

The background is a solid, vibrant blue. Overlaid on this are several thick, white, hand-drawn circular lines that intersect to form a complex, abstract pattern. The lines vary in thickness and are positioned to create a sense of depth and movement.

Expert by Experience

Project Description:

We are building an Expert by Experience team to use their experience of mental health issues to influence the way we do things at Buckinghamshire Mind, improve services, and talk about the work we do from their expert point of view. Tasks could include (but are not limited to):

- Attending steering groups.
- Supporting service changes.
- Delivering training to staff, volunteers and people we support.
- Advising on poster and leaflet design.
- Quality reviews of services and processes.
- Participating at internal events to bring the voice of lived experience alive within the organisation.

We also envisage that Experts will have their own ideas and suggestions; using their own experiences of mental health issues to develop and improve the work that Bucks Mind does.

If you are interested in campaigning and reducing mental health stigma and discrimination, we would also put you in touch with our Champion the Change campaign team. The focus of Champion the Change is on positively transforming attitudes to mental health through raising awareness, starting conversations and providing information on support services available. This can be done instead of or as well as being an Expert by Experience. Champion the Change activities might include:

- Sharing your story.
- Participating in external events as a representative of Buckinghamshire Mind.

Contacts at Buckinghamshire Mind:

Salome Williams, Head of Quality & Evaluation, and Andrew Godley, Quality Lead.

Time Commitments:

This will be variable depending on the individual project being worked on and your own commitments. However, we will have a monthly group supervision meeting to check in and discuss opportunities within and outside of Buckinghamshire Mind

How many people:

We don't have any limits on how many experts we work with, so we welcome contact from anyone that is interested.

Where will you be based?:

Monthly group supervision meetings will be held at Buckinghamshire Mind's High Wycombe office. There will be the ability to attend remotely, but in-person attendance will be encouraged. Depending on the projects, the location may vary, but will be agreed on before the project starts. Most Buckinghamshire Mind staff work from home, so there will be some Teams / Zoom meetings.

Accountability and Responsibility:

This will depend on the project, but typically will follow this pattern:

1. Project discussed at group supervision and members express interest.
2. Andy and Salome facilitate/support discussion with project lead and Expert(s) by Experience.
3. Expert by Experience works on project.
4. At end of project, Expert by Experience feeds back to the group on how it went.

Recognition and Payment:

Experts will be paid for their hours of involvement and expenses incurred. This will be detailed during the initial conversations we have with you.

Buckinghamshire Mind will keep a record on our database on the projects that Experts by Experience work on, with a focus on skills used/gained. This will be available to the Expert by Experience, if they need it.

Length of project:

This is an ongoing project that, together, we want to build to be sustainable, meaningful and indispensable for the running of Buckinghamshire Mind.

Contact/Supervision/Support/Accessibility:

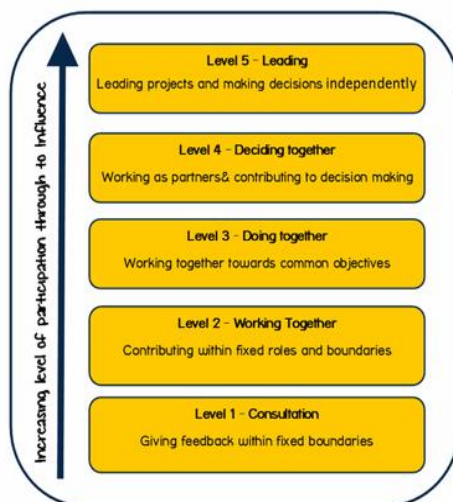
Contact/Supervision: At minimum, this will be in-person group supervision on a monthly basis. This could increase for individuals, depending on the project they are working on.

Support: Will be based on individual needs and will be discussed during induction into the group. Any additional specific support required for a particular project will be discussed before commencing work on the project.

What do we hope to get from this work?:

Buckinghamshire Mind wants to include meaningful Influence and Participation in all areas of the work we do. This will take different forms and fall into different levels of the National Mind Levels of Influence and Participation (see below)

Methods and Levels of Influence and Participation



By working with Experts by Experience and using their insights and recommendations, Buckinghamshire Mind will adapt its services to better meet the needs of the people we support. This could be at the service-level or at a governance-level.

How to apply:

Email influenceparticipation@bucksmind.org.uk to express your interest and one of the project leads will contact you to answer any of your questions.

Who would be a good fit for this project?:

Someone who:

- Has lived experience of mental health difficulties (diagnosed or undiagnosed).
- Can commit to attending the group supervision sessions.
- Is organised and has good communication skills.
- Is open to working as part of a team and passionate about working together to improve Buckinghamshire Mind services.
- Is able to access a telephone, emails and the internet.

Buckinghamshire Mind

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