

What to expect

All SUSG meetings are currently online and are held on the 3rd Wednesday of the month, from 17.30-19.00.

Interview panels are also currently online. Time and dates will vary and the process can take 1-2 days involvement.

How we will support you

Service users involved in Wellbeing Service Expert by Experience roles will be invited to join a meeting once every 2-3 months. This meeting aims to support you in your role and give you a chance to discuss with others, issues arising. This group will be facilitated by a member of therapy staff.

Attendance at all meetings / interviews (including prep time) will be paid via the Sussex Partnership Participation Team.

We will meet with you prior to your first meeting and provide you with information about the service, the role, and answer any questions you may have.

There will be 2 named staff members who will act as your point of contact.

If you are interested in getting involved with the Brighton and Hove Wellbeing Service we would be really pleased to hear from you.

Please email:

spnt.brightonwellbeing@nhs.net

To find out more about our service and how to get involved, visit our website:

<https://www.brightonandhovewellbeing.org/getting-involved-patient-participation>

If you prefer to telephone please call the Brighton and Hove Wellbeing Service on: **0300 002 0060**

and we will be happy to take your details over the phone.

Thank you very much!

You can also apply via the Sussex Partnership People Participation Team. Please email:

Participation@sussexpartnership.nhs.uk

**Brighton
and Hove
Wellbeing
Service**

Get Involved!



Service User Involvement

The Brighton and Hove Wellbeing Service is committed to providing the best possible service and we are looking for your help.

We aim to work in a way that is open to, and influenced by the views and experience of people who have used our service.

Opportunities

Adult Service User Steering Group

In 2020 the Service User Steering Group (SUSG) was set up to support in guiding the service's development. The group consists of staff and people with lived experience of using Primary Care Mental Health services.

It involves attending meetings and providing your views based on your experience and knowledge to help:

- Shape the design and delivery of the Service,
- Help raise the profile of users' needs, views and interests and,
- Support and promote the Wellbeing Service.

Interview panel and selection role

This role involves being part of an interview panel, alongside members of staff to assist in the recruitment of various clinical and operational posts.

It involves:

- Reviewing candidates applications and the interview questions in advance.
- Asking candidates a few of the interview questions,
- Afterwards, scoring the candidates answers, with the staff, in accordance with Trust Recruitment and Selection guidelines and deciding who to appoint.

Benefits of being Involved

- You can help others improve their lives and use your experience of overcoming difficulties in a positive way
- You can build your confidence
- You can develop new skills
- You can meet people with similar life experience.

"As a volunteer with Health in Mind I am able to work together with others to being involved in decision making and moving the service forward"

"Being part of the Service User Steering Group, I can honestly say that I am able to support, promote change and feel part of a team"

Jo, Service User Steering Group, East Sussex Primary Care Mental Health Service, 2020.

Future Developments for involvement

Following the establishment of our Adult Service User Steering Group, we aim to develop further opportunities such as:

- **Being part of an email review group.** You may not be able to come to meetings but be willing to give your views via email, for example on publicity and letters, or your thoughts on the way we plan to do thing.

