



PROMISE *PRO*active Management of Integrated Services and Environments

PROMISE is an inspirational project that aspires to break new ground in the field of mental health. From the outset in 2013, work has centred on supporting staff and patients on a journey towards eliminating reliance on force within CPFT. There has already been a marked impact and restraints have come down by over 40-50% in comparison to 2014.

PROMISE is co-led by a Clinical Director (Manaan Kar Ray) and a Patient Leader (Sarah Rae) who share drive and determination to challenge the status quo. Valuing lived experience is central to our ethos, which is why we are looking at recruiting patients who have experience of receiving secondary mental health services and a keen interest in improving services. This is an exciting opportunity to draw on your experience, provide feedback and help to shape research in this area.

Roles for Patient Advisors: Your role will be to attend monthly meetings over the coming year and to work with other patients and researchers to act as a critical friend and ensure that the project maintains a focus on what matters to patients.

Recognition for your time: As a member of the PROMISE patient advisory group you will receive an honorarium of £10 per hour for attending meetings. Travel expenses will be paid at 37.4 p per mile or public transport rates. If you are interested in this work, please send your expression of interest to Sarah Rae (promise@cpft.nhs.uk; 01223 218504: Anita McAfee).

Draw on your experience to:



Generate ideas to shape our creative media



Keep our research grounded and relevant



Provide feedback and improve care



Develop resources to support learning



www.promise.global

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For more information: promise@cpft.nhs.uk

Further Information for PROMISE Patient Advisors

Role: Anyone who has received secondary mental health services is eligible to join the PROMISE Patient Advisory group. Your experiences will provide us with insight and guidance relating to the topic we are working on and your views will be fed directly into the PROMISE work streams.

Specific tasks:

- Shape research and give feedback on proposed research ideas and other issues that may arise in the study over time.
- Generate ideas to shape our creative media, such as recovery stories and animations.
- Make suggestions and recommendations for proactive care initiatives.
- Help to develop resources to support learning.
- Provide guidance to policy and standard operating procedures as research findings get incorporated into business as usual.

Time Commitment and responsibilities: It is anticipated that the group will meet once a month for 2 hours at Douglas House on Trumpington Road, Cambridge. Although we will have face to face meetings some of the work may also be done via email correspondence. Other meetings will be held as necessary to focus on specific pieces of work. Your responsibilities would include:

- Attending monthly Advisory group meetings and participating in email exchanges if possible
- Ensuring that all the information collected and everything discussed in project meetings remains strictly confidential
- Let the group facilitator know if you are unable to attend a meeting

Recognition for your time: Being a member of the PROMISE Patient Advisory group is a voluntary role and will not be salaried. An honorarium of £10 per hour will be paid for attending meetings (including preparation time). Travel expenses will be paid at 37.4 pence per mile or public transport rates. All claims must be accompanied by relevant receipts.

Please note, this income may have implications for those claiming benefits. All income must be declared to the Inland Revenue. Further guidance on payment, along with possible implications for benefits, tax and National Insurance can be found at:

<http://www.invo.org.uk/wp-content/uploads/2011/06/INVOLVEpaymentdocument2011.pdf>

Involve also offer a benefits advice service for involvement at:

<http://www.invo.org.uk/resource-centre/benefits-advice-service/>

If you have any queries or want to know more about PROMISE and/or your role, please contact **Sarah Rae** (promise@cpft.nhs.uk; **01223 218504**; **Anita McAfee**).

