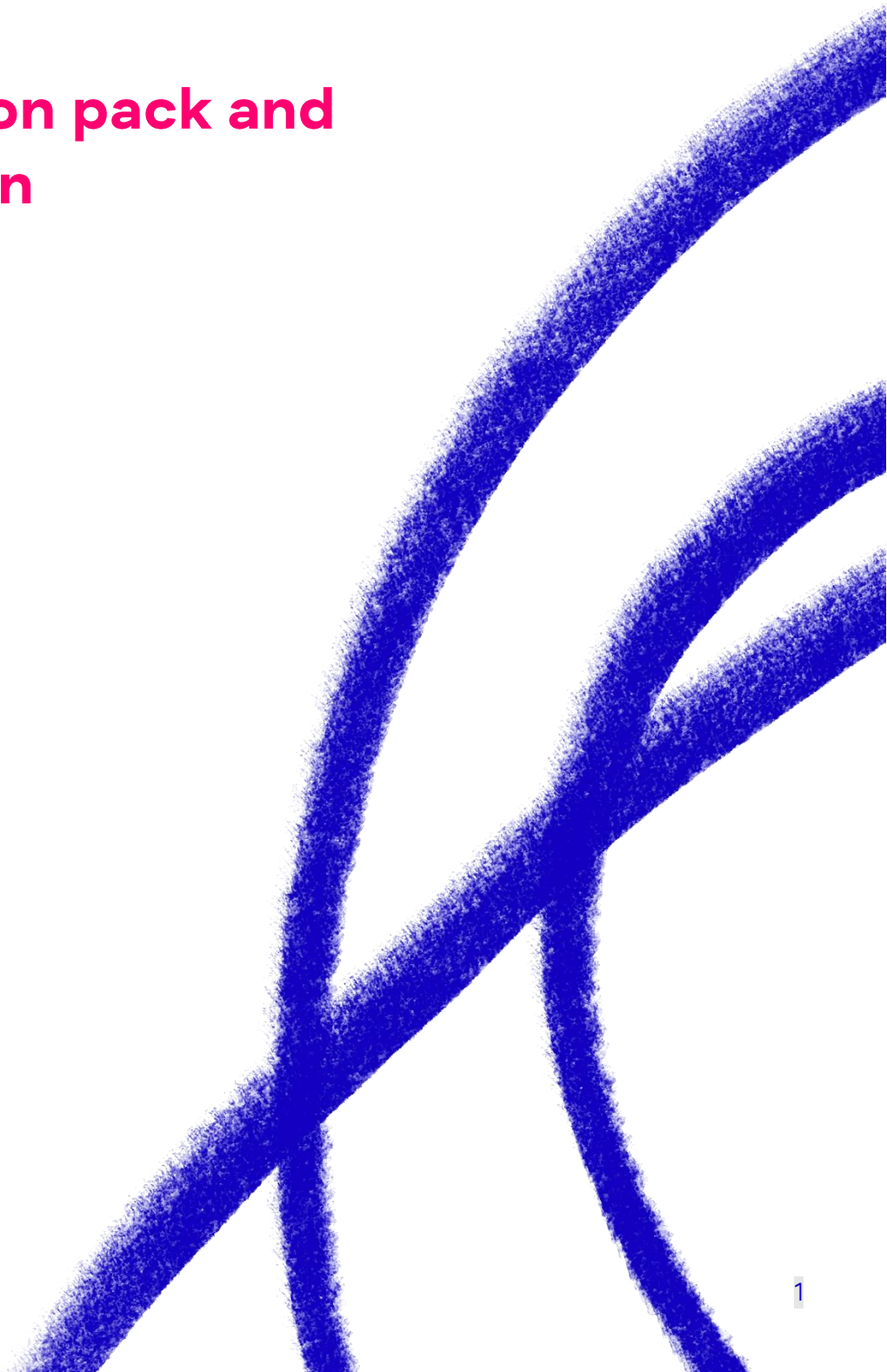


Lived Experience Panel

Information pack and
Application

2025



Who are we?

Lancashire Mind is an independent mental health charity. We reach over 10,000 people each year.

We're an active member of the national Mind Federation, linking us with over 100 other local Mind organisations across England and Wales.

We are determined to be an organisation that is representative of the diversity of the whole county and one that challenges the mental health inequalities faced by our communities. We're working to become a truly anti-racist organisation.

Everyone who works for Lancashire Mind is fuelled by a passionate belief that enabling people to achieve mental wellbeing will

reduce the number of people who go on to develop a mental health condition, and for those who do, to have a better chance of remaining well.

