



# Patient Experience & Involvement Newsletter

Monday 06.06.2022

## Virtual opportunities and supporting information for service users, patients and carers

Welcome to our June edition of Leicestershire Partnership NHS Trust's (LPT) Patient Experience and Involvement Newsletter. We hope the items contained in this newsletter provides you with useful and informative information. If you would like to view previous editions of our newsletter, you can find these on our webpage <https://www.leicspart.nhs.uk/involving-you/involving-you/>



### Sign up and stay connected!

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

Please visit our "involving you" page

[www.leicspart.nhs.uk/involvingyou](https://www.leicspart.nhs.uk/involvingyou)

which provides additional information and access to our on line Expression Of Interest form.

## Fortnightly Virtual Cuppa & Catch Ups and/or Walk and Talks

As the weather is now getting warmer we have restarted our walk and talks where we meet up for a walk in an outside space. Therefore, we will now be alternating the virtual cuppa and catch ups with the walk and talks. Please see the upcoming dates below as well as some pictures from previous walks:

Date & Time	Where
Virtual cuppa and chat Monday 6 <sup>th</sup> June 12 – 1pm	Virtual via MS Teams Link to join: <a href="#">Click here to join the meeting</a>
Walk and talk Monday 20 <sup>th</sup> June 12 – 1pm	Abbey Park, Abbey Park Road, Leicester LE4 5AQ. Please contact for meeting space.



You are more than welcome to join us for either or both! Please do let us know if you wish to attend the walk and talks, or for any further information by emailing: [lpt.patient.experience@nhs.net](mailto:lpt.patient.experience@nhs.net) or calling 0116 2950818

## Upcoming Virtual Involvement Opportunities

Although face to face involvement is only making a a slow reappearance in 2022, we still want to involve you in decision making and changes where we can.



Opportunities will be advertised through our Service User/Carer Network, as well as through these Newsletters. There are a range of projects you can get involved with from providing feedback on documents to larger scale service improvements. We can do this by:

- Video calls – Microsoft Teams
- Email
- Telephone calls
- Post (freepost address provided)

Over the following pages you will find details of training and development opportunities, as well as new and ongoing involvement workshops and projects at LPT.

Please also contact us if you any further questions or queries. You can contact the Patient Experience and Involvement Team via email: [lpt.patient.experience@nhs.net](mailto:lpt.patient.experience@nhs.net) or call 0116 295 0818

You can also join us on our bi-weekly virtual 'Cuppa and catch ups' and/or walk and talks where you can ask any questions and discuss any opportunities which may be of interest to you.



If you have not done so already, attending an Introduction to Involvement Workshop will give you further details of the support, training and involvement opportunities available to you as part of the service user/carers involvement network. Details can be found on the following page.

## Introduction to Involvement Workshops

Our Introduction to Involvement Workshop is open to new and existing network members. Whether you would like to discuss the latest involvement opportunities available or would just like a refresh or recap, this workshop is for you. The workshop is an informal introduction, with a culture of “no question is a silly question”.

Come along and find out what support, training and self-development is on offer!

### Overview of the Introduction to Involvement workshop:

- Working together as equal partners
- Involvement framework
- Involvement charter
- Confidentiality agreement
- Skills/Experience/Needs and Interest form
- Involvement opportunities
- Support and training we can offer you
- Reward and Reimbursement Policy



**Involvement Packs (Introduction session only)** We will post out an involvement pack a week before the commencement of the induction which will include all relevant forms and charter for your reference in readiness for the forthcoming workshop.

Dates of Introduction to Involvement workshop:

- **Friday 24<sup>th</sup> June from 1pm to 2.30pm**
- **Friday 12<sup>th</sup> August from 1pm to 2.30pm**

**The workshop is delivered by MS Teams;** the MS Teams link will be shared via email a week before the workshop is due to take place. Please make contact with the Patient Experience and Involvement Team if you wish to join these sessions.

## Recruitment Panel Training

Would you like to get involved with recruiting new members of staff? Opportunities often arise for service user/carer involvement in recruitment. This training will prepare you to become a panel member.

