimbursed. An honorarium of £150 per day will be paid (usually a half day is allocated for each meeting to allow for time to read documents) for an estimated total time commitment of 3 days per year.

Read the job description and find the application form [here](#):

Apply by the 30th of June, by sending your completed application form to lfarbus@nhs.net

Take part - RESTART Dental Care Survey

RESTART is a research priority setting exercise, run by a group of people with severe mental conditions, their carers, clinicians and other partners, to research

Their survey want to prioritise 10 'unanswered questions' from a list of 60 about dental care for people with severe mental conditions, discussing dental care and how best to aid recovery.

[Click here](#) to fill in the survey - you can enter the prize draw at the end of the survey, for a chance to win one of 20 £10 gift cards.

[Watch](#) to find out more about the project or email the team on: e.joury@qmul.ac.uk for more information

UPDATE: IMHN in One Weston, Worle & Villages Locality Partnership

Two IMHN lived experience representatives in OWWV have been involved effectively from the beginning of the development of its new Integrated Mental Health Team (IMHT) – showing great co-production between the locality partnership (LP) and the two IMHN reps. The OWWV IMHT is the first to go live in Bristol, North Somerset and South Gloucestershire (BNSSG) Integrated Care System, with its 6 LPs, and is helping to fill the gap between Primary care, including GPs and NHS Talking Therapies, and Secondary mental health care; this is called for by the England-wide Community Mental Health Framework.

The reps have participated in many LP meetings, helped interview for IMHT staff, given a talk to approximately 200 people from BNSSG's Healthier Together partnership on Weston-super-Mare's Grand Pier and have now been joined by a third rep, strengthening the team ready for the future challenges.

RECRUITING: TRUSTEES



Want to be a Trustee?

Do you want to help shape our work? It is expected you will be able to commit about a day a month to assist in influencing the development of a young, dynamic and growing organisation.

To apply to be a Trustee, please send in your CV and covering letter to trustees@imhn.org

Keep in touch!

Have a story you want to share? Running an event that you want help promoting? Have any questions about the Independent Mental Health Network? Then get in touch! Drop us an email or send us a message via social media:

Email: engagement@imhn.org

Twitter: twitter.com/GManchesterIMHN
twitter.com/BristolIMHN



Have you been forwarded this email?

Someone thinks you might be interested in IMHN's work in mental health in Greater Manchester.

[Click here for more information about our network, and to join as a member today.](#)

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