

Involvement Network

Minutes - February

Introductions: Participants shared their experiences with Talking Therapies, highlighting positive and varied experiences with service access and support.

Service Updates:

- Service users are involved in projects such as creating videos and promoting access to mental health support.
- A new online sign-up form aims to streamline involvement, with improvements still in progress.
- Service users wishing to participate in the involvement network, must complete a separate involvement registration form, as this falls under marketing consent for GDPR.

Feedback on Involvement:

- Suggestions to improve the sign-up process, including clearer language, accessibility support, and pre-meeting introductions for new attendees.
- The meeting time was discussed, considering participants' various commitments such as work, children, and healthcare
- Ideas for sharing meeting minutes and project outcomes on the website to encourage more participation.

Raising Awareness: Discussion on improving outreach efforts through digital channels.

Personal Experiences:

- Variability in service user experiences regarding waiting times and support during treatment.
- Future discussions will focus on ensuring consistency across teams and improving support for those waiting for treatment.

Actions:

- Review frequency of the meeting and contact in between meetings.
- Review language used in the sign up process.



The next Involvement Network meeting will be held online on Wednesday, 30th April, 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.
- Frequency of network meetings (considering monthly meetings).

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



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