### Overview of the training:

- Recruitment and selection process
- Job description and person specification
- Interview questions/presentation
- Types of Involvement in the recruitment process
- Confidentiality
- Do's and Don'ts for interviewing
- Recording the interview



Future dates for new and existing network members are as follows:

- **Thursday 11<sup>th</sup> August from 2 to 2.30pm**

**MS Teams Links:** Will be shared via email a week before the virtual training is due to take place. Please make contact with the Patient Experience and Involvement Team if you wish to join this session.



## Do you have experience of a loved one staying on our Dementia wards? Would you be willing to share your experiences via a Focus Group?

Wakerley is a Dementia Ward at the Evington Centre, and this service is looking to improve communication across the ward, and with carers and family members of patients.

The service would like to hear your experiences and perceptions, what matters to you and to share ideas, particularly around improving communication, and how they can involve families and carers.

The focus group will take place on **Weds 22<sup>nd</sup> June 1-2:30pm via MS Teams**

If this is of interest, please make contact with the Patient Experience and Involvement to secure your place [lp.patient.experience@nhs.net](mailto:lp.patient.experience@nhs.net) or by phone: 0116 295 0818

## How is your care reviewed? Attend a Focus Group to give your views!

We are developing a new approach to care coordination within mental health services. We want to work with service users and carers to make improvements to care planning, reviews and care coordination.



We will be holding a focus group where we will be discussing:

- What is your experience of care coordination?
- What is your knowledge of CPA?
- How should care be reviewed?

The focus group will be held on Wednesday **15<sup>th</sup> June from 10am to 12midday via MS Teams.**

Book your place by contacting the Patient Experience and Involvement Team on:  
[lp.patient.experience@nhs.net](mailto:lp.patient.experience@nhs.net) or call: 0116 295 0818

We look forward to hearing from you!

## Volunteers wanted

Leicestershire Partnership NHS Trust are looking to recruit a range of different volunteers across the Trust for various roles. All roles are subject to a DBS check, medical clearance, and mandatory training. Some of the volunteer vacancies are listed below;

- Patient experience talk and listen roles
- Welfare call volunteers
- Meet and greet visitor support at the Bradgate Mental Health Unit
- Volunteer drivers

Plus lots more!



For more information and/or to apply please click on the follow link: <https://www.leicspart.nhs.uk/involving-you/volunteering/>  
or contact the Volunteering Team directly on: 07392316770



## DIALOG – Patient Reported Outcome Measure – would you like to join a focus group/provide feedback?

Leicestershire Partnership NHS Trust Outcome Measures group is seeking agreement from service users to use the DIALOG patient reported outcome measure (PROM). This is a PROM designed by East London Foundation Trust and has clinical backing from LPT clinicians. The Outcome Measures group want to seek service user 'approval' for use of the PROM in a national Outcome Measure project which has been commissioned by NHS England.



**What we need from you:** To review the PROM and give feedback on whether it will be time consuming to complete, whether it asks the correct questions and any other thoughts on the PROM. No previous skills or knowledge needed, except that of being a service user/recent service user of LPT services – preferably adult mental health services.

This will be a 'one-off' conversation either individually or as part of a focus group. The conversation(s) will be either over the telephone or via MS teams so access to computer and internet or a telephone is preferable.

If this has sparked your interest, please make contact with the Patient Experience and Involvement Team.

## Do you want to be part of shaping mental health services in local neighbourhoods?

During the public consultation, Step up to Great Mental Health last year, we received feedback that we need to do more to provide more mental health services closer to where people live, make these easier to access and to make sure that all audiences are aware of the mental health support services available to them.



As a result of this, we are moving more staff into local community teams; GP practices are employing mental health practitioners in their surgeries and we are making better links with local partners, including those from the voluntary and community sector.

We want to understand in more detail what our local communities need to support their mental health, and what they think of the support already in place as well as identifying any gaps.

We also want to get feedback on some of our communication materials so that it is right for our different audiences.

If you are interested in helping to review, create materials, and build up a more detailed picture of our neighbourhoods, then we would like to invite you to an online workshop via MS Teams on **Wednesday 22<sup>nd</sup> June, 12:30 - 2.30pm**, via MS Teams.

