



# Involvement Prospectus

**Summer - Autumn Programme**  
Training, development and wellbeing support



## **Involving you**

Leicestershire Partnership NHS Trust (LPT) is committed to involving service users, patients, carers and family members in all that we do, and aim to provide services that meet the needs and expectations of our patients and to also learn from them. We want to involve you in decisions about your care and hear about your lived experience of using our services and in turn this will help us design and deliver our services and enable us to improve existing services and to make decisions about new ones.

There are lots of ways that you can get involved with us at LPT – register with the involvement network to find out more.

## **How to register for involvement**

You can join our Service User/Carer Involvement Network which is open to LPT service users, carers and family members where you can use your lived experiences to improve services. This will help to inform how we shape our services to fit the changing needs of our local communities.

Once registered you will receive monthly Patient Experience and Involvement newsletters which includes information about training, development and involvement opportunities.

Please visit our “involving you” page [www.leicspart.nhs.uk/involvingyou](http://www.leicspart.nhs.uk/involvingyou) which provides additional information and where you can access an on line Expression Of Interest form in order to register for involvement.

## **Purpose of this programme**

This programme brings all our training and development opportunities in one place for you to look through and register at your leisure. We recognise that for some people involvement is completely new so we have some programmes that are an introduction in order to share various involvement opportunities as well as training and support available to you

We also recognise that some people would like to grow their skills and confidence in order to progress your involvement journey, this could be people looking to get involved in committee type meetings, quality improvement projects working in partnership with staff, peer support, or back into paid employment. This programme incorporates a range of development opportunities as well as some wellbeing activities in order to support you on your involvement journey with us.

## **How to book onto any of the below sessions**

If any of the below sessions are of interest to you and you would like to find out more or to register your attendance, please contact the Patient Experience and Involvement team via phone or email;

**Phone; 0116 2950181**

**Email; [LTPatientExperience@leicspart.nhs.uk](mailto:LTPatientExperience@leicspart.nhs.uk)**

Please contact the Recovery College directly if you are interested in any of their courses;

**Phone; 0116 295 1196**

**Email; [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)**

## One off training and development sessions – Summer/Autumn

Session Name	Session Description	Date and Time
<p>Completely new to involvement and wondering what it is - come and talk to us</p>	<p>You may hear people talk about involvement but what does it actually mean? Have you ever wondered how do you complete surveys and give feedback, what your role be on a recruitment panel, or what would be involved attending a focus group</p> <p>This is an informal chat for you to come and find out more and we will share the various ways you can influence service improvement through your lived experiences.</p>	<p>Friday 13<sup>th</sup> August 1:00-2:00pm</p>
<p>Online Art masterclass 'How to make paper love hearts'</p>	<p>Get creative with Tasha</p> <p>Get creative in a friendly and arty ONLINE social environment, ideal for complete beginners and beyond. The group will be inspired to learn 'how to make paper love-hearts' using basic everyday materials of one's choice and simple techniques of how to paper fold to make wonderful pieces of love-hearts.</p> <p>This is where the magic happens; we create, learn and have a lot of fun. Art class delivered ONLINE by 'Participatory BAME Artist' who has a great passion for 'Arts in Mental Health'!</p>	<p>Monday 23<sup>rd</sup> August 3:00-5:00pm</p>
<p>Quality Improvement – The Basics for Service users and Carers interested in getting involved</p>	<p>Quality Improvement, what is it and how can you get involved? Here in LPT the Trust has been working on creating a Quality Improvement (QI) strategy for some time which is referred to as We Improve Q. This strategy is the Trust approach to QI which is essentially how we improve services and the experiences and outcomes for patients. This QI approach consists of 6 key principles. You can view a short film here; <a href="https://youtu.be/UyD2-CpJbtA">https://youtu.be/UyD2-CpJbtA</a></p> <p>This session is an introduction to QI and informs you about our Trust strategy, QI methodology, and how you can support projects and get involved.</p>	<p>Date to be confirmed – please contact the Patient Experience &amp; Involvement Team for further details</p>
<p>Introduction to Research</p>	<p>Research can be defined as the creation of new knowledge. Medical and healthcare breakthroughs would be impossible without research, which makes it a core function of the NHS. Over the last year, the COVID-19 pandemic has highlighted the importance of research in healthcare. Without research, there would be no new ways to prevent disease, alleviate pain or provide treatments. Research allows healthcare to progress and improve. Join this session to learn more about what research is, why it's important in the NHS and how you can be involved.</p>	<p>Thursday 2<sup>nd</sup> September 2:00-3:00pm</p>

