

# Involvement Network

## Minutes - April

### Service Updates:

- **Group Therapy Videos:** Service users have worked with us to create videos about group therapy, why this approach can be beneficial and to help service users who may be anxious or unsure about therapy in a group setting make the most of it. [Click here to watch the videos.](#)
- **Podcast:** This is an upcoming project which will be a further opportunity for service users to get involved in. The aim of this will be to raise awareness of the service and what support is available.

### Feedback on Involvement:

- Gathering additional feedback from members to review the sign-up process and suggest improvements, such as making the language more accessible.
- Only discharged service users can participate, to maintain a clear boundary between therapy and service development.
- A welcome call remains a popular suggestion to help new members feel connected and informed.

### Raising Awareness:

- Members reported a lack of awareness about the service in GP surgeries, suggesting the need for improved communication in those settings.
- We have previously promoted the service through radio, GP surgery screens, and bus posters.
- Supporting service users on the waiting list remains a priority, with resources like Time for Change—an interactive webinar series to help users prepare for therapy through goal setting and practical CBT tools.

### Personal Experiences:

- Service users seem to have positive experiences of therapy and support from Talking Therapies once they access the service however referrals and waiting times continue to be a concern.



**The next Involvement Network meeting will be held online on Wednesday, 25th June, from 5:00pm to 6:00pm.** If you'd like to attend, please complete the registration form to receive the meeting invite link.

**Next Meeting Agenda:**

- Support during the waiting period for treatment.
- Trauma therapy

In addition to our meeting, we offer a variety of ways for our members to contribute to the development to our service, including: reviewing promotional materials, assisting with recruitment, supporting digital content production, contributing to our recovery stories projects and speaking at events!

**Join our Involvement Network to help shape the future of our service.**

**[www.hpft-talkingtherapies.nhs.uk/get-involved](http://www.hpft-talkingtherapies.nhs.uk/get-involved)**



*Please note that The Involvement Network is a collaborative group involving staff from Hertfordshire and Mid Essex Talking Therapies, as well as individuals who have previously used the service. It is crucial that you are fully discharged from the service and not currently receiving therapy or on a waiting list. If you need to re-refer for support at any point, please inform a member of The Involvement Network so we can pause your involvement in the project. Once you are discharged again, your participation can resume.*

*If you would no longer like to be involved with The Involvement Network, please email: [hpft.talkingtherapiesgetinvolved@nhs.net](mailto:hpft.talkingtherapiesgetinvolved@nhs.net)*