If you would like any further information, or to register for this online workshop please contact the Patient Experience and Involvement Team: [lpt.patient.experience@nhs.net](mailto:lpt.patient.experience@nhs.net) or call: 0116 295 0818



## Recovery and Collaborative Care Planning Cafes

The recovery cafés are a shared space for service users, carers, NHS staff, voluntary, community and charity groups to come together to have collaborative conversations around care planning, recovery, and living well with mental health.

Each café is themed around the Recovery concepts of CHIME, and we take it in turn to discuss each recovery concept of Connectedness, Hope, Identity, Meaning and Empowerment (CHIME), sharing ideas and lived experiences.

The cafes are every month for 1 ½ hours online via MS Teams on the below dates:

- Thursday 30<sup>th</sup> June 1-2:30pm
- Tuesday 26<sup>th</sup> July 11-12:30pm
- Wednesday 31<sup>st</sup> August 1-2:30pm
- Thursday 29<sup>th</sup> September 11-12:30pm
- Tuesday 25<sup>th</sup> October 1-2:30pm
- Wednesday 30<sup>th</sup> November 11-12:30pm
- Wednesday 21<sup>st</sup> December 1-2:30pm

The cafes are a safe and informal space for you to come along and participate in what you feel comfortable with. You are more than welcome to attend and sit in the background, with or without your camera on.

We also have MS Teams guides available if you are not familiar with the function of Teams.



**The CHIME framework for personal recovery**

**Connectedness**  
Relating with other people in positive ways.

**Hope**  
Belief that a better life is possible.

**Identity**  
Regaining a positive sense of yourself as a whole person.

**Meaning**  
Living a valued and purposeful life.

**Empowerment**  
Focusing on your strengths and taking control of your life.

**Our Vision**  
We value you as an individual and we will listen to you and treat you with care and respect. Our vision is to work alongside you to support your hopes, personal goals and recovery.

If you would like to attend a café or for further information, please email [lp.t.patient.experience@nhs.net](mailto:lp.t.patient.experience@nhs.net) or call us on 0116 2950818

**“Join us for a cuppa and chat with likeminded people”**

## Do you have experience of accessing Health Visiting or School Nursing Services In Leicestershire, Leicester City and Rutland?

Our Health Visiting and School Nursing services are looking to make improvements to their services and would like the help of service users, parents and carers.

There are many ways you can get involved for example:

- Sharing experiences, providing insight
- Reviewing draft documents, information, and plans
- Working alongside staff in a project team providing a parent/carers perspective

You can register to the involvement network via the online form on our webpage:

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

We are holding an information session for those that have registered to get involved, on **Tuesday 28<sup>th</sup> June 1-2:30pm via MS Teams**. To register your attendance please contact the Patient Experience and Involvement Team.



## Research and Development – PPI Opportunity

### META MONITOR Study

Dr Hari Subramaniam is looking for individuals or carers of people (aged 18 and over) who have had experience of antipsychotic drug treatment for treatment of their mental health conditions within Leicestershire Partnership NHS Trust to be consulted on the META MONITOR research project.



We invite adults (over 18 years old) of any ethnic background with lived experience of a mental health condition which was treated with a newer antipsychotic medication (such as Olanzapine, Risperidone, Quetiapine) for a reasonable length of time. We also welcome carers for individuals who have received antipsychotic medication.

The META MONITOR study hopes to identify early risk factors over the first four weeks of antipsychotic medication treatment including behaviours that may predict adverse outcomes such as weight gain in the longer term. The ways to monitor the early risk factors including the weight of these patients and their behaviours such as dietary habits and activity will be discussed in the PPI group.

The consultation meeting will last for 1-2 hours and will be arranged online. You will be reimbursed for your time at £25 per hour, plus £5 per meeting for communication costs (per the NIHR guidance). It is expected that there will be about 4-5 meetings to support the preparation of a National Institute for Health Research (NIHR) Research for Patient Benefit (RfPB) grant. We hope to recruit 4-5 individuals to advise the development of the NIHR application which will include PPI co-applicants.

