

## Information sheet - Expression of interest in joining Lived Experience Advisory Panel for an NHS research project:

Improving mental health services for people from ethnic minority backgrounds

### What's the project about?

Historically, Black people, Asian people and people from ethnic minority backgrounds have had worse experiences of mental health care than White British people. This needs to change, especially as the recent COVID-19 pandemic has made matters even worse.

We are working with service users, carers and mental health professionals to create solutions to improve access to and experiences of NHS mental health care for ethnic minorities.

This study is one year long and will take place across four mental health NHS Trusts: Coventry and Warwickshire Partnership NHS Trust, East London Foundation NHS Trust, Sheffield Health and Social Care NHS Foundation Trust and Greater Manchester Mental Health NHS Foundation Trust.

*We are using the terms Black people, Asian people and ethnic minority backgrounds in the study but acknowledge that cultural, racial and ethnic differences exist. We know that this term generalises and groups people together, which can be unhelpful. The honest truth is that there is no universal term to cover the wide range of experiences non-white people have. This is something we will be looking at as our work progresses.*

### How can you get involved?

We are creating a Lived Experience Advisory Panel (LEAP) that will help to shape this research project. It will have twelve member and is to be chaired by Steve Gilbert, who has a great deal of experience leading such groups. We will recruit three people, from each of the four mental health NHS Trusts involved in the study, who have used mental health services or a family member of someone who has done so in last 5 years.

The members of the LEAPs will meet:

- seven times within the space of the year
- for 2-3 hours
- using an on-line platform like Microsoft Teams.

You input is very important and will help the project team to create solutions that are beneficial, appropriate, and relevant to **Black people, Asian people and people from ethnic minority backgrounds** who have experienced or are experiencing **severe mental health conditions**.

**We are particularly interested in hearing from people who are Black or Asian**, so if this is you or if you know of anyone who might be interested, please pass the message along!

The closing date for expressions of interest is 12pm on 12th July 2021.

### What's required of you?

- Be aged 18+
- Be using or have used NHS mental health services in the past 5 years under the care of either: Coventry and Warwickshire Partnership NHS Trust, East London Foundation NHS Trust, Sheffield Health and Social Care NHS Foundation Trust and Greater Manchester Mental Health NHS Foundation Trust.
- Have access to a computer e.g. laptop or tablet
- Have a stable internet connection or phone line to join Microsoft Teams meetings.
- Have an email address or phone number so that you are contactable to schedule meetings.
- Be interested in joining a research team, working with other people for twelve months, addressing issues experienced by Black people, Asian people and people from ethnic minority backgrounds.

### Payment and Travel

- You will be paid **£60 for each 2-hour LEAP meeting** you attend including some small preparation and follow-up tasks.
- For the meantime, all activities will take place online – however, if face to face meetings do occur and you are comfortable to attend, **then travel expenses will be provided.**
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### Why join our LEAP?

- We need to work alongside people who actually use these services to ensure that any changes made are developed with service users and carers.
- You will meet other people around the country interested in research and changing mental health services.
- You will have a safe space to discuss your experiences of NHS services, with people who may have similar lived experience.
- We know the study will benefit enormously from working alongside service users and carers, and in turn we hope that you benefit from the service changes that may arise from the study.

### I'm interested! Who do I contact?

If you are interested in this opportunity, please email Faith Amasowomwan at [faithamasowomwan@mcpin.org](mailto:faithamasowomwan@mcpin.org) with the subject line '**ARIADNE LEAP Application**' and attach our form or make an audio recording of the same information. You can also call Faith on **07562689278** for more information.