

Derbyshire Perinatal 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 aim to support recovery from perinatal illnesses for women 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**.

The experts are YOU, the people who have recent personal experience of accessing our services or supporting someone who has accessed our services. We are keen to hear your views AND work with you to shape and improve our future service developments. There are several ways that you can support us and share your experience and expertise:

Help to shape our future workforce by supporting our recruitment and interview processes

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 feedback and expert opinions

Help us to raise the profile and awareness of perinatal services and help us to improve the way we reach out to local communities

Help us to fundraise whilst celebrating Recovery

You may have other ideas of how you could be involved and we would love to hear them!



If you have any questions at all or would like a conversation about getting involved, please email Shelley Chattern, Perinatal Clinical Lead, shelley.chattern@nhs.net and include the following details:

- Your name
- Email address
- Telephone

Please note, no other health care organisations will contact you for your opinion unless you have agreed this with us. Any contact details or personal information you provide will be kept confidential in accordance with GDPR (General Data Protection Regulation) standards.

We look forward to hopefully hearing from you!

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"