The PPI group will discuss the research project and you will be asked to give feedback on any assessments and interventions that are being considered for the study (such as daily weights, mood, sleep records and dietary habits, blood glucose monitoring and monitoring of their hunger, satiety, and activity levels). We would like your feedback on the acceptability and suitability of these interventions for patients who are receiving antipsychotic treatments.

For more information, please click on the following link: <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/Lay-summary-for-META-Monitor-Study.pdf> <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/PPI-Information-Sheet-META-Monitor-study.pdf> Thank you for taking the time to consider being involved in this project.

If you would like to be involved in this project, please contact the Research and Development Team on: [lpt.research@nhs.net](mailto:lpt.research@nhs.net)

### Complaints Peer Review Session- Wednesday 6<sup>th</sup> July 2022

We would like to share an opportunity for you to join and take part in a Complaints Peer Review session to be held on **Wednesday 6<sup>th</sup> July from 9.30am until 1pm at the NSPCC in Leicester.**

This session will include attendance of both staff and service users/patients and families. There are approximately 12 spaces available on this session. Refreshments and lunch will be provided to all that attend on the day.

#### What is a complaints peer review/what will I need to do if I attend?

During the session, the group will review up to 4 complaint responses (which will be anonymised), this will involve reading a final complaint response sent to a patient/family along with any relevant paperwork that formed part of each case and investigation. There will be a series of questions to understand your experiences and feelings upon reading and reviewing each case. There will be an opportunity during the session to provide suggestions and ideas as to how things could have been done differently as well as

Ideas for improvement. The aim of this session is to improve patient and family experiences of how complaints are received.

There will be opportunities to work together within the group and have round table discussions, along with responding to each case individually. There will be a variety of ways to share your experience and feedback during the session, which will be informally led and supported by members of the LPT Patient Experience and Involvement Team.

#### Who can join this session?

Anyone can be nominated to attend, there is no requirement to be an expert in complaints, or part of investigating/writing responses to complainants. This session is very much based on your experiences (thoughts/feelings) of what you are reviewing during this session.

To find out more information or to book a place please email [emily.robertshaw1@nhs.net](mailto:emily.robertshaw1@nhs.net)

#### Are you interested in getting involved with Quality Improvement (QI)? Or learning more about it?

Did you know that we now have a virtual space where people can come together as a QI Group? This is a monthly space where we can come together to:

- Learn and share
- Develop quality improvement skills and understanding
- Discuss projects you are involved/interested in
- Staff to share their project ideas with the group regarding involving the service user and carer voice

There is a mixture of attendees from the involvement network, some completely new to QI, some with little involvement and others that are regularly involved in QI. We can also match you to projects that may be of interest.

The next sessions are planned for the below dates via MS Teams.

- **Thursday 21st July 1:30-3pm**
- **Thursday 18th August 1:30-3pm**

If you would like to attend or for further information, please contact the Patient Experience and Involvement Team

## Non LPT Involvement Opportunities

We'd like to invite you to an online focus group to talk to some NHS researchers about a project they're currently planning.

**NIHR** | Leicester Clinical Research Facility

The meeting will take place on **zoom on Wednesday 15 June 5:30-6:30pm**. Joining details will only be shared to those who rsvp.

David and Emma are applying for funding to see if a medicine used to treat type 2 diabetes may benefit people who have gained weight due to medicines to treat severe mental health conditions.

The medicine is a GLP-1RA (glucagon-like peptide receptor agonist) that can help people to lose weight. It was originally used to help people with type 2 diabetes manage their blood sugars. It can be injected or taken as a pill. The drug makes people feel fuller quicker and stops them feeling hungry. It also has other effects that can help manage blood sugars, and reduce the chances of getting heart disease.

They would like to compare what happens when people take the medicine, compared to people who take an inactive drug replacement (placebo). They will look at weight changes, as well as ask people



how they felt about taking the new medicine. The results of the project will help to inform if this medicine can be offered to people with severe mental illness as part of their usual treatments.

Before they apply for funding for this study they would like to hear thoughts from people with mental health conditions, including thoughts about how to recruit to a study like this, and what support the researchers should offer participants.

