



**We care,
We respect,
We are inclusive?**

**Bedfordshire Community
Health Services -
People Participation Group**

Where we are

- Large geographical area with poor transport links
- Bedford Borough
- Central Bedfordshire
- Some services also cover Luton and Milton Keynes





Who we are

- Service user and carer group
- Wide range of illnesses and accessibility needs
- Who is missing from this photo?

People Participation builds a strong social network - reasonable adjustments



transport



laptops



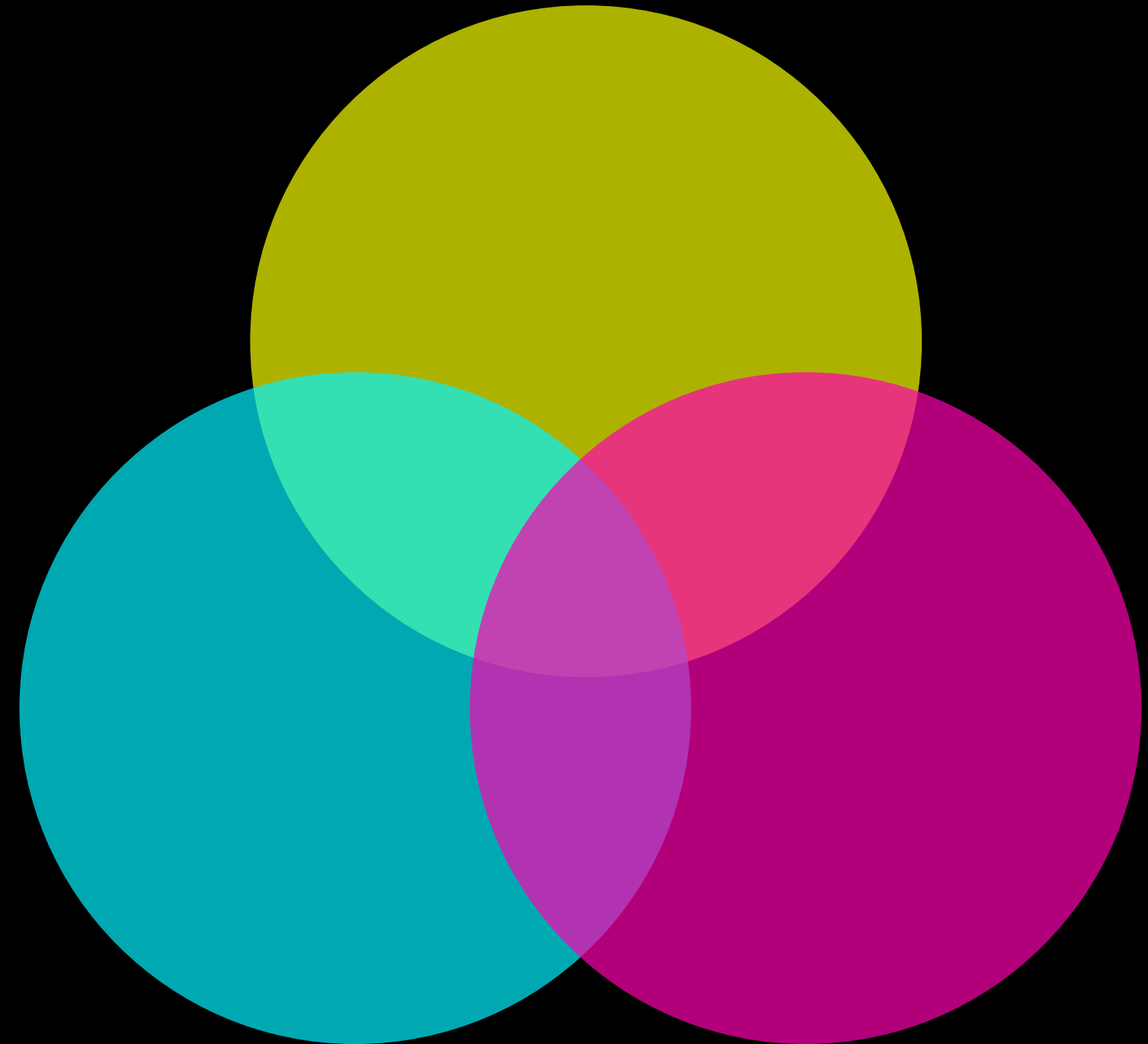
Rewards and Recognition
payment forms



adjusting meetings
to our needs and
understanding health
varies over time

How do we help others?

