



Derbyshire
Perinatal Mental Health Service
Supporting women and birthing people from
12 weeks of pregnancy to 2 years of age



Derbyshire Perinatal Experts by Experience Meeting Agreement

The Perinatal Experts by Experience group meeting is an informal meeting where our **Experts by Experience** can come together to share experiences with the aim of shaping and developing future services.

- The meetings will be held online every 4-6 weeks with the option to have some meetings face to face if members wish.
- The meetings will be led by the Perinatal Clinical Lead and a Perinatal Peer Support Worker.
- Meetings will be scheduled for 1.5 hours to allow for sharing service developments, sharing ways you can be involved and time to connect with each other.
- All members of the group are welcome to share personal experience and expertise as much or as little as they wish to.
- The group will offer a confidential space and discussions should not be shared with others outside of the meetings.
- All members will be respectful and sensitive at all times.
- Please take breaks or attend to children throughout the meeting as needed.
- If anyone wishes to leave the meeting at any time they can do so. We would ask, if you do feel you need to leave; please contact the person leading the meeting - this is just so that we know that you are ok and can offer any additional support if required.
- If any member needs any additional support throughout the meeting or as a result of any involvement with the Expert by Experience group they should contact the Perinatal Clinical Lead.

If you would like to discuss the Experts by Experience group or would like further information please contact:

Shelley Chattern, Perinatal Clinical Lead
shelley.chattern@nhs.net

Sarah Slack, Peer Support Worker
North Community Perinatal Team
sarah.slack1@nhs.net

Supporting women and birthing people from 12 weeks of pregnancy to two years of age

"Compassionate, safe accessible care for every family
- empowering an inclusive perinatal journey"





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NHS
Derbyshire Healthcare
NHS Foundation Trust



Derbyshire Perinatal Experts by Experience

What is an Expert by Experience?

An Expert by Experience is someone who has recent personal experience of using or caring for someone who has used Perinatal Mental Health Services.

Why do we need Experts by Experience?

At Derbyshire Perinatal Mental Health Services we strive to provide the highest quality care. We want to be compassionate, safe and responsive. We want to support recovery from perinatal illness for women, birthing people and their families, whilst promoting equality and fairness in all we do. We truly believe the best people to help us achieve our goals are the Experts by Experience. Experts by Experience support us in our vision to ensure the patient voice is central to all decision making.

What does being an Expert by Experience entail?

We have regular Expert by Experience meetings every 4-6 weeks. These will be held online, but with the option of some face to face meets. There is no requirement to commit to every meeting, we appreciate any contributions you are able to make. During the meetings we will share current ways Experts by Experience can get involved.

How can I be involved?

Experts by Experience can support us to shape and improve Derbyshire Perinatal Service. There are several ways that you can support and share your expertise:

- **Shape our future workforce** by supporting on recruitment panels
- **Help us to train our teams** to keep the people that access our service at the centre of everything we do
- **Help us develop our services and policies** by providing valuable and expert opinions
- **Help us raise the profile and awareness of perinatal services** and help us improve the way we reach out to our local communities
- **Help us celebrate recovery** by supporting with fundraising and events.

Will I be paid for my time?

Where you are participating in planned activities such as recruitment, events or training a payment of £12.50 an hour is offered. Reasonable expenses are also available for costs incurred by Experts by Experience whilst being involved in activities.

This can be claimed by sending a completed form or requesting support to complete the form to shelley.chattern@nhs.net
Thank you.

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