

# Involvement Prospectus

**Spring 2022 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: [lpt.patient.experience@nhs.net](mailto:lpt.patient.experience@nhs.net)**

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 – Spring 2022

Session Name	Session Description	Date and Time
<p><b>Completely new to involvement and wondering what it is - come and talk to us</b></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><b>Wednesday 20<sup>th</sup> April</b> via MS Teams 10.30am to 11.30am</p>
<p><b>Quality Improvement – The Basics for Service users and Carers interested in getting involved</b></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.</p> <p>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><b>Thursday 5<sup>th</sup> May</b> via MS Teams 1:30pm to 3pm</p>
<p><b>Introduction to Research</b></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><b>Tuesday 12<sup>th</sup> April</b> 10am to 11am</p> <p><b>Thursday 12<sup>th</sup> May</b> 10am to 11am</p>



**lived experience  
matters**

## Patient Leadership Modules

Delivered by Angela Newton at Lived Experience Matters

You will need to be able to attend all the sessions to take part in this programme.

The programmes support 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
<b>Facilitation and Training Skills Programme</b>	<p>This training programme is aimed at people who are planning to co-deliver patient involvement and leadership training sessions. The programme will enable people to develop their skills, knowledge and confidence in facilitating groups and delivering training.</p> <p>Followed by ongoing telephone / online coaching support as required by participants over 6 months</p>	<p>To be delivered in person:</p> <p><b>Friday 6<sup>th</sup> May</b> 11.30am to 4pm</p> <p><b>Friday 13<sup>th</sup> May</b> 11.30am to 4pm</p> <p><b>Friday 20<sup>th</sup> May</b> 11.30am to 4pm</p>

Please note these spaces are limited, for further enquiries or to register your interest please contact the Patient Experience and Involvement Team via email [lpt.patient.experience@nhs.net](mailto:lpt.patient.experience@nhs.net) or by telephone: 0116 295 0818

You can find out more about Angela via her webpage; <https://livedexperiencematters.org.uk/>

## Standard training and development available all year round

Session Name	Session Description	Date and Time												
<b>Wellbeing Wednesdays</b>	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 and Mindfulness. Please contact us in order to be sent the links to these sessions which are delivered via MS Teams. Timetable below:	<p>Mindfulness <b>Every Weds</b> 1:00-1:30pm</p> <p>Yoga <b>1<sup>st</sup> Weds</b> 12:30-1:00pm</p> <p>Pilates <b>2<sup>nd</sup> Weds</b> 12:30-1:00pm</p> <p>Tai Chi <b>3<sup>rd</sup> Weds</b> 12:30-1:00pm</p>												
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	<b>Mindfulness drop-in session</b>	<b>1:00-1:30pm</b>	<b>Every Weds</b>	
<p><b>Virtual Catch ups</b></p> <p><b>Walk and Talk group</b></p>	<p>During the winter months, we meet virtually via MS Teams every fortnight on a Monday for an hour so we can come together for a coffee and catch up.</p> <p>When the weather improves 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.</p> <p>Venues include Abbey Park, Watermead Park and the Botanical Gardens. Meetings take place fortnightly on Mondays.</p>	<p><b>Monday 4<sup>th</sup> April</b> 12-1pm</p> <p><b>Tuesday 19<sup>th</sup> April</b> (due to bank holiday) 12-1pm</p> <p><b>Tuesday 3<sup>rd</sup> May</b> 12-1pm (due to bank holiday)</p>		
<p><b>Recovery and Collaborative Care Planning Café</b></p>	<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).</p> <p>This is an informal space and there is no expectation for you to contribute to discussions unless you would like to.</p> <p>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><b>Tuesday 26<sup>th</sup> April</b> 1-2.30pm (Connectedness) <b>Wednesday 25<sup>th</sup> May</b> 11-12.30pm (Hope) <b>Monday 27<sup>th</sup> June</b> 1-2.30pm (Identity)</p>		
<p><b>Recruitment Training</b></p>	<p>Would you like to get involved in recruiting new members of staff? Opportunities often arise for service user/carer involvement in recruitment and this training will prepare you to 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><b>Friday 8<sup>th</sup> April</b> 10.30am to 12midday</p>		
<p><b>Introduction to Involvement Workshop</b></p>	<p>This session is open to people who have joined our Service User/Carer Network and will provide an overview of what service user/carer involvement is as well as discussing what involvement opportunities are available within LPT.</p> <p>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><b>Wednesday 6<sup>th</sup> April</b> 1pm to 2.30pm</p> <p><b>Wednesday 8<sup>th</sup> June</b> 10.30am to 12midday</p>		

