

DO YOU KNOW NOTTINGHAM OR DERBY MBU?

WE WANT TO HEAR FROM YOU

Experts by Experience are people who have personal experience of either using perinatal mental health services or caring for someone who has used these services.

If you have recent experience (within the last 5 years) of staying in Derby or Nottingham MBU we would love you to consider joining our group of Experts by Experience.

FAQs

How much will I be paid for my time?

You will be paid £12.50 per hour for the time you contribute.

What is the East Midlands Perinatal Mental Health Provider Collaborative?

The East Midlands Provider Collaborative is a partnership of NHS Trusts across the East Midlands, specially focused on perinatal mental health in the region.

I don't know if I can commit to every meeting - would this be a problem?

No, we are flexible and appreciate any contributions you are able to make.

Why is there a time limit?

We ask that your experience is within the past 5 years to provide a current perspective on MBU services.

Who can join the group?

We are looking for a diverse group of individuals who have experience with either Nottingham or Derby MBU. We welcome individuals from all backgrounds and also encourage involvement from partners and (grand)parents.

Where and when are meetings held?

Meetings are held online once a month.

What support is available?

This group is not designed as therapy, but we do support our members - please email dhcft.perinatalcollaborative@nhs.net for more information.

Join Our Group of Experts by Experience



East Midlands Perinatal Mental Health Provider Collaborative





Our Vision

Our vision is to ensure high quality care for women and their babies with serious mental illnesses that require admission to a Mother and Baby Unit (MBU), so that there is seamless care between MBU and community perinatal mental health teams.

“We are committed to ensuring that the service user voice is authentically embedded in our work”

What is Involved?

Our Experts by Experience hold a monthly group meeting to discuss current topics about the East Midlands MBUs. You can be involved in other meetings and co-production work if this is something you are interested in.

What are the Benefits?

You will be connecting and collaborating with peers in ensuring that the voice of service users is heard in key decisions affecting the MBUs, which we hope you will find both rewarding and supportive. You will also be paid for your participation.

Contact Us

If you would like to be involved or have any questions about becoming an Expert by Experience please email dhcft.perinatalcollaborative@nhs.net