

Contact us

If you would like to find out more or have any queries, please contact:

Kate Kings, Steph Hares
Service User Involvement Coordinators
Email: awp.bristolsuinvolvement@nhs.net
Tel: 01179 195737

www.awp.nhs.uk
www.bristolmentalhealth.org.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362 900
Freephone: 0800 073 1778
Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number

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Service User Involvement Opportunities



You can make a difference

Getting involved can help you

Getting involved to help us improve mental health care can also help you as part of your recovery.

By becoming involved with opportunities within Bristol Mental Health you can:

- raise your confidence and self-esteem
- develop new skills
- develop your CV
- meet new people
- make a difference to the way the service is run

Getting involved can help current and future Service Users and AWP

We appreciate the importance of involving service users and carers in planning and evaluating services.

We also recognise the value of using your lived experience and insights to improve services.

Public services also have a legal duty to make sure that service users have opportunities to be involved in decisions about how health services are run.

Quotes from 'Involvees'

"Being involved has given me a sense of purpose and it's helped with my own wellbeing."

"Service user input greatly improved both the leaflets and the letters I reviewed, re-writing them in simple easy to understand English."

Who can get involved

Involvement opportunities are open to service users and carers:

- who have used Bristol Mental Health Services in the last 2 years
- who are registered with a Bristol GP
- who have cared for someone who has received support from Bristol Mental Health services in the last 2 years

If you are interested, please contact Kate or Steph (details overleaf) to have an informal discussion about opportunities. We will ask you to complete an expression of interest form which we can send you. We can also support you to complete it.

To get involved you will also need to:

- be able to clearly communicate your ideas and views effectively
- be able to process written and verbal information
- be willing to commit to the involvement activity
- have an understanding of recovery and/or willingness to learn

How you can get involved

Opportunities include:

- recruiting new staff, taking part in interviews and/or discussion groups
- taking part in consultations and focus groups
- staff training and induction
- chairing and taking part in groups and meetings
- reviewing services and providing feedback
- reviewing and designing quality measures for Bristol Mental Health