

Involvement Leaders



STOP
pushing
us out!

Our Voice Matters !

**What we want you to
think about!**



These are our messages. Please take time to read them, think about how it makes us feel and how you can help change this.



- We want people to be able to attend meetings about them if they want to.



- We want people to feel respected and listened to when it comes to decisions about them.



- People worry about what is said in the meetings when they are asked to leave.



- It is hard for people to trust the professionals when they talk behind their back.



- Professionals need to work harder at including us.



- One person should not make the decision about if people can stay at their meeting.



- If the decision is made to leave us out, it needs to be explained why, recorded and reviewed and we should have the right to challenge this.



- We want professionals and staff to be honest and clear.



- Our communication passports should be designed with us to make sure we can be involved.



- We are all human beings, so please treat us equally.

The Involvement Leaders have direct experience of using services like an assessment and treatment unit or a secure service or have a relative who has used these types of services.

We look at making services better for people who need to use them and their families in the North East and North Cumbria.

We will do this by

- Sharing our experiences of being in hospital
- Learning new skills about speaking up
- Listening to our people's experiences
- Collecting everyone's views and help make sense of what people want to see change
- Sharing information with people who are in charge

Elizabeth

Amber

Fiona

Julie

Darryl

ANDREW

Lee

— Melanie

Mark

— Malcolm J.