

## **Sleep Well Project: Frequently Asked Questions**

### **What do we mean by 'unusual experiences'?**

Unusual experiences can include things such as hearing voices and extreme paranoia. These experiences are often referred to as psychosis. [Click here](#) to read more about these experiences.

### **When will the Sleep Well meetings take place?**

Meetings may take place from **12:30-4pm** on a day that is best for the majority of those attending. Meets will be held on a Saturday if needed. The day, date, and timings of the meeting this will always be determined by availability of group members.

### **Where will the meetings take place?**

They are usually held at the McPin Foundation head office although this can change depending on the event. We may hold some meetings in Oxford. But this will depend on where attendees are travelling from.

### **Do I need to attend meetings with an adult?**

If you are under age 16, we ask that you travel to and from meetings with an appropriate adult. This adult **does not** need to attend the meeting itself, but they are welcome to do so if you wish.

### **Who counts as an appropriate adult?**

An appropriate adult is a parent, guardian or social worker; or if no person matching this is available, any responsible person over the age of 18.

### **What happens if I am not able to attend a meeting?**

We completely understand that it's not always possible to attend every meeting. Prior to confirming a date, we sent out a doodle poll to all YPAG members to find out their availability and we will choose a date which suits the most people. If you have agreed to attend a meeting but are no longer able to make it, please try to let us know as soon as possible by contacting Rachel Temple.

### **What if I am not well enough to attend some meetings?**

McPin understands that we cannot be well all of the time. If there is a time at which you are not well enough to attend meetings, please get in touch with Rachel Temple. Even if you are not able to attend some meetings, you are still welcome to get involved by completing some work via email.

**What if I am not comfortable to voice my views in a meeting?**

At McPin we will always do our best to accommodate people based on their needs and preferences. We fully recognise that it can be difficult to speak in meetings. To combat this, we try to help people to contribute their thoughts in other ways, such as small group work, writing on post-its and anonymous feedback.

**Besides the LEAP meetings, what else might being a LEAP member involve?**

Members of the Sleep Well LEAP may attend and/or speak at conferences and events, write blogs for McPin and review various research documents (such as questionnaires, consent forms, study protocols, and lay summaries) via email.

**How much payment is offered per meeting or for the work I complete?**

Payment for attending LEAP meetings will be **£80**, which includes the work outside of meetings. As for work outside of meetings, such as reading documents or attending events, payment will vary depending on the length of the task.

**How is payment arranged?**

Every time you attend a meeting for us or do a paid piece of work for us, we will provide you with an invoice form. Here, you can provide us with your bank details (or your parent/guardian's) and you will receive your payment via bank transfer within 30 days.

**Do I have to pay for my travel to meetings?**

We cover all reasonable travel expenses to and from meetings. If you need to travel with an appropriate adult, we will also cover their travel expenses. Expenses can be claimed by completing a McPin Expenses claim form and attaching receipts (or copies of receipts). You will receive your reimbursement via bank transfer within 30 days.