

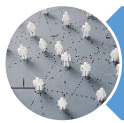
Mental Health Priorities for North East London

Background

In May 2019, a Mental Health Summit was held at Toynbee Hall in Tower Hamlets. Following this event, people with lived experience of mental ill-health and people currently using ELFT and NELFT services were keen to have more a leading role in the North East London Mental Health Programme. A follow-up workshop was set up in September 2019 with service users and carers across North East London to explore ideas around Patient Leadership in more depth.

Patient Leadership Priorities

Following the Patient Leadership workshop, the following themes were identified as key priorities:



➤ **Building a patient leadership programme** - support people to develop leadership skills, and secure the infrastructure and resource to deliver a Patient Leadership Programme



➤ **Embed peer support into our structures** - work towards standardising peer support approaches across our system



➤ **Improve cultural awareness across NEL** - develop a faculty of trainers to deliver cultural awareness training



➤ **Provide more and better support for parents / families and carers** - set up carer support groups, in particular for parents of people with a mental health condition



➤ **Improve patient 'first contact'** - develop kinder and clearer processes for peoples' first contact with mental health services

Patient Leadership Proposal

The group identified that in order to deliver on these priorities, there would need to be a clear structure and set of resources to support the programme of work. The proposal was as follows:

