

Lincolnshire Mental Health Transformation Programme Co-Production Group

Welcome!

Thank you for your interest in joining the Lincolnshire Mental Health Transformation Programme Co-production Group facilitated by Every-One.

We are building a small group of volunteers with lived-experience of Mental Health services, to co-produce services and to become Community Reporters, supporting the evaluation and co-production of mental health pilot projects in Lincolnshire.

What is Co-production?

Co-production is a fancy word that is used a lot around health, social care and the voluntary sector. We like to keep things simple, so co-production to us is about:

People working together to make things better for others

Co-production is more than consultation or general engagement as it supports people to have the skills, knowledge, and confidence to work 'at the table' with professionals on things that are a priority to both.

As a member of a co-production group, you will be bringing your own lived-experience story and your own perspective to help design, develop and deliver services that meets the needs of people rather than building it on the process.

As a Mental Health Co-production Group member, we are also asking you to become Community Reporters and to support with the evaluation and feedback of the pilot projects and to share their impact.

What is the Mental Health Transformation Programme?

The Mental Health Transformation Programme is working across 4 pilot sites in Lincolnshire (Gainsborough, Grantham, Boston and Lincoln City South) and its aims are:

- *We are transforming mental health services so that we can support more people in Lincolnshire.*
- *We are improving and joining together local services where you live to make it easier for you and the people close to you find the support that you all need, when you need it.*
- *Regardless of your situation, you will get help and support to keep yourself well and be supported to take more control of your own care.*

Who are we looking for?

We believe it takes a very special person to be part of co-production. You will have:

- Experience yourself of using Mental Health services, or of caring for someone who has.
- A positive attitude to working with people, both professionals and other people with lived-experience, to make things better for others.
- Time and availability to join video calls and small group sessions in person when we can. The co-production group is funded to run for 2 years, so this is about being part of a proactive group that will really work alongside professionals and services to make significant improvements.
- No previous experience of research or journalism is necessary as you will be supported throughout.

What would you be doing as part of the group?

We will offer training and support for you to be able to have the skills, knowledge and confidence to take part. You will be supported throughout by a Co-production Facilitator who will be from the charity Every-One.

The role will develop as the group develops and decides what it can do and how it will work. Some of the things you may be doing will include:

- Interviewing people and sharing what you discover
- Putting together case studies with others in the group
- Making recommendations for improvements
- Attending meetings and offering the perspective of a person with lived-experience
- Sharing your own personal story around mental health and supporting others to share theirs.

Meetings

The dates and regularity that the group meets will be decided by the group themselves in discussion with the project leads and will be based on members availability and the needs of the project.

As an example, other co-production groups have been meeting by video every 2 weeks (during 2020), but this group may want to meet more frequently.

During 2020, other co-production groups have been meeting over video call (either Zoom or Teams). Whilst we are still in the midst of Covid-19, this will be the best way for the group to meet. When we can, we hope to bring the group together to meet in person, so we will be able to have a 'blended' experience of face to face and online meetings.

Expenses

We appreciate that you are giving your time for free to help others. As and when we can meet face to face, your travel expenses will be reimbursed and where appropriate, we will provide refreshments / lunch.

How will we support you?

We will develop your skills, knowledge, and confidence to work with others to evaluate and report case studies and stories about changes and improvements in services and to work with professionals to co-produce.

The Co-production Facilitator will be available to you if you have any questions and will work with you to be able to fully engage with the group's work.

We will offer training in a range of things such as writing case studies and telling your story and as we work together, we will find out if there are any other training needs for the group to be able to contribute fully.

How to become part of the group?

We are asking people to complete a very short expression of interest form as places on the group are limited and we need to ensure we have a balanced representation of people. This will help us to know a little more about you and what you want to gain from being part of the group.

Deadline for sending us your expressions of interest form is **5pm, Friday 11th December 2020.**

Those people who are invited to join the group will be notified by **5pm, Friday 18th December 2020.** If you are not offered a place on this group, we will let you know and there may well be opportunities for other co-production activities in the future.

The group will be invited to an initial workshop on 'What is Co-production?' on **2pm – 4pm, Friday 8th January 2021 via Zoom.** At this session, we will explain more about co-production and how we can all get the best from it. You don't need to prepare anything, but you may want to have pen and paper to hand.

The first full group meeting will take place on **2pm – 4pm, Thursday 14th January 2021 via Zoom.**

As facilitator to the group, I very much look forward to working with you and thank you in advance for your interest and your time. Every-One's mission is 'Making Wellbeing Personal' and I know that your input will help to ensure Mental Health services put people first and make their wellbeing personal.

Best wishes,



Vicky Thomson - Chief Executive



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Lincolnshire Mental Health Transformation Programme

Co-Production Group

Expression of Interest

Thank you for expressing an interest in joining the Lincolnshire Mental Health Transformation Programme Co-production Group facilitated by Every-One.

Please complete the below and return to:

→ **Email:** vicky.thomson@every-one.org.uk

→ **Post:** Every-One, 5 The Stables, Wellingore Hall, Wellingore, Lincoln LN5 0HU.

Please return by: **5pm, Friday 11th December 2020**

1. Personal details

Name:

Address and Post Code:

Email:

Date of birth:

Contact phone number:

Nationality:

Please share any additional needs you may have for joining the group:

Do you agree to your quotes, written words, photograph / filmed images being used for promotional purposes?

Yes No

Do you agree to your details being stored by Every-One?

Yes No

Your details will be used by Every-One for the administration of the Lincolnshire Mental Health Transformation Programme Co-production Group. Your details will not be shared with any other party.

2. Suitability

2.a Experience, skills and knowledge:

Please outline your experiences, skills and knowledge that you believe makes you a good candidate for being part of the Lincolnshire Mental Health Transformation Programme Co-production Group.

2.b What does co-production mean to you?

Please tell us about your aspirations for co-production and what you would expect good co-production to look like.

2.c Why are you interested in the role?

2.d Confirmation of commitment

Please confirm that you would be committed to attending the regular meetings.
Please also detail any support you might need to help you to be able to take part.

Please contact vicky.thomson@every-one.org.uk or Every-One, 5 The Stables, Wellingore Hall, Wellingore, Lincoln LN5 0HU if you have any questions and return the form to the above once complete.

Someone will contact you as soon as possible to discuss the next steps.