

Involvement in Trust Activities

Here are some of the ways that you can get involved in activities that take place across our Trust:

Patient & Carer Experience Forums	Research	Humber Youth Action Group (for those aged 15-23)	Sharing my Story
<ul style="list-style-type: none">• Help raise the profile of patient and carer experience in our services.• Have the opportunity to make positive and constructive suggestions about our services.• Participate in improving and developing services within the Trust <p>Email: hnf-tr.patientandcarerexperience@nhs.net ___Tel: 01482 389167</p>	<ul style="list-style-type: none">• You, and/or those close to you, could help us try out new treatments, complete questionnaires or provide samples for genetic testing.• Become a Research Champion and help us promote research across our Trust and community.• There may be opportunities to help guide new research ideas. <p>Email: hnf-tr.researchteam@nhs.net Tel: 01482 301726</p>	<ul style="list-style-type: none">• By joining HYAG you can help improve and co-produce children’s and young people’s health services.• Members also gain new skills, training opportunities and new experiences, which are great for your CV.• You can also be a part of interview panels for new staff within the Trust. <p>Email: hnf-tr.HYAG@nhs.net Tel: 01482 389167</p>	<ul style="list-style-type: none">• Your story is a very valuable learning tool for staff• Share positive or negative experiences to help drive improvement in the organisation• Your story could prove a good support tool for others in similar situations <p>Email: hnf-tr.patientandcarerexperience@nhs.net Tel: 01482 389167</p>

Recruitment	Volunteering	Quality Improvement	Health Stars
<ul style="list-style-type: none">• You could meet the applicants as part of a patient and carer panel.• Be part of the interview panel.• Take part in an activity such as a group discussion with the applicants.• The way you want to be involved will be determined by you. <p>Email: hnf-tr.voluntaryservices@nhs.net</p>	<ul style="list-style-type: none">• Use your valuable skills, knowledge and life experience to enhance our services.• Improve your own health and wellbeing through helping others.• Receive training and develop new skills. <p>Email: hnf-tr.voluntaryservices@nhs.net</p>	<ul style="list-style-type: none">• Become a QI Champion to ensure that our Patients and Carer voice is heard.• Have the opportunity to improve and shape our services.• Use your experience and skills to enhance our programme and meet other Staff, Patients and Carers who also wish to make a difference. <p>Email: hnf-tr.qimprove@nhs.net ___Twitter: @Humber_QI</p>	<ul style="list-style-type: none">• Together with your support, Health Stars provides better healthcare and brighter futures for people across East Yorkshire, Hull and North Yorkshire.• Staff across the Trust can apply to have their wishes granted to enhance their environments or equipment, improve patient experiences and support the wellbeing of our teams. <p>Website: healthstars.org.uk</p>

Adult Mental Health Involvement	Recovery & Wellbeing College	Trust Member
<ul style="list-style-type: none">• Provides a platform for those with lived experience of local mental health services to share their experiences and have a voice in identifying areas for improvement and contribute to positive change.• We share current opportunities for involvement via a fortnightly email to those on our mailing list.• Our Adult Mental Health Co-production Group brings together patients, service users and carers with staff working in mental health services to support the co-production of our services. <p>Email: hnf-tr.adultmentalhealthinvolvement@nhs.net</p>	<ul style="list-style-type: none">• Become a member of our team and utilise your lived experience in a supportive peer volunteer role.• Share knowledge, skills and lived experience as a volunteer guest tutor by developing and delivering a course.• Take control of your own mental wellbeing and develop new skills by enrolling onto our workshops and courses yourself! <p>Email: hnf-tr.recoverycollege@nhs.net ___Tel: 0800 9177752</p>	<ul style="list-style-type: none">• Gives you an opportunity to help us make our services better.• You can take part in events and attend the Council of Governors and Annual Members' Meetings.• You can voice your opinion and help to influence the development of services in your local area.• You will have the opportunity to vote in elections for Governors in our local public constituencies.• You can stand in our elections to become a Governor of the Trust and represent views of our members and the public. <p>Email: hnf-tr.members@nhs.net Tel: 01482 389132</p>