

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 - 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 Email: hnf-tr.patientandcarerexperience@nhs.net Tel: 01482 389167	Research - 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. Email: hnf-tr.researchteam@nhs.net Tel: 01482 301726	Humber Youth Action Group (for those aged 15-23) - 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. Email: hnf-tr.HYAG@nhs.net Tel: 01482 389167	Sharing my Story - 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 Email: hnf-tr.patientandcarerexperience@nhs.net Tel: 01482 389167
Adult Mental Health Involvement - 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. Email: hnf-tr.adultmentalhealthinvolvement@nhs.net	Patient Participation Groups- Market Weighton GP Practice - Provide a means for registered patients to be involved in making suggestions about the healthcare services they receive. - Acts as an independent ‘critical friend’ to the practice. - Gives patients real-time influence over services and proposed developments. - Support health awareness and education in patient health matters. Email Chair: Graham Ward: ppgmwp@gmail.com (Market Weighton)	Recovery & Wellbeing College - 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! Email: hnf-tr.recoverycollege@nhs.net Tel: 0800 9177752	Trust Member - 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. Email: hnf-tr.members@nhs.net Tel: 01482 389132
Recruitment - 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. Email: hnf-tr.voluntaryservices@nhs.net	Quality Improvement - 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. Email: hnf-tr.qimprove@nhs.net Twitter: @Humber_QI	Health Stars - 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. Website: healthstars.org.uk	Volunteering - 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. Email: hnf-tr.voluntaryservices@nhs.net

If you are interested in knowing more about being a Trust member and having a say in how our services are developed, please contact the membership office.

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