- We feel included in local activity and projects
- Difficult to make our voices heard on a Trust-wide level



Example of what we do

**ISSUE 1
AUTUMN
2022**

**People Participation
Newsletter**

Bedfordshire Community
Health Services (BCHS)

- Introduction to People Participation & BCHS
- Bedfordshire and Luton Recovery College
- #Rainbow Bedfordshire
- A book review & recipe



**ISSUE 2
WINTER
2022/2023**

**People Participation
Newsletter**

Bedfordshire Community
Health Services (BCHS)

- Introduction to People Participation & BCHS
- Working Together Leighton Buzzard
- Learn about what bats do in Winter
- Book review, reading tips & recipes



**ISSUE 3
SPRING
2023**

**People Participation
Newsletter**

Bedfordshire Community
Health Services (BCHS)

- Introduction to People Participation & Update on our activity
- Find out about Quality Improvement at ELFT
- Chromebooks-digital inclusion project
- Book review, recipe and hobbies



**ISSUE 4
SUMMER
2023**

**People Participation
Newsletter**

Bedfordshire Community
Health Services (BCHS)

- Introduction to People Participation & Update on our activity
- 75 years of the NHS celebrations
- What does it mean to be an Anti-racist?
- Book review, recipe and hobbies



**ISSUE 5
AUTUMN
2023**

**People Participation
Newsletter**

Bedfordshire Community
Health Services (BCHS)

- Introduction to People Participation & Update on our activity
- Eye health week event
- Trans and non-binary inclusive multi-sports sessions
- 75 years of the NHS quilt - where you can see it across Bedfordshire and Luton
- Word search, recipe and 'A bat of history'



Future plans & working together

- **Newsletter on ELFT website**
- **Audio recordings our our newsletter**
- **Encourage readers to contribute**
- **New member of the group who is a graphic designer**
- **Working with services to offer peer support**
- **Ambassadors for Access group - working with Learning Disability People Participation Group**
- **Accessibility checklist for venues**

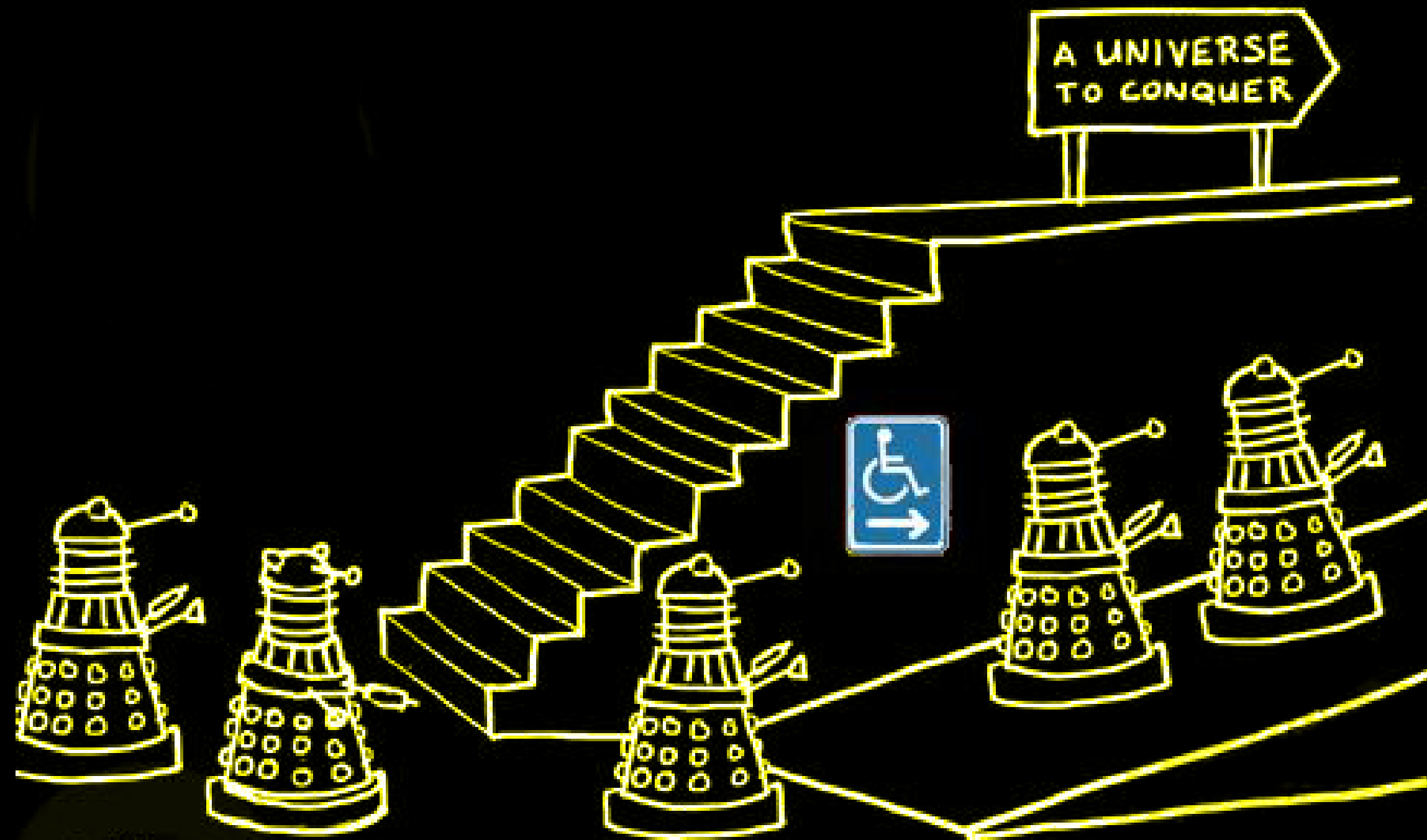
Over to you!



- Not listening
- Not planning ahead and checking venues
- Ticking boxes
- Not being flexible

CHRIS
MADDEN
AFTER BIRKETT

Creative solutions



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AFTER BIRKETT