

The logo for Mind Buckinghamshire, featuring a stylized white icon of a person's head and shoulders inside a circle, followed by the text "Mind Buckinghamshire" in a white, sans-serif font.

Mind Buckinghamshire

The background is a solid dark blue color. Overlaid on this are several thick, white, textured lines that form a large, abstract circular shape, resembling a stylized infinity symbol or a series of overlapping loops.

**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.
- Co-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.

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. Involvement will be mostly through projects but there may also be more informal opportunities to meet with other EBEs.

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?:

Depending on the projects, the location may vary, but will be agreed on before the project starts. Some work will be in person, some online, some may be hybrid.

Accountability and Responsibility:

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

1. Project brief sent out to EBEs via email or introduced at a group meeting.
2. EBEs express interest.
3. Andy and Salome facilitate/support discussion with project lead and EBEs.
4. EBEs work on project.
5. At end of project, Bucks Mind give detailed feedback on participation.

Recognition and Payment:

Experts will be paid per project for their involvement and expenses incurred. The payment will be detailed on the project brief.

Buckinghamshire Mind will keep a record on our database of 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/ Support/Accessibility:

Correspondence about projects will mostly be via email with the option of in person group meetings. One to one support around involvement will be provided by the Influence and Participation team at Bucks Mind.

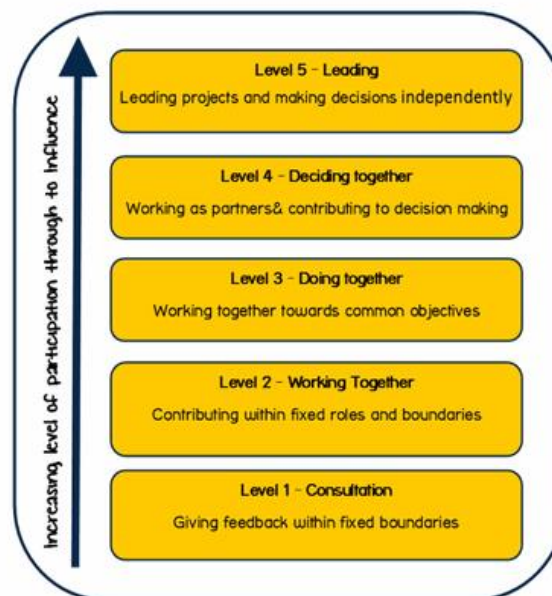
During a project support will be provided by the staff member running the project in addition to the Influence & Participation team.

Accessibility 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 the Influence & Participation team 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 participating on a project by project basis.
- 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.



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