



Independent Mental Health Network – opportunity description

Mental Health & Wellbeing Lived Experience Representative for Inner City & East Bristol

Mental health care is changing to become more locally based and influenced. This means that healthcare and mental health support are being developed at a much more community level. It also means that mental health support will become more connected to communities.

Our role at the Independent Mental Health Network ('IMHN') is to bring together health & social care commissioners, providers and lived experience representatives to work together to co-produce mental health services and community support.

The ICE Lived Experience Reference Group (ICE 'LERG')

To ensure that improvements in mental health services meet the needs of the people who live in this area, we are looking for a new Lived Experience Representative to join the LERG to:

- Support the development of new mental health support, and develop solutions to problems that currently exist
- Link with health & social care commissioners, (the Integrated Care Board (ICB), to directly influence the services that are available in the area
- Ensure that services, providers and commissioners are accountable to the people who live in the locality – particularly those from the locality's diverse ethnic backgrounds and people who are often under-represented in mental health services

The focus of this role is on the Inner City and East Bristol (ICE) 'locality'. This includes the Broadmead, Ashley, Easton, Lawrence Hill, Fishponds, Eastville, St George & St Paul's areas and Central Bristol; a combined area served by 12 GP practices across the latest registered population of 183,468.



What is a Mental Health & Wellbeing Lived Experience Representative?

IMHN defines a person as having had lived experience of mental health if they:

- have currently or ever used mental health services or support; or
- are trying to access Mental Health services; or
- self-define as having had or currently having mental health issues; or
- supports someone who identifies with the criteria above

This includes people who may have gone down more informal support routes, like peer support.

Main duties

As a Lived Experience Representative, you will:

- Represent diverse views and opinions, both your own and of others within the community to influence change in mental health and wellbeing support,
- Work to ensure that mental health and wellbeing support is developed in the best interests of those who may need it,
- Work collaboratively with others and be willing to listen to other points of view
- Be able to appropriately share personal lived experience to shape future mental health and wellbeing support,
- Feel able to share your views and comments about the project,
- Take part in conversations about mental health & wellbeing within the context of the project meetings and work,
- Gain feedback from lived experience colleagues on agenda items ahead of meetings,
- Share decisions and updates with counterparts (other lived experienced representatives and IMHN colleagues),
- Be able to join online meetings via Teams and Zoom.

Time commitment

- You will need to be available to attend the ICE LERG on the second Tuesday of the month 3.30pm- 5pm.



- You may also be invited to additional meetings as part of the core work.
- Some involvement will also be via email, such as reading and commenting on documents in preparation for meetings or sharing your views
- The maximum time commitment over the course of a month is anticipated to be 3.75 hours. This will cover your time attending meetings, and preparation/reading time.

About you

We are looking for people who identify with IMHN's definition of 'lived experience' as given above. In addition, you will:

- Either live in the ICE locality, or be registered with a GP in the ICE locality
- Have either lived or been registered with a GP within the ICE locality within the last three years.

Additionally:

- Experience of previous involvement work is ideal but not required. Examples of involvement work include:
 - Patient and public involvement groups
 - Patient participation groups ('PPGs') at GP surgeries
 - Contributing to consultations about health services in the past
 - Attending public workshop or events about the health system
- You will have an email address and be comfortable using technology (support can be provided in the first instance, if required) as meetings are often held online via Zoom or Microsoft Teams. This also includes familiarity with opening documents on a computer. IMHN make every effort to ensure that documents are accessible.

What you can get from the role

- Training and personal development to develop your skills. This will include how to be effective/confident in meetings.



- One-to-one support, as well as group support from your peers, for your role
- Receive payment for your contributions at the rate specified in the opportunity description where this is available.
- A sense of community, working with like-minded people.
- A sense of purpose and meaning.

Payment Rate

- £12 per hour.
- In addition, out of pocket travel expenses within the Bristol, North Somerset, and South Gloucestershire area may be reimbursed, for example travel costs to meetings. IMHN's engagement co-ordinators will be able to provide more support with this.

How to express an interest

Please send an expression of interest, explaining what you would bring to the role, to engagement@imhn.org. Please title your email 'Expression of interest – ICE role'.

If you would like to arrange a short conversation about the role, or have any questions about this opportunity, please feel free to contact us at engagement@imhn.org.

The closing date for expressions of interest is: Thursday 25th January 2024.

What will happen after that?

Depending on how much interest we get for this role, the next stage may involve an application process and informal interview. The interview would be an opportunity for you to find out more about the work we do at IMHN as well as for us to meet you and find out more about your experience. There is no preparation needed for this.

Please Note: IMHN reserves the right to close applications early if we receive sufficient interest/applications.