## Patient Leadership Modules

Delivered by Angela Newton at Lived Experience Matters

These sessions can be accessed as stand-alone sessions or as one programme that supports attendees to develop their knowledge, skills, confidence and abilities in patient involvement and leadership to inform and influence LPT services.

Session Name	Session Description	Date and Time
Understanding patient involvement and leadership in practice	This session will provide you with an understanding of the roots of patient involvement and leadership, and examine what best practice looks like. You'll also have the opportunity to better understand some of the most common challenges that people experience within it, and how these challenges can be overcome.	Tuesday 24 <sup>th</sup> August 1:00-4:00pm
Diversity in patient involvement and leadership	This session will provide you with the opportunity to understand the diversity of people's experience of health care. You'll also be able to explore how your experiences are different to that of others, and consider a broad range of ways that the views, opinions and experience of patients can be sought out.	Thursday 26 <sup>th</sup> August 1:00-4:00pm
Influencing People in Meetings I	This is the first of two sessions that will provide you with a deeper understanding of the key principles of effectively influencing people, and how this can be achieved within meetings. You'll have the opportunity to consider how to deal with differences of opinions and challenging conversations, and how to best participate in discussions.	Monday 6 <sup>th</sup> September 1:00-4:00pm
Influencing People in Meetings II	This is the second of two sessions that will provide you with a deeper understanding of the key principles of effectively influencing people, and how this can be achieved within meetings. You'll have the opportunity to consider how to deal with differences of opinions and challenging conversations, and how to best participate in discussions.	Monday 13 <sup>th</sup> September 1:00-4:00pm
Sharing Patient Experiences I	This is the first of two sessions that will provide you with the opportunity to consider your experiences of being a patient of LPT services, and what you would like to share with the Trust to enable them to learn from your insight.	Wednesday 15 <sup>th</sup> September 10:00am-1:30pm
Sharing Patient Experiences II	This is the second of two sessions that will provide the opportunity to share your experience of being a patient of LPT services, and to give and receive constructive feedback to other patients.	Wednesday 22 <sup>nd</sup> September 10:00am-1:30pm

