

Involvement Network

Minutes - January 2026

Service update:

- We are inviting people who have previously used Hertfordshire and Mid Essex Talking Therapies to take part in an online peer review meeting as part of the Accreditation Programme for Psychological Therapies Services (APPTS). The meeting will take place online on Wednesday 4 March, from 11.40am to 12.30pm. An email invitation has been sent to all Involvement Network members to invite them to participate in this meeting.
- All Involvement Network members will be contacted by email and telephone to refresh our records, ensure the information we hold is accurate, and confirm that members still wish to remain part of the Involvement Network/

Involvement Feedback:

- Members reported attending the Time for Change webinars and shared feedback from their experiences. Overall, the sessions were considered helpful and reassuring, particularly in preparing for treatment, reducing feelings of isolation through shared experiences, and improving understanding of the purpose and usefulness of the MDS. Facilitators were described as professional and knowledgeable.
- Areas for improvement included the length and timing of sessions (notably a longer evening session), the need for clearer communication of the webinar's purpose from the outset, and being mindful of the use of jargon.

MS Teams Background Review for Clinical Appointments

- Attendees agreed a background was preferable, as having none felt distracting and unprofessional. However, the current background was considered too busy.
- A simpler design was recommended, retaining NHS Talking Therapies branding and the anxiety and depression tagline, while removing the "Great Together" emblem and Trust strategy.
- Accessibility, including colour blindness, was highlighted, and sporting facilities were noted as effective venues for sharing information, with relaxation sessions already in place.



The next Involvement Network meeting will be held online on Wednesday, 25th March 2026, from 5:00pm to 6:00pm. If you'd like to attend, please complete the registration form to receive the meeting invite link.

Agenda item for next meeting: A representative from the Communications and Marketing team will attend to provide feedback on strategies for improving access and raising awareness of the service with a specific focus on outreach work for carers.

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