

Share your experience of health and social care

Do you rely on local health services
or social care?

Do you provide care for a family member
or friend?

What is your experience of mental health services?

You have experience that decision-makers need!

By joining committees, groups and networks,
you can explain how services work in practice and
could improve.

The quality and future direction of health and social
care affects you. Share your expertise, and help shape
the future.

COMMITTEE VACANCIES

If you're a committee person, willing to read papers and share your insights with officials, then consider these vacancies. These committees are run by NHS Richmond or Richmond Council, and involve voluntary organisations, service users and carers in reviewing and planning services. They meet 4 to 6 times a year.

We seek:

- **A physically disabled or elderly service-user**, to join the Adults Joint Commissioning Group
- **A carer of a person who is physically disabled or elderly**, to join the Adults Joint Commissioning Group
- **Clients and carers with experience of Self Directed Support (SDS)** to join the SDS Programme Board.
- **Residents, carers, or service users interested in wellbeing** to join the Healthy Richmond group
- **Carers and service users with experience of mental health problems**, to join the Mental Health Joint Commissioning Group and/or Mental Health Sub Group
- **Carers of a learning disabled person** to join the Learning Disability Partnership Board or its sub-groups or Joint Commissioning Group

**Expenses are paid and induction is provided.
Buddy support and training are available.**

QUALITY AND FEEDBACK PANEL

People who use social care services are needed to join a panel, working with the Council's Quality Assurance team, to develop new mechanisms for user feedback, such as mystery shopping, web-readers, diaries of experience etc.

Other opportunities will develop in 2010. An initial recruitment and training round will be done in March, with further recruitment later in the year.

USER AND CARER GROUPS WITH VOICE

Do you prefer to engage with your peers – other users or carers? Or dip in and out on issues that matter most to you? Then you can get involved by joining networks of users and carers. These liaise regularly with council and NHS staff.

- **Disabled or elderly and using social care** so you can live life in the way you want: join *YourSay*
- **Carers for people with mental health problems:** join the new *Mental Health Carers Development Group*
- **Mental Health service users interested in Self-Directed Support:** join a new service user group, *Taking Control*
- **Mental Health service users of all types:** participate in new structures to strengthen user involvement
- **Carers:** join the *Carers' Forum* to promote carers' interests and voice
- **Carers of someone with a learning disability (LD):** join the *LD Carers' Group*
- **Individuals with a learning disability:** participate in an emerging user group, *Working Together*
- **Any Richmond resident:** join the Citizen's Panel, a sounding board for the Council.

If you are interested in any of these opportunities, or in other ways of getting involved, please contact **Caroline Ashley, Community Involvement Co-ordinator** at Richmond CVS: 020 8255 8500 or carolinea@richmondcvcs.org.uk. For an internet version with weblinks to further information, go to www.richmondcvcs.org.uk and follow the links for Community Involvement.



Join What?	What it does
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Committees and Boards seeking service user and/or carer members

Adults Joint Commissioning Group	Monitors, reviews, and recommends on the development and commissioning of services for adults.
SDS Programme Board	Manages the development and monitoring of the SDS programme in Richmond.
Healthy Richmond	Promotes healthy living and sickness prevention: e.g. smoking, obesity, alcohol, fitness.
Mental Health Sub Group & Joint Commissioning Group (JCG)	Both discuss and review mental health services for adults. The Sub-Group is a wider group that discusses operational issues. The JCG reviews strategy and performance.
Local Learning Disability Partnership Board & Joint Commissioning Group (JCG)	The Richmond Local Learning Disability Partnership Board brings several organisations together to discuss opportunities and support for people with learning disabilities in Richmond. The JCG reviews strategy and performance.

Working Groups and User / Carer Networks

Social care and support

Quality and Feedback Panel	Works with Quality Assurance team in social care, to develop new mechanisms for user feedback, such as mystery shopping, web-readers, diaries of experience etc. Open to those using council-funded care or information, or funding their own care.
Your Say!	A group of disabled and older people and carers, who use social care services 'so we can live our lives the way we want', and engage with the Council on plans for social care. Convened by RUILS (contact Ben: 020 8831 6083).

Mental health

Mental Health Carers Development Group	A new carer led group working in partnership with professionals from statutory services to improve the experiences of mental health carers in Richmond. Supported by Carers in Mind at RB Mind (contact Kim: 020 8940 7384).
Taking Control	A new group of service users and carers, focused on personalisation (e.g. Self Directed Support) within mental health (contact Amber: 07799 892340).
Possible User network	Mental health service users are currently developing ways to get a wider range of users involved in services.

Learning Disability

Learning Disabled (LD) Carers Group	LD carers share views at the LD Carers Group and represent them to decision-makers. Convened by the Carers Centre (contact Susie: 020 8867 2389).
Working Together	A planned group for learning disabled people, to discuss issues together and make their views known to others. Convened by MENCAP (contact Laura: 020 8744 1923).

All Carers

Carers Forum	The Carers Forum, a group of carers, acts to promote the interests of carers with the statutory services. Convened by Crossroads Carers (contact Eleanor: 020 8943 9421).
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