# Standard training and development available all year round

Session Name	Session Description	Date and Time															
Wellbeing Wednesdays	<p>Every Wednesday the Trust offers a series of virtual wellbeing workshops that staff, volunteers and the service user/carer network are able to access. These include Yoga, Pilates, Tai Chi, Zumba and Mindfulness. You do not need to sign up to these sessions and you will find the MS Teams link on the right hand side, along with the timetable below;</p> <table border="1" data-bbox="379 645 1147 981"> <thead> <tr> <th></th> <th>1<sup>st</sup> WED</th> <th>2<sup>nd</sup> WED</th> <th>3<sup>rd</sup> WED</th> <th>4<sup>th</sup> WED</th> </tr> </thead> <tbody> <tr> <td>12.30-1</td> <td>   <b>Yoga</b>                      Su Stanbridge                 </td> <td>   <b>Pilates</b>                      LPT MSK Team                 </td> <td>   <b>Tai Chi</b>                      Christopher Burston                 </td> <td>   <b>Zumba</b>                      Leona Knott                 </td> </tr> <tr> <td>1-1.30</td> <td colspan="4" style="text-align: center;"> <b>Mindfulness</b>                      Join the drop in session for a guided mindfulness session with Paula Robinson.                 </td> </tr> </tbody> </table>		1 <sup>st</sup> WED	2 <sup>nd</sup> WED	3 <sup>rd</sup> WED	4 <sup>th</sup> WED	12.30-1	 <b>Yoga</b> Su Stanbridge	 <b>Pilates</b> LPT MSK Team	 <b>Tai Chi</b> Christopher Burston	 <b>Zumba</b> Leona Knott	1-1.30	<b>Mindfulness</b> Join the drop in session for a guided mindfulness session with Paula Robinson.				<p>Yoga 1<sup>st</sup> Weds  <a href="#">Click here to join the session</a></p> <p>Pilates 2<sup>nd</sup> Weds  <a href="#">Click here to join the session</a></p> <p>Tai Chi 3<sup>rd</sup> Weds  <a href="#">Click here to join the session</a></p> <p>Zumba 4<sup>th</sup> Weds                      All 12.30-1:00pm  <a href="#">Click here to join the session</a></p> <p>Mindfulness 1:00-1:30pm  <a href="#">Click here to join the session</a></p>
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Walk and Talk group	<p>A small group of us will meet up at a park or gardens for a walk and conversation. Meet with others and make connections, build relationships whilst taking in some beautiful scenery and fresh air. Venues include Abbey Park, Watermead Park and the Botanical Gardens.</p> <p>Meetings take place fortnightly on Mondays.</p>	<p>Monday 2<sup>nd</sup> August                      12:00-1:00pm                      August 2<sup>nd</sup>, 16<sup>th</sup>,                      September 6<sup>th</sup>, 20<sup>th</sup>,                      October 4<sup>th</sup>, 18<sup>th</sup>,                      November 1<sup>st</sup>, 15<sup>th</sup>,                      Tues 30<sup>th</sup></p>															
Recovery and collaborative care planning café	<p>The Recovery Cafes are a shared space for service user/carers, NHS staff and local voluntary and community groups to come together to connect around the recovery concept of CHIME. (Connectedness, Hope, Identity, Meaning and Empowerment). This is an informal space and there is no expectation for you to contribute to discussions unless you would like to. You can find out more about the history of the cafes here;  <a href="https://bit.ly/35ZOqxc">https://bit.ly/35ZOqxc</a></p>	<p>Tuesday 31<sup>st</sup> August                      1:00-2:30pm</p> <p>Wednesday 29<sup>th</sup>                      September 11:00-12:30pm</p> <p>Friday 29<sup>th</sup> October                      1:00-2:30pm</p>															
Introduction to the NHS and Leicestershire Partnership NHS Trust (LPT)	<p>This session is useful for those wanting to find out more about how the NHS works and gives you an overview of;</p> <ul style="list-style-type: none"> <li>• How the NHS in England work</li> <li>• Integrated Care System</li> <li>• What is “Step up to Great”</li> <li>• Support LPT can give you</li> </ul>	<p>Wednesday 11<sup>th</sup>                      August                      2:00-3:00pm</p> <p>Tuesday 12<sup>th</sup> October                      10:30-11:30am</p>															
Recruitment Training	<p>Would you like to get involved with recruiting new members of staff? Opportunities often arise for service user/carer involvement in recruitment and this training will prepare you to</p>	<p>Tuesday 17<sup>th</sup> August                      10:00-11:30am</p>															

