Involvement in Trust Activities

Here are some of the ways that you can get involved in activities that take place across our Trust:

NHS
Humber Teaching
NHS Foundation Trust

Patient & Carer Experience Forums

- Help raise the profile of patient and carer experience in our services.
- Have the opportunity to make positive and constructive suggestions about our services.
- Participate in improving and developing services within the Trust

Email: hnf-tr.patientandcarerexperience@nhs.net
Tel: 01482 389167

Research

- You, and/or those close to you, could help us try out new treatments, complete questionnaires or provide samples for genetic testing.
- Become a Research Champion and help us promote research across our Trust and community.
- There may be opportunities to help guide new research ideas.

Email: hnf-tr.researchteam@nhs.net
Tel: 01482 301726

Humber Youth Action Group (for those aged 11 to 25)

- By joining HYAG you can help improve and co-produce children's and young people's health services.
- Members also gain new skills, training opportunities and new experiences, which are great for your CV.
- You can also be a part of interview panels for new staff within the Trust.

Email: hnf-tr.HYAG@nhs.net
Tel: 01482 389167

Sharing my Story

- Your story is a very valuable learning tool for staff
- Share positive or negative experiences to help drive improvement in the organisation
- Your story could prove a good support tool for others in similar situations

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Tel: 01482 389167

Adult Mental Health Co-production Group

- Provide a platform for those who have lived experience of accessing local mental health services to draw upon their own experiences, have their say, identify areas for improvement and to contribute to positive change.
- To bring together patients, service users, carers and those working in mental health services to support the co-production of our Adult Mental Health Services across Hull and East Riding.
- Provide an oversight of the developments and ongoing co-production work, including feedback on the impact of co-production upon Adult Mental Health Services within Humber Trust.

Email: hnf-tr.adultmentalhealthinvolvement@nhs.net
Tel: 07929 823464

Patient Participation Groups (Humber Primary Care, King Street (Cottingham), and Market Weighton GP Practices

- Provide a means for registered patients to be involved in making suggestions about the healthcare services they receive.
- Acts as an independent 'critical friend' to the practice.
- Gives patients real-time influence over services and proposed developments.
- Support health awareness and education in patient health matters.

Email Chair: Paul Gibson: gibsonpaul710@yahoo.com
(Humber Primary Care)
Email Chair: Ruth Marsden: ruth@myford.karoo.co.uk
(King Street, Cottingham)
Email Chair: Graham Ward: ppgmwp@gmail.com
(Market Weighton)

Recovery & Wellbeing College

- Become a member of our team and utilise your lived experience in a supportive peer volunteer role.
- Share knowledge, skills and lived experience as a volunteer guest tutor by developing and delivering a course.
- Take control of your own mental wellbeing and develop new skills by enrolling onto our workshops and courses yourself!

Email: hnf-tr.recoverycollege@nhs.net
Tel: 0800 9177752

Trust Member

- Gives you an opportunity to help us make our services better.
- You can take part in events and attend the Council of Governors and Annual Members' Meetings.
- You can voice your opinion and help to influence the development of services in your local area.
- You will have the opportunity to vote in elections for Governors in our local public constituencies.
- You can stand in our elections to become a Governor of the Trust and represent views of our members and the public.

Email: hnf-tr.members@nhs.net
Tel: 01482 389132

Recruitment

- You could meet the applicants as part of a patient and carer panel.
- Be part of the interview panel.
- Take part in an activity such as a group discussion with the applicants.
- The way you want to be involved will be determined by you.

Email: hnf-tr.patientandcarerexperience@nhs.net
Tel: 01482 389167

Quality Improvement

- Become a QI Champion to ensure that our Patients and Carer voice is heard.
- Have the opportunity to improve and shape our services.
- Use your experience and skills to enhance our programme and meet other Staff, Patients and Carers who also wish to make a difference.

Email: hnf-tr.qimprove@nhs.net
Twitter: @Humber_QI

Health Stars

- Together with your support, Health Stars provides better healthcare and brighter futures for people across East Yorkshire, Hull and North Yorkshire.
- Staff across the Trust can apply to have their wishes granted to enhance their environments or equipment, improve patient experiences and support the wellbeing of our teams.

Website: healthstars.org.uk

Volunteering

- Use your valuable skills, knowledge and life experience to enhance our services.
- Improve your own health and wellbeing through helping others.
- Receive training and develop new skills.

Email: hnf-tr.voluntaryservices@nhs.net
Tel: 0800 9177752

If you are interested in knowing more about being a Trust member and having a say in how our services are developed, please contact the membership office.
Email: hnf-tr.members@nhs.net | Tel: 01482 389132

Caring, Learning & Growing Together