

**Title of role:**

Perinatal Mental Health Lived Experience Advisers

**Role Purpose:**

The Bristol, North Somerset and South Gloucestershire Integrated Care Board (BNSSG ICB) is working to improve the community-based perinatal mental health services for women. These are services provided during pregnancy and through the first two years of their child's life.

The Integrated Care Board is designing a new service that will cover Bristol, North Somerset and South Gloucestershire and will then start a formal process to appoint an organisation to deliver this service.

We are looking for two women or birthing people to become Lived Experience Advisers to support us throughout both the design and appointment processes.

These advisers will join the Perinatal Mental Health project group. We are looking for people who will come to meetings ready to share ideas and opinions, ask questions and raise any challenges or concerns. This work runs from October 2024 until April 2025.

**Overview of the involvement activity:**

BNSSG ICB is responsible for designing and managing services in the community to support women and birthing people's mental health during pregnancy and the first two years of their child's life. We looked at the present perinatal mental health services in Bristol, North Somerset and South Gloucestershire and realised that we need to update them to better meet women's need for support. We would like Lived Experience Advisers to support us through this process. They will be part of the Perinatal Mental Health project group.

The new updated service will be helping to reach women in underserved and minoritised communities who have previously found it difficult to receive support for their mental health during pregnancy and the first two years of their child's life.

When the project group has a plan for what the new service will look like, any organisations that have the experience and skills to run the service will have the chance to apply to do so – this is called a 'procurement process'.

We will then form another group, called a moderation panel, which will include members of the Perinatal Mental Health Project group, the Lived Experience Advisers, and staff who work in maternity services. The panel will read through all the applications and talk together about how well they think each organisation will be able to run the service. Lived Experience Advisers who have no experience of

procurement processes will get all the training and support that they need to be fully involved.

At all of these meetings, we want advisers to take part in the conversations and give their views from their own experience to help develop the new service.

The Live Experience advisers' role will end in April 2025 and the new perinatal mental health service will start on 1 October 2025.

**Time commitment expected and duration of the activity:**

Lived Experience Advisers are required to:

- Attend fortnightly project group meetings.  
This group will be attended by 2 Lived Experience Advisers and the Perinatal Mental Health project group.
- This meeting will be held fortnightly and could be up to 2 hours.
- This meeting will mostly be held virtually on Microsoft Teams but occasionally we will have face to face meetings in at accessible venues in Bristol, North Somerset and South Gloucestershire..
- These meetings will be joined by up to ten people.
- There will be opportunity for Lived Experience Advisers to attend a pre-meeting with project leads before each project group meeting to prepare and to ask any questions before meeting with the group.

During the procurement process there are likely to be 2 or 3 all day workshops that will take place at an accessible venue in the Bristol, North Somerset or South Gloucestershire. These will be in February 2025.

**Experience and skills needed:**

We are looking for women or birthing people who:

- Live in Bristol, North Somerset or South Gloucestershire
- Have experience and an understanding of mental health issues during your pregnancy and/or in the first two years of your child's life
- Are comfortable talking to different people with different ideas and views
- Can talk about their own ideas and views
- Can work as part of a team
- May have previously used services for perinatal mental health in Bristol, North Somerset or South Gloucestershire to support your mental health during pregnancy or up to 2 years of your child's life – but this is not essential

**Reimbursement of expenses/ recognition fee:**

As per the BNSSG ICB Reimbursing Expenses and Paying for Involvement Policy 2023, this work will receive a recognition fee of £20 per hour plus reasonable travel expenses. This reimbursement is for both the hours for the pre-meetings and the meetings that are attended.

You need to check how this will affect any benefits that you get. If it will affect your benefits we can pay you in a different way, for example with vouchers.

### **BNSSG Support for delivering the role:**

You will have induction sessions with the two project leads and you will also have a named member of the project team who will be able to support with any queries.

Some people may need reasonable adjustments due to disability and/or communication needs to ensure full participation in the activity. Please let your project contact know if this applies to you.

### **Find out more and application process**

If you have any questions, please email: [emma.baker67@nhs.net](mailto:emma.baker67@nhs.net) and [ian.popperwell@nhs.net](mailto:ian.popperwell@nhs.net)

There will be an informal interview process with the 2 project leads, this will be held on Microsoft Teams.

To apply for this role, please write in no more than 250 words what particular experience and skills you can bring to the project. Please send this to [emma.baker67@nhs.net](mailto:emma.baker67@nhs.net) and [ian.popperwell@nhs.net](mailto:ian.popperwell@nhs.net) with 'Lived Experience Adviser' in the subject title.

The deadline for applications is 5pm on Monday 23 September 2024.