We'd really appreciate hearing your views. If you'd like to attend the meeting, please rsvp to [NIHRLeicesterPPIE@uhl-tr.nhs.uk](mailto:NIHRLeicesterPPIE@uhl-tr.nhs.uk). If you cannot attend the meeting but would like to chat about the project to the researchers, please get in touch and we'll organise the best way to make sure your voice is heard. You can also contribute by posting questions and/or comments to our anonymous padlet page: <https://padlet.com/nihrdart/c543pmenwuv6237>

## Ethnic Inequalities in Improving Access to Psychological Therapies (IAPT)

The National Collaborating Centre for Mental Health (NCCMH) have been commissioned by the NHS Race and Health Observatory to conduct research into the ethnic inequalities that exist in IAPT services in England. As part of this research, we are hosting online focus groups with IAPT clinicians/practitioners and service users to develop an understanding of where, and the nature of the ethnic inequalities that exist. We will use the experiences and opinions shared with us to help to develop a set of recommendations on how IAPT services can improve the access, experience and outcomes for people from Black and minoritised ethnic communities.

### IAPT therapists & users of IAPT services

from a minoritised ethnic community in England, we want to hear from you!

For some minoritised ethnic communities:

- assessment and referrals to IAPT are low
- IAPT outcomes are poor
- IAPT services are hard to access.

**Why?**

### Take part in our online focus groups:

*Therapists:*

- 30 May 2022, 13:00-15:00
- 23 June 2022, 16:00 - 18:00

*Service Users (paid):*

- 15 June 2022, 13:00-15:00
- 29 June 2022, 10:00-12:00

### For more information:

[www.rcpsych.ac.uk/IAPT](http://www.rcpsych.ac.uk/IAPT)

### Interested in taking part?

Email: [Hazel.Webb@RCPsych.ac.uk](mailto:Hazel.Webb@RCPsych.ac.uk)

NATIONAL  
COLLABORATING  
CENTRE FOR  
MENTAL HEALTH


Service Users (Service users will be paid for their participation):

- 15 June 13:00 -15:00
- 29 June – 10:00 - 12:00

To express an Interest, we are asking people to complete a short demographics questionnaire, Link: <https://forms.office.com/r/n951uDaim3> or contact [hazel.webb@rcpsych.ac.uk](mailto:hazel.webb@rcpsych.ac.uk) should people experience issues completing the form.

More information about the project can be found on our website: <https://tinyurl.com/IAPTEI>