<p><b>Various Quality Improvement sessions</b></p> <p>Find more details here:  <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/QI-in-a-box-modules.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/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.</p> <p>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 <b>Fridays 9-10 am</b></p> <p>Contact the team to find out more and to book your place</p>
<p><b>Recovery College</b></p>	<p style="text-align: center;"><b>Recovery College Spring Prospectus</b></p> <p>There are a range of courses available including;</p> <ul style="list-style-type: none"> <li>• Introduction to Self-Care</li> <li>• Gentle Yoga and Relaxation</li> <li>• Introduction to Involvement...plus many others.</li> </ul> <p>We are continuing to enrol over the phone and also provide useful links &amp; resources to support mental health via twitter: <a href="https://twitter.com/RecoveryCollege">https://twitter.com/RecoveryCollege</a> , Facebook: <a href="https://bit.ly/3jSBJML">https://bit.ly/3jSBJML</a> and our webpage.</p> <p>Please call 0116 295 1196 or email <a href="mailto:lpt.recoverycollege@nhs.net">lpt.recoverycollege@nhs.net</a>, if you wish to speak to a member of the recovery college team to request a copy of the current prospectus and/or to enrol.</p> <p>You can access the Spring Term prospectus online through the following link: <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2019/02/Spring-Term-Prospectus-2022-final.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2019/02/Spring-Term-Prospectus-2022-final.pdf</a></p>	<p>Various – a new prospectus comes out each term, contact the Recovery College for more information</p>
<p><b>Ulearn modules</b></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>If you are interested in finding out more about our ULearn training opportunities please contact the Patient Experience and Involvement Team for more information</p>	<p>You can complete these online on a add hoc basis</p>
<p><b>Trust Board Meetings</b></p>	<p>LPT's Trust Board is made up of key committees that provide assurance to the Board regarding different aspects</p>	<p>Various - contact the Patient</p>

	<p>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>Please click on the following link for dates of all Trust Board meetings throughout 2022:  <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/2022-Trust-Board-meeting-dates-Overview.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/2022-Trust-Board-meeting-dates-Overview.pdf</a></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>	<p>Experience and Involvement Team for more information</p>
<p><b>Peer Support Worker Training</b></p>	<p>We are very keen that our peer support service reflects the communities we serve, and we are looking for individuals who will help us to reach that goal, and who are able to complete training, which means we welcome people regardless of age, race, gender, ability/disability, sex and sexual orientation, religion or belief. Pregnancy, maternity, marriage or other relationship status are also not a barrier to application.</p> <p>Requiring reasonable adjustments to participation should not be a barrier to applying, and this will be discussed with you.</p> <p>Please don't let anxiety about the future after training influence your motivation to apply for a training space. We can talk about this more before training commences there will be an online meetup, which is an informal group interview with applicants.</p> <p>We also plan to deliver more training in 2022 and beyond, so if you are not successful for this round, (which is generally down to volume of applications) we usually add people as confirmed for the next course.</p> <p>Training is currently delivered through Microsoft teams. This is simple to use. Please indicate on the training form if you have access to a computer or electronic tablet and access to the internet.</p> <p>Please click on the below link for further information and contact details for the peer support lead;  <a href="https://www.leicspart.nhs.uk/involving-you/all-age-transformation-of-mental-health-and-learning-disabilities-services/peer-support/">https://www.leicspart.nhs.uk/involving-you/all-age-transformation-of-mental-health-and-learning-disabilities-services/peer-support/</a></p>	<p>Training is offered on a regular basis, the next cohort launching in April</p>

## Training and useful resources on offer external to LPT

Session Name	Session Description & How to Access
<p><b>An Introduction to the NHS – NHS England</b></p>	<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>
<p><b>Co Production versus Faux Production – Online Learning Event</b></p>	<p style="text-align: center;">Co-production versus Faux-production Online Learning Event <b>27 April 2022 – 10.30am– 12.00pm</b> led by NHS England and NHS Improvements</p> <p>A virtual learning session to help put co-production into practice. Attend this free virtual training session for staff/service users/carers/managers and governors in Mental Health Trusts in the East Midlands, working with the East Midland Patient Safety Mental Health Improvement Programme.</p> <p>Please click on the following link for more information and to book your place: <a href="https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/Co-production-versus-Faux-production-online-event-flyer.pdf">https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/Co-production-versus-Faux-production-online-event-flyer.pdf</a></p>