	<p>become a panel member. An overview of the training can be found below;</p> <ul style="list-style-type: none"> <li>• Recruitment and selection process</li> <li>• Job description and person specification</li> <li>• Interview questions/presentation</li> <li>• Types of Involvement in the recruitment process</li> <li>• Confidentiality</li> <li>• Do's and Don'ts for interviewing</li> <li>• Recording the interview</li> </ul>	<p>Friday 10<sup>th</sup> December 1:00-2:30pm</p>
<p>Introduction to Involvement</p>	<p>This session is open to people who have joined our Involvement Network and will provide an overview of what service user/carer involvement is as well as discussing what involvement opportunities are available within LPT. This session will also discuss what your interests are and the different support, training and development available to you whilst on your involvement journey.</p>	<p>Thursday 19<sup>th</sup> August 1:00-2:30pm</p> <p>Tuesday 5<sup>th</sup> October 10:30-12:00pm</p>
<p>Various Quality Improvement sessions Find more details here: <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2021/07/QI-in-a-box-modules.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2021/07/QI-in-a-box-modules.pdf</a></p>	<p>Here in LPT the Trust has been working on creating a Quality Improvement (QI) strategy for some time which is referred to as We Improve Q. This strategy is the Trust approach to QI which is essentially how we improve services and the experiences and outcomes for patients. This QI approach consists of 6 key principles;</p> <ul style="list-style-type: none"> <li>• One shared approach</li> <li>• Knowledge and skills</li> <li>• Working in partnership</li> <li>• Continued Improvement</li> <li>• Share good Practice</li> <li>• Data for Measurement</li> <li>• Charts to help capture QI project data</li> </ul> <p>You can see a short film about We Improve Q here; <a href="https://youtu.be/UyD2-CpJbtA">https://youtu.be/UyD2-CpJbtA</a></p>	<p>Sessions take place via MS Teams on Fridays 9-10 am</p> <p>Contact the team to find out more and to book onto sessions.</p>
<p>Recovery College Various programmes on offer</p>	<p><b>Recovery College Summer Prospectus</b> Leicestershire Recovery College has been delivering courses online via Skype and Microsoft Teams, with a total of 25 courses delivered over the Spring Term which ended in March. We are pleased to launch our Summer 2021 programme, containing a range of online courses designed to support health and wellbeing from the comfort of your own home.</p> <p>You can access the prospectus online through the following link: <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Summer-Term-2021-Interim-Prospectus-final.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Summer-Term-2021-Interim-Prospectus-final.pdf</a></p>	<p>Various – a new prospectus comes out each term, contact the Recovery College for more information</p>
<p>Ulearn modules</p>	<p>Are you registered as a Trust Volunteer? If so did you know you can access various online training, development and wellbeing modules via uLearn.</p>	<p>You can complete these online as and when you would like to</p>

	If you are interested in finding out more about our ULearn training opportunities please contact the Involvement Team for more information	
Trust Board Meetings	<p>LPT's Trust Board heads up a <a href="#">governance structure</a> made up of key committees that provide assurance to the Board regarding different aspects of our work. Good governance leads to better patient care and allows the Trust Board to demonstrate robust accountability to local people in the safe running of their health service. The Trust board meets in public six times a year to discuss a wide range of issues and you are welcome to attend.</p> <p>To register and find out more please click on the below link;  <a href="https://www.leicspart.nhs.uk/about/trust-board/">https://www.leicspart.nhs.uk/about/trust-board/</a></p>	Various - contact the Involvement Team for more information

## Training and useful resources on offer external to LPT

Session Name	Session Description & How to Access
Introduction to quality improvement for patients and the public - HQIP	<p>Online module provided by the Healthcare Quality Improvement Partnership (HQIP)            By the end of this module you will be familiar with;</p> <ul style="list-style-type: none"> <li>Your vital role in improving healthcare quality</li> <li>Quality improvement principals</li> <li>Quality improvement date</li> </ul> <p><a href="https://elearning.hqip.org.uk/introduction-to-qi/">https://elearning.hqip.org.uk/introduction-to-qi/</a>            Acces is online via the elearning link in the session description</p>
An introduction to the NHS – NHS England	<p>The NHS is a complex system, which can sometimes make it difficult to understand – especially working out who is responsible for what. It's made up of a wide range of different organisations with different roles, responsibilities and specialities. These organisations provide a variety of services and support to patients and carers. You can find out more and watch a film about how the NHS works by the below link;  <a href="https://www.england.nhs.uk/get-involved/nhs/">https://www.england.nhs.uk/get-involved/nhs/</a></p> <p>NHS England has a range of useful information and resources to support you with your involvement journey; <a href="https://www.england.nhs.uk/get-involved/resources/">https://www.england.nhs.uk/get-involved/resources/</a></p>
The NHS Explained: How the Health System in England really works – Kings Fund	<p>Online course provided by The Kings Fund.            Get a detailed understanding of the NHS - its inner workings, current and future challenges, and how it all fits together. Find out more here;  <a href="https://www.futurelearn.com/courses/the-nhs-explained">https://www.futurelearn.com/courses/the-nhs-explained</a></p>