We empower people in Lancashire to value and take care of their mental health. Our work ranges from 1:1 support for people facing multiple and complex barriers, to preventative and influencing work. We work in partnership with others to make mental wellbeing a priority.

Headlines:

On average, we train 1500 individuals per year, helping them gain essential mental health knowledge.

Our Connecting Communities Project has positively impacted 300 individuals across 47 different groups since 2023

We were awarded Inclusion Project of the Year 2024!

We Connect Minds through ongoing engagement and co-creation.

We Change Minds by challenging stigma and increasing knowledge around mental health.

We Support Minds by being a source of help, where, when, and how people need it.

**We value being:
Real, Open, Bold and
Caring**

Lived Experience Panel

What is the Lived Experience Panel?

The Lived Experience Panel is a brand-new initiative at Lancashire Mind, with the goal of bringing a group of adults together to help us understand issues that affect many people in Lancashire. By understanding these issues, we can make sure that our services are better able to support people in Lancashire.

If you'd like to have a say on decisions that affect you and are interested in making a difference in your community, the Lived Experience Panel is a great way to do this.

The Lived Experience Panel is in its initial stages, which means your ideas, perspectives and creativity are essential to build the panel from the ground up. We need your insight and voice to raise awareness of mental health, and to eventually create change in the projects and services that are available to support people in Lancashire.

Who can join the Lived Experience Panel?

We are looking for bold, caring and engaged people across Lancashire who want to volunteer to become a member of our Lived Experience Panel. We want this to be a panel of people who are team players and are willing to get involved with meetings and activities.

The requirements are:

- You are over 18 years of age.
- You live in Lancashire.
- You are passionate about making a difference in your local community.
- You have a lived experience of mental health, either directly or indirectly.
- You have an interest in mental health and in shaping mental health services.

If I join, what will I be doing?

The following list is an example of what you may get up to as part of the Lived Experience Panel. We are more than happy to discuss working around your time commitments and availability.

- **Take part in the Lived Experience Panel sessions and meetings.** You will take part in one meeting every 6 weeks via Zoom. These meetings will be interactive and will give everyone a chance to share their views and ideas. These will be 2-3 hours in length, with most of the meetings running online.
- **Support with the coproduction, feedback, and evaluation of our services as well as be a part of focus groups for other teams within the organisation.** Your insight and experiences are important in shaping services. We want teams across the organisation to hear from you.
- **Take part in our Lived Experience Panel training programme as part of your induction.** You will be given practical training to build key skills in mental health, service design and coproduction as well as support to carry out any other panel activities.
- **Wider panel activities and promoting our services across Lancashire.** This could be through word of mouth, signposting, social media, writing blogs, making vlogs etc. We will organise these activities together.

What will I gain by joining the Lived Experience Panel?

We hope that you find the experience of being a part of the Lived Experience Panel as beneficial and rewarding as possible. Here are some benefits of joining the panel:

- A warm welcome from caring staff. Your wellbeing is super important! We will make sure you are feeling heard, safe and included as part of the panel.
- Training: General mental health, interview skills, safeguarding, etc.
- 4 face-to-face meetings a year where you can meet each other in person.
- Taking part in recruitment at Lancashire Mind, where you could help to interview potential new staff.
- An insight into the mental health sector and working with a well-established local charity.
- You will be reimbursed for any travelling expenses (keep your receipts and tickets!).
- References for college, university, or job applications. Good to include on any personal statements or your CV.

How do I apply?

If you wish to apply for the Lived Experience Panel, fill in the application form to provide key information (for e.g. address, date of birth, contact details). On the form you will be asked to choose how you would like to apply. There are 2 options:

- **In writing:** To apply in writing, you can complete written answers using the application form.
- **Send us a video:** You can create a short video (no more than 5 minutes) to tell us who you are and why you want to join the Lived Experience Panel. You can answer the questions in Section 3 of the application form.
- **Phone:** If you select this option, Aliah will get in touch with you by phone to guide you through the questions and gather your responses.

Email your application to Aliah, our Engagement and Participation Coordinator, or you can post it to Engagement and Participation Coordinator, 80-82 Devonshire Road, Chorley, Lancashire, PR7 2DR. If your video file is too large to email, please send it to Aliah via WhatsApp, 07856912329.

There is no deadline, we are accepting continuous applications.

What happens next?

Once we receive your application, we will carry out informal telephone interviews. We will call you within 10 days of receiving your application to arrange these.

If you have any questions or need any help with your application, please email our Engagement and Participation Coordinator, Aliah Malik: aliahmalik@lancashiremind.org.uk.