# Supporting information for patients, service users and their carers from community and national sources

 <h2>May 2022</h2> <p>All of our services are free and available for carers &amp; ex-carers, in Leicester, Leicestershire &amp; Rutland.</p> <p>Our groups &amp; activities offer a mix of online and 'in person' sessions with regular extra events.</p> <p>We can provide support with joining online groups if you're new to Zoom and we have some easy to use 'tablets' for loan if you need one.</p> <p>To join any groups or sessions contact us on:</p> <p><b>0116 2510999</b>  <a href="mailto:enquiries@thecarerscentre.org.uk">enquiries@thecarerscentre.org.uk</a>  <a href="http://www.claspthecarerscentre.org.uk">www.claspthecarerscentre.org.uk</a></p>	<h2>Together We Care Groups</h2> <p><b>ParentCarers of U25's: Tues 10 - 11.30am</b>          3rd - Supporting your Child's Mental Health Post Lockdown(s) - Educational Psychology Service          10th - What Services Do You Need to Support Your Mental Health? What helps you now?          17th - Transition from Children's to Adult Services/Preparing for Adulthood - Part 1          24th - Transition from Children's to Adult Services/Preparing for Adulthood - Part 2</p> <p><b>Working Carers of Adults: 7 - 8.30pm</b>          Tues 24th - Carers Catch Up  <b>Working ParentCarer Group: 7 - 8.30pm</b>          Thurs 26th - Parent Carers Catch Up</p>	<h2>Carers of Adults: Fridays 11 - 12.30am</h2> <p>6th - Care Quality Commission - Give Feedback on Care          13th - What Services Do You Need to Support Your Mental Health? What helps you now?          20th - Strengths Based Approach to Social Care Assessments          27th - Carers Catch Up - via Zoom  <b>Special - Thursday 12th May</b> Silver Foxes visit  <b>County Carers: Weekly Sessions at Loughborough Wellbeing Centre</b>  <b>Wednesdays 10.30 - 12.00</b></p> <p>4th - Carers Cuppa &amp; Drop In          11th - Mental Health Awareness Week          18th - Crafty Carers and Drop in session          25th - Carers Cuppa &amp; Drop In</p>
<h2>Carers Caring For Carers: Staying Well Together</h2> <p>Meet other carers and try out one of our health and wellbeing activities, all led by professional tutors in small, welcoming groups.</p> <p><b>Mon 9th - 10.45 - 12.00</b> Mindfulness  <b>Mon 16th - 10.45 - 12.00</b> Tai Chi  <b>Wed 18th - 10.15 - 12.00</b> Drama Group  <b>Mon 30th - 10.45 - 12.00</b> Tai Chi</p> <p>Our <b>Creative Writing and Poetry Prescribing</b> group will be joining in with our Jubilee Arts Project 'Behind Closed Doors' during May. Do come along and join us at Soft Touch Arts every Thursday!</p>	<h2>Crafty Carers</h2> <p>We're pleased to announce our new Jubilee Arts Project 'Behind Closed Doors'. This will take place throughout May and will be making visual and audio works to create an exhibition piece and launched in Carers Week: 6th - 13th June</p> <p><b>Every Thursday at 11am onwards at Soft Touch Arts in Leicester City Centre</b></p> <p>We also still have our regular in-person <b>Crafty Carers</b> session at the <b>Loughborough Wellbeing Centre</b>.  <b>Wednesday 18th May - 10.30 - 12.00</b>  <b>Handmade Cards</b></p>	<h2>Time For Me</h2> <p>Join this friendly group of carers on Zoom for laughter, games and chat 3 times a week.</p> <p><b>Games Night!</b>  <b>6.30 - 7.30pm: Monday &amp; Wednesday</b>  <b>Games, Quizzes &amp; Carers Cuppa</b>  <b>2.00 - 3.00pm: Every Tuesday</b></p> <h2>Carers Connected Book Club</h2> <p>Sorry - There's no Book Club this month as we start on our 'Behind Closed Doors' Jubilee Arts Project but we'll be back in late June with another great book to read and share!</p>



## Activities

### Patient Experience and Involvement Spring/Summer 2022 Prospectus



This prospectus 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 prospectus incorporates a range of development opportunities as well as some wellbeing activities in order to support you on your involvement journey with us.

Please use the following link to access the prospectus: <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/Spring-2022-Patient-Experience-and-Involvement-prospectus-22.3.22.pdf>

### BrightSparks Programme – Upcoming activities:

- **The Comedy Asylum Online**  
 Mondays 10:30-12pm  
 Zoom Login details:  
<https://zoom.us/j/91078423007?pwd=UTN0d3dyTFhXTnFCaFNnZ0VNeUFnUT09>  
 Meeting ID: 910 7842 3007  
 Passcode: bsaca



- **Showcase Writers Collective**  
Mondays 3 – 5pm at The Attenborough Arts Centre, University of Leicester, Lancaster Rd, Leicester LE1 7HA
- **Wednesday's WORD Creative Writers Online Group**  
Wednesdays 10:30-12pm  
Zoom login details:  
<https://zoom.us/j/97581417148?pwd=ZXVHVtBVWWWhPVVRTWkxPbDF0SjduUT09>  
Meeting ID: 975 8141 7148  
Passcode: bsacw
- **Artspace**  
Wednesdays 2-4pm at the Attenborough Arts Centre, University of Leicester, Lancaster Rd, Leicester LE1 7HA
- **The Arty Social Online**  
Thursdays 2-3.30pm  
Zoom login: <https://zoom.us/j/92343053301?pwd=VzFUcVJ3L0Y5WFdORTdaQy85N0RzZz09>  
Meeting ID: 923 4305 3301 Passcode: bsaas

