



LIVED EXPERIENCE LEADERSHIP FORUM

Become a lived experience representative

We are looking for representatives in:

Tameside - Trafford

We are looking for *lived experience representatives* from Tameside and Trafford, to join our lived experience leadership forum and contribute to the transformation and improvement of mental health care in Greater Manchester (GM).

The lived experience leadership forum is conducted by the Independent Mental Health Network (IMHN) and is a space for lived experience representatives to raise issues, concerns and ideas surrounding mental health in the community. IMHN will feedback any conversations that require escalation to Greater Manchester's Health & Social Care Partnership meetings (including the Mental Health Strategy Advisory Group), ensuring that the voices of people with lived experiences are heard and actively involved in the improvement of services.

Lived experience representatives will:

- Provide the perspectives of people who use mental health services within their Greater Manchester borough (EG. Trafford)
- Use any personal experience as a patient of the current services in a constructive and objective way to ensure views are as representative as possible.
- Scrutinise and contribute to meetings to ensure that the outcomes remain in the best interests of people with lived experience.
- Prepare for and attend meetings, and feedback to IMHN on matters discussed.
- Represent IMHN as a network of people with all types of lived experience of mental health within the forum.
- Whether they have used the service or not, representatives will undertake work to inform themselves to the best of their ability about opinions of those using the service/s themselves, and of what the services should be providing if it is not a service that they have accessed.

About your skills and experience:

- The ability to be objective and separate experiences as a user of services from the need to provide a broader user perspective on the service.
- Ability to be solution focused and to act as a critical friend to the programme.
- Ability to demonstrate listening, negotiating and influencing skills, with a personal style that is challenging but not confrontational.
- An understanding of diversity and equality, and ways in which diverse groups that access mental health services can be impacted by them.

You will:

- Be supported by IMHN team, including receiving pre-briefs and de-briefs from meetings if required.
- Receive payment for your time in Lived Experience Leadership Forum meetings, £25 per meeting / equivalent to £12.50 p/h.
- Receive reasonable out-of-pocket travel expenses (when in person meetings are able to resume) in accordance with our involvement policy and when agreed with the IMHN team prior.

How to apply:

To apply please complete our expression of interest form on Survey Monkey that can be found [here](#)

If you cannot press the link, copy and paste this text: <https://www.surveymonkey.co.uk/r/9GVQ3YL>

We want to build an inclusive network that represents all the diverse communities in GM, and actively encourage applications from communities who are under-represented in positions of power and influence. Please get in touch if you would like to discuss this further or need any assistance. **Please**

email you application to greatermanchester@imhn.org