



PEG - MH/LD

Welcome Pack

Public Empowerment Group
Mental Health & Learning Disability

Welcome from the Chair

Thank you for your interest in joining the Mental Health and Learning Disability Public Empowerment Group (PEG).

The PEG is an enthusiastic group of people from a range of backgrounds and sectors across Grampian who are supportive of each other and promote a culture of equality and inclusion.

As a group we aim to work in a co-productive way and place lived experience at the heart of what we do.

In joining the group I hope you will feel welcome and help contribute to the work of the group in building a network of people with lived experience, who can be supported in helping steer the Portfolio Board in the modernisation of mental health and learning disability services in Grampian.

In joining the group your email address will be known to other members. We will assume that this is agreeable to you in joining us unless you tell us otherwise.

We have a Microsoft Teams space which you will be added to. It holds our key documents etc. For more information please email gram.mhldpeg@nhs.scot A copy of our Vision and Aims is attached.

I am so proud to be the Chair of PEG and I will strive to make things better for mental health services.

Thank you

Amanda Foster (Volunteer Chair, PEG)

October 2022



Grampian-wide Mental Health and Learning Disability (MHL) Public Empowerment Group (PEG) – Vision and Aims

Our Vision

“For lived experience to be at the heart of health and social care decision making and services across Grampian.”

Our Aims

1. To work with service providers in creating a Grampian wide, inclusive and empowered network of people with lived experience and to provide representation on the Portfolio Board (previously the Transformation Board).
2. To promote co-production and the modernisation of engagement and service design.
3. To promote an anti-discriminatory system that addresses health inequality.
4. To promote informed use of health and social care through emphasising the need for knowledge, evidence and options when accessing services.
5. To create a safe space environment for all people, ideas and perspectives.
6. To build a community of mutual trust and support.
7. To communicate in a way that people can understand.

Grampian-wide Mental Health and Learning Disability (MHL D)

Public Empowerment Group (PEG) - The Story So Far

Update – October 2022

What is the Mental Health and Learning Disability Public Empowerment Group (MHL D PEG)?

The Mental Health and Learning Disability Public Empowerment Group (MHL D PEG) is intended to facilitate meaningful and effective engagement in the Grampian wide transformation of mental health and learning disability services. This is specifically regarding health and social care services, both in the community and in a hospital setting. The aim is to have representation from different lived experiences across the mental health and learning disability spectrum working in a coproduced way with services from across Grampian.

The MHL D PEG will have a direct working relationship with the Mental Health Learning Disability Service System-wide Quality, Safety and Assurance Group and the MHL D Portfolio Board. At least one member of the MHL D PEG sits on these Governance Groups.

What has been done so far?

A co-production approach has been taken. The Scottish Co-Production network define it as, 'a relationship between service provider and communities that draws on the knowledge, ability and resources of both to develop solutions'.

A small number of staff who support engagement activities worked with the Mental Health and Learning Disability service to do groundwork to set up the MHL D PEG. This included:

- Co-producing a shared values and aims
- Appointing a volunteer Chair and Vice Chair with lived experience in order to demonstrate the ambition of placing such experience at the heart of transformation
- Discussing and agreeing a constructive and effective engagement culture around this work
- Promoting the idea of the group and getting buy-in with key colleagues, services and organisations across Grampian
- Establishing how people who become involved in the MHL D PEG can best be supported
- Starting a stakeholder analysis
- Establishing how the group will complement existing engagement activities across Grampian

- Applied for and secured funding from NHS Grampian Endowment Fund for a part-time (7.5 hours/week) Public Empowerment Officer post to support the development of the group and its work. Cate Garrow is now in post – you can contact her at Catherine.Garrow@nhs.scot
- Established meetings that take place via Microsoft Teams every third Thursday of the month
- An agenda setting meeting takes place via Microsoft Teams on a Tuesday prior to the monthly meeting – if you would like to join please email Cate at Catherine.Garrow@nhs.scot
- Developed a 'Road Map' of where the PEG sees the direction of the group going
- Developed a logo to raise the profile of the PEG on all its documents, and which is also used as a Teams background for any member who wishes to use it

The MHLD PEG meets every third Thursday to coordinate around the emerging themes of Transformation. With the appointment of the Public Empowerment Officer, the MHLD PEG will be well placed to take forward opportunities for engagement and participation in the transformation of services on a Grampian wide basis.

The PEG (MH/LD) will seek to promote wider awareness of the group via partner organisation websites.

There will also be a period of evaluation in line with the terms of the funding award from the Endowment Fund.

Developing a sustainable form of support resource around the PEG will be a key priority.

Establish an initial PEG Planning Group with mix of professionals and people with lived experience.

Build trust between partners and people with lived experience of using services.

Be in a position to visually show what place PEG might have in the work of the Transformation Board.

Engage professionals in health and social care with the proposed PEG vision and structure.

“An agreed PEG vision and structure is agreed and in place to support meaningful empowerment of those with lived experience on the Transformation Board once it is ready to reconvene.”

Commence a mapping exercise to capture what existing groups and networks are in Grampian. For example, Lived Experience Groups.

Agree a support for meetings, volunteers etc.

Hold workshops online with a mix of professionals and people with lived experience to broaden involvement in creating the vision and structure of PEG around the Transformation Board.

A Grampian wide membership of PEG with local support is in place.

- Clear progress has been made in the following areas:
- Planning PEG MHL D Group
 - Mapping of existing engagement groups.
 - Consultation on the 5Ws.
 - Creation of any new groups necessary to ensure Grampian wide representation.
 - Support requirements identified or in place.

Begin engaging partners in establishing answers to the 5Ws to inform future consultation and engagement.

Align Scottish Approach to Service Design (SA tSD) with PEG Planning.

Representation on the Transformation Board is agreed by wider PEG.

PEG presents proposal to the Chair of the Transformation Board.

Collate what the legal duties of public bodies are in relation to public empowerment, engagement, consultation etc.

Using the mapping of groups, networks and legal duties build a shared understanding of where things are and what we want to see happen.

Draft a vision and structure to feedback to those we have consulted.

Consult with Communications Committee to ensure buy in and alignment with SA tSD.