

Become a member of the Sleep Well Lived Experience Advisory Panel (LEAP)



We are looking for five people aged **14-25** with unusual experiences (e.g. hearing voices, feeling extremely paranoid) and sleep problems to join our **Sleep Well Lived Experience Advisory Panel (LEAP)**. The closing date for this opportunity is **5pm on November 14th 2019**. Unusual experiences are often referred to as psychosis. To read more about these experiences, please click [here](#). We are especially interested in people who also have had problems sleeping.

What is the Sleep Well Project?

The Sleep Well project is about helping young people who are at high risk of developing psychosis to improve their sleep. In particular, the project aims to show that there is a link between sleep problems and developing psychosis. By testing a sleep intervention, the project hopes to show that successfully helping young people with sleep problems, (who are also at risk of developing psychosis) helps to then prevent psychosis from happening altogether.

What would my role be as a LEAP member?

Drawing from your lived experience, you will have the chance to directly shape this research project, so that it is effective, appropriate and relevant for people experiencing these problems. You'll be invited to meetings with other LEAP members, McPin and the study team, where you'll get to directly contribute in different ways such as recruiting people to the study and designing interview questions. There will also be the opportunity to contribute outside of meetings.

What is required of me?

- aged 14-25 and live within reasonable travel distance of London or Oxford
- Have experience of or signs of psychosis
- An interest in mental health research and using your experiences to shape the research
- Be able to work respectfully in a group with people who are different from yourself
- Some travel to London/Oxford for meetings. Meetings will be held about three times a year
- Have an email address and access to the internet to communicate in between meetings, including some work outside of meetings
- No previous research experience is required



What will be provided?

- We will reimburse all reasonable travel expenses
- You will be paid **£80** per meeting you attend, as well as any work completed in preparation for the meeting
- Lunch and refreshments will be provided
- Relevant research receive training (e.g how to write interview questions)
- We will always do our best to accommodate for any special requirements, such as travel and alternate ways of contributing in meetings.

There are **five** spaces available. Please download the **application form** to tell us a bit more about your interest in joining the group. The deadline for this opportunity is 5pm on November 14th 2019

Need more information?

- read our **Frequently Asked Questions**
- **visit the Sleep Well webpage:**
- Contact Rachel Temple (email racheltemple@mcpin.org. Tel: 0207 922 7874).