

North Central London (NCL) Mental Health Programme

Experts by Experience (E by E) Board

The North Central London Experts by Experience (E by E) Board, which has been running since 2016, is looking to recruit new members.

Experts by Experience (E by E) Board members are mental health service users or carers who have lived experience of accessing and using mental health services in our local area. They are residents of one of the five boroughs in North Central London – Haringey, Enfield, Barnet, Camden and Islington.

E by E Board members are passionate about shaping and improving mental health services.

Commissioners and providers of mental health services are genuinely committed to co-production “nothing about us, without us”. This means they want mental health service users and carers to have a real voice and a key role in shaping mental health services of the future.

The knowledge, expertise and contribution of E by E Board members to shaping and improving mental health services in our local area is much respected and valued by clinicians and managers working in mental health services.

During the last year, E by E Board members have been involved in shaping the mental health section of North Central London’s response to the NHS Long Term Plan, participating as panel members on interview panels for IAPT staff, and providing feedback to the Mental Health Chief Executives Group on the impact of Covid-19 and lockdown on mental health service users and mental health services, which informed the developing ‘North Central London Mental Health System Plan’.

We are keen to have all five boroughs represented and for E by E members to come from diverse communities. We will recruit on this basis so a wide range of views are represented.

Time Commitment

- The E by E Board meets once a month for up to two hours. This is the main time commitment.
- All meetings are currently held on Zoom or Teams, but in-person meetings will start again when it is safe to do so.
- Most meetings are held on weekdays during the day (between Monday and Friday, and within the hours of 9am to 5pm).
- E by E members will also be involved in specific projects, and will attend working group meetings related to those projects.
- There is no requirement to attend all meetings as we fully understand the need to be flexible.

Remuneration (Payment)

- E by E members will be paid £12.50 an hour when they attend E by E Board meetings, and working group meetings relating to projects in which they are involved
- Travel expenses (when in-person meetings resume) will also be paid.

Support

- Those asking E by E members to contribute to their projects will provide the necessary support and briefing so E by E members are able to contribute fully and in a meaningful way.

Role Description and Person Specification

Title: E by E (Expert by Experience) Board Member

Supported by: Public Voice

Hours: Ad hoc

Post length: 3 years (review by both sides after a year)

Main tasks:

- Attend and participate in E by E Board meetings (monthly)
- Attend and participate in project working groups / workshops (as and when required) looking at particular aspects of mental health and mental health services
- Help further develop service user and carer involvement and engagement

Benefits

- Opportunity to contribute to the improvement of mental health services in North Central London
- Opportunity to meet new people
- Opportunity to develop interpersonal skills
- Opportunity to develop team working skills
- References given
- Remuneration of 12.50 per hour for attending E by E Board meetings and working group meetings
- Travel expenses

Person Specification

Specification	Essential
Personal Qualities	<ul style="list-style-type: none"> • Demonstrate an understanding and commitment to improving mental health services • Ability to reflect on own experiences • Ability to be sensitive to a wide range of viewpoints and seek consensus. • Ability to understand and empathise with the impact of mental illness • Ability to understand and maintain appropriate boundaries
Experience	<ul style="list-style-type: none"> • Experience of mental ill health either personally or through someone close to you
Skills	<ul style="list-style-type: none"> • Ability to provide constructive feedback and to challenge • Conducts self in a mature and responsible manner • Reliability • Honesty • Integrity • Flexible / adaptable • Willing to work in teams and ability to work well and participate in groups • Capacity to work within established policies and procedures, including confidentiality and equal opportunities
Knowledge and Understanding	<ul style="list-style-type: none"> • An awareness of mental health issues • An awareness of mental health services

Additional Information

Confidentiality: Attention is drawn to the confidential aspects of this role and personable responsibility and liability under the Data Protection Act 1998. Matters of a confidential nature, including information relating to service users, colleagues or staff, must not under any circumstances be divulged to any unauthorised person.

Health and Safety: The post holder is required to take reasonable care of their own health and safety and that of other people who may be affected by their acts or omissions at work and to ensure that statutory regulations, policies and codes of practice and departmental safety rules are adhered to.

Equal Opportunities Policy Statement: We believe that equality for all is a basic human right and actively oppose all forms of unlawful and unfair discrimination. We celebrate the diversity of society and are striving to promote and reflect that diversity within this group.

Please complete the application on the following pages...

North Central London Mental Health Programme

Application form for E by E (Experts by Experience) Board

Please complete this application and send to Rakshita.Patel@publicvoice.london

For queries please contact Raks at Public Voice on 020 3196 1900.

The deadline for applications is 31 December 2020.

Basic Information	
First Name	
Surname	
Email address	
Phone number	
Address and Postcode	
Experience of mental health This can be personal, someone close to you, or both.	

Why do you want to be part of the North Central London Mental Health E by E (Experts by Experience) Board?

Demographics (we are committed to having diverse representation from across North Central London)	
Age	<input type="checkbox"/> 18-24 <input type="checkbox"/> 24-34 <input type="checkbox"/> 35-44 <input type="checkbox"/> 45-54 <input type="checkbox"/> 55-64 <input type="checkbox"/> 65-74 <input type="checkbox"/> 75+
Ethnicity	<p>White</p> <input type="checkbox"/> English / Welsh / Scottish / Northern Irish / British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other White background, please describe Mixed / Multiple ethnic groups
	<input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other Mixed / Multiple ethnic background, please describe
	<p>Asian / Asian British</p> <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese

	<input type="checkbox"/> Any other Asian background, please describe Black / African / Caribbean / Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black / African / Caribbean background, please describe Other ethnic group <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, please describe
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Transgender <input type="checkbox"/> Other <input type="checkbox"/> Prefer not to specify
Sexuality	<input type="checkbox"/> Bisexual <input type="checkbox"/> Heterosexual <input type="checkbox"/> Gay Man <input type="checkbox"/> Lesbian Woman <input type="checkbox"/> Other
Do you consider yourself to have a disability	<input type="checkbox"/> Yes <input type="checkbox"/> No

Thank you for taking the time to apply – we will be in touch soon.