**North Central London (NCL) Mental Health Programme**

**Experts by Experience (E by E) Board**

The North Central London Experts by Experience (E by E) Board, which has been running since 2016, is looking to recruit new members.

Experts by Experience (E by E)Board members are mental health service users or carers who have lived experience of accessing and using mental health services in our local area. They are residents of one of the five boroughs in North Central London – Haringey, Enfield, Barnet, Camden and Islington.

E by E Board members are passionate about shaping and improving mental health services.

Commissioners and providers of mental health services are genuinely committed to co-production “nothing about us, without us.” This means they want mental health service users and carers to have a real voice and a key role in shaping mental health services of the future.

The knowledge, expertise and contribution of E by E Board members to shaping and improving mental health services in our local area is much respected and valued by clinicians and managers working in mental health services.

During the last year, E by E Board members have been feeding back on non-medical intervention projects with UCL and the Northeast London Foundation Trusts; looking at information on how to access local mental health services and links to mental health and wellbeing support; talking about the provision of oral health services for People with Severe Mental Illness; hearing from Imperial College London about the Measuring Loneliness in the UK (INTERACT) Study; commenting on plans to roll out the London Ambulance Service’s Mental Health Joint Response Car (MHJRC); and talking in depth about the uses of Dialog+ as a care planning tool.

We are keen to have all five boroughs represented and for E by E members to come from diverse communities. We will recruit on this basis so a wide range of views are represented.

**Time Commitment**

* The E by E Board meets once every two a months for up to two hours. This is the main time commitment.
* All E by E Board meetings are currently held on Zoom. Working group meetings may be held on Zoom, Teams or in person.
* Most meetings are held on weekdays during the day (between Monday and Friday, and within the hours of 9am to 5pm).
* E by E members will also be involved in specific projects and will attend working group meetings related to those projects.
* There is no requirement to attend all meetings as we fully understand the need to be flexible.

**Remuneration (Payment)**

* E by E members are paid £15 an hour when they attend E by E Board meetings, and working group meetings relating to projects in which they are involved
* Travel expenses for in-person meetings will also be paid.

**Support**

* Those asking E by E members to contribute to their projects will provide the necessary support and briefing so E by E members are able to contribute fully and in a meaningful way.

**Role Description and Person Specification**

**Title:** E by E (Expert by Experience) Board Member

**Supported by:** Public Voice

**Hours:** Ad hoc

**Post length:** 3 years (review by both sides after a year)

**Main tasks:**

* Attend and participate in E by E Board meetings (monthly)
* Attend and participate in project working groups / workshops (as and when required) looking at particular aspects of mental health and mental health services
* Help further develop service user and carer involvement and engagement

**Benefits**

* Opportunity to contribute to the improvement of mental health services in North Central London
* Opportunity to meet new people
* Opportunity to develop interpersonal skills
* Opportunity to develop team working skills
* References given
* Remuneration of 15.00 per hour for attending E by E Board meetings and working group meetings
* Travel expenses

**Person Specification**

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| --- | --- |
| **Specification** | **Essential** |
| Personal Qualities | * Demonstrate an understanding and commitment to improving mental health services * Ability to reflect on own experiences * Ability to be sensitive to a wide range of viewpoints and seek consensus. * Ability to understand and empathise with the impact of mental illness * Ability to understand and maintain appropriate boundaries |
| Experience | * Experience of mental ill health either personally or through someone close to you |
| Skills | * Ability to provide constructive feedback and to challenge * Conducts self in a mature and responsible manner * Reliability * Honesty * Integrity * Flexible / adaptable * Willing to work in teams and ability to work well and participate in groups * Capacity to work within established policies and procedures, including confidentiality and equal opportunities |
| Knowledge and Understanding | * An awareness of mental health issues * An awareness of mental health services |

**Additional Information**

**Confidentiality:** Attention is drawn to the confidential aspects of this role and personal responsibility and liability under the Data Protection Act 1998. Matters of a confidential nature, including information relating to service users, colleagues or staff, must not under any circumstances be divulged to any unauthorised person.

**Health and Safety:** The post holder is required to take reasonable care of their own health and safety and that of other people who may be affected by their acts or omissions at work and to ensure that statutory regulations, policies and codes of practice and departmental safety rules are adhered to.

**Equal Opportunities Policy Statement**: We believe that equality for all is a basic human right and actively oppose all forms of unlawful and unfair discrimination. We celebrate the diversity of society and are striving to promote and reflect that diversity within this group.

**Please complete the application on the following pages…**

**North Central London Mental Health Programme**

**Application form for E by E (Experts by Experience) Board**

Please complete this application and send to tanya.murat@publicvoice.london

For queries please contact Tanya at Public Voice on 020 3196 1900.

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| --- | --- |
| Basic Information | |
| First Name |  |
| Surname |  |
| Email address |  |
| Phone number |  |
| Address and Postcode |  |
| Experience of mental health  This can be personal, someone close to you, or both. |  |

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| Why do you want to be part of the North Central London Mental Health E by E (Experts by Experience) Board? |

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| --- | --- |
| Demographics (we are committed to having diverse representation from across North Central London) | |
| Age | 18-24  25-34  35-44  45-54  55-64  65-74  75+ |
| Ethnicity | **White**  English / Welsh / Scottish / Northern Irish / British  Irish  Gypsy or Irish Traveller  Any other White background, please describe Mixed / Multiple ethnic groups  White and Black Caribbean  White and Black African  White and Asian  Any other Mixed / Multiple ethnic background, please describe  **Asian / Asian British**  Indian  Pakistani  Bangladeshi  Chinese  Any other Asian background, please describe  **Black / African / Caribbean / Black British**  African  Caribbean  Any other Black / African / Caribbean background, please describe  **Other ethnic group**  Arab  Any other ethnic group, please describe |
| Gender | Male  Female  Transgender  Other  Prefer not to specify |
| Sexuality | Bisexual  Heterosexual  Gay Man  Lesbian Woman  Other |
| Do you consider yourself disabled? | Yes  No |

Thank you for taking the time to apply – we will be in touch soon.