### Available Courses at the Recovery College in June:

**We have 9 available online courses in June! Including...**

<p><b>Managing Anxiety</b> Tuesday 7th &amp; 14th June 10:00am-12:00pm (2 Sessions)</p> <p> Microsoft Teams</p> <p>This course is delivered by:</p> <p></p>	<p><b>Managing Wellbeing During Uncertainty</b> Wednesday 15th, 22nd, 29th June &amp; 6th July (4 Sessions) 10:00am-12:00pm</p> <p> Microsoft Teams</p> <p>This course is delivered by:</p> <p></p>	<p><b>Gentle Yoga and Relaxation</b> Friday 24th June 11:00am-12:00pm</p> <p> Microsoft Teams</p> <p>This course is delivered by:</p> <p></p>
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The Recovery College offers a range of recovery-focussed educational courses for people with lived mental health experience, their friends, family, carers, and Leicestershire Partnership NHS Trust staff.

If you wish to attend a course, you will first need to enrol as a student with the college, to do so.

 0116 295 1196
  [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)

 [www.leicspart.nhs.uk/service/leicestershire-recovery-college/](http://www.leicspart.nhs.uk/service/leicestershire-recovery-college/)



## Useful Contacts



### Advice and Support Agencies – Overview and contact details

Please also find a list of support agencies available to all members of the public both regionally and nationally:

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/12/Advice-and-Support-.pdf>



## Your Voices, Feedback and Updates!

### Mental Health and Wellbeing Workbook

The workbooks have been translated into four different languages and are available electronically as well as in hard copy format. The workbook has also been placed in LPT Book of Brilliance as well as made finalised stage in the 2021 national PENNA awards which showcases successful projects and initiatives.



Links to each workbook can be found below;

**English** - <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/MH-and-Wellbeing-Workbook-March-2022.pdf>

**Hindi** - <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/MH-and-wellbeing-Hindi-March-2022.pdf>

**Urdu** - <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/MH-and-wellbeing-Urdu-March-2022.pdf>

**Gujarati** - <https://www.leicspart.nhs.uk/wp-content/uploads/2022/03/MH-and-wellbeing-Gujarati-March-2022.pdf>

Please do share these workbooks with your families and friends. If you would like a hard copies of the workbook, please make contact with the Patient Experience and Involvement Team.

### YAB update

The Youth Advisory Board (YAB) continue to meet virtually each week via MS Teams. Please see below for some of the work they have been involved with:

- Met with equality and diversity specialist in order to review the trust's Transgender policy, adding in the perspectives and considerations from a young person's perspective.
- A school nurse from Healthy Together services attended a session with YAB to follow on from previous engagements, updates included progression of improving





access and communication with the school nurse services. This also includes a project that school nurse students are working on to share in assemblies with young people in schools.

- YAB have also been carrying out mystery shopping and scoping locally recommended online mental health support via virtual platforms: Togetherall and Kooth. This is due to be presented and shared with the local clinical commissioning group.

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### **Providing a patient perspective – Recruitment Panels – May Update**

Our pool of in house trained network members is growing along with requests for more patient representation at interview panels.

In May we provided patient perspectives on interview panels for the roles of Mental Health Practitioner, Service Manager (Stakeholder Panel) and Family and Systemic Psychotherapist.



If this has sparked your interest, please see page 4 of this newsletter for details on how you can access our in-house recruitment panel training.

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### **Feedback – Update**

Thank you to those of you who provided feedback on the Bradgate Mental Health Unit carers leaflets – the service would like to share their feedback with you: *“Your feedback has been incredibly important, and we are very grateful for your support. During this process, we have received feedback from you as well as staff to ensure the most essential changes are being made to suit as many people as possible”*



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### **We would also love to hear about your involvement journey during this time:**

Would you like to share how you have found your involvement journey so far?  
What involvement projects have you been involved with?

Would you like to feedback to us so we can share your involvement experiences in future editions of this newsletter?

Your feedback on the projects/activities you have been involved with will help us to inform others at the beginning of their involvement journey.

We are happy to arrange one to one sessions with you to explore what service areas you are particularly interested in so we can match you to projects that fit your needs and interests.

**Please contact us if you have any questions/suggestions**

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

FREEPOST LPT Patient Experience

Tel: 0116 295 0818

Twitter; @LPTPatientExp