

Involvement Network

Minutes - May 2026

Service update:

- A member of the Talking Therapies Service User Involvement Network has been filmed sharing their experience of the network, including its purpose, what happens at the bi-monthly meetings, their motivation for joining, and how participation has supported their recovery journey. The videos have been filmed and edited and are now in the final stages of preparation before being shared externally and internally.

Raising Awareness:

- Our guest speaker was Petra Keller who shared information about work to improve access to the service and outreach in the community.
- Talking Therapies has a dedicated communications and outreach team that promotes the service and raises awareness of available support.
- Outreach activities include: events and networking, partnership working, workshops, mental health awareness training for organisations, social media engagement, national campaigns and distribution of promotional materials.
- Current focus areas include improving access for older people, expectant parents, and carers.
- Talking Therapies offers free webinars, including Care for Carers and Managing Difficult Emotions and Building Resilience, to support those in caring roles.

Personal Experience:

- It was raised that information about Talking Therapies should be available as part of a GP surgery e-consult.
- One service user made a suggestion around family champions in another setting which Talking Therapies could look to introduce.
- A service user at the meeting pointed out that a lot of underrepresented groups of people in mental health services such as men or older people may be more difficult to reach because they may be concerned around stigma in accessing support for their mental health.



The next Involvement Network meeting will be held online on Wednesday, 29th July 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: Talking Therapies online self-referral form for service users and how we can improve this to make it simpler and more accessible: [Referral form](#) | [Self-referral Form](#) | [Patient Portal](#).

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