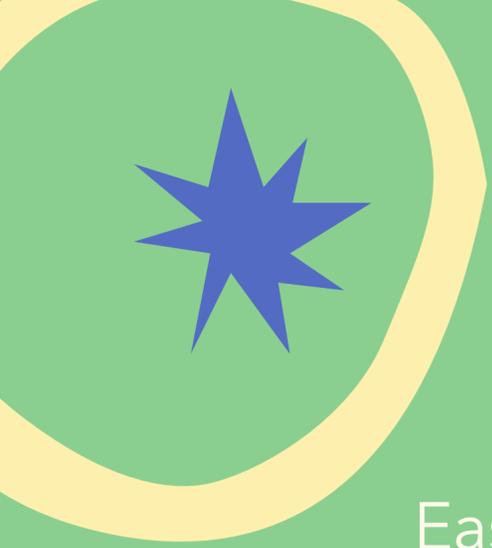


People Participation

for young adults between the ages of 18-25

'Nothing about us without us'



What is People Participation?

East London NHS Foundation Trust (ELFT) is committed to enabling people who use our services and their carers to have a say in how the Trust is run.

We know that by working together, we can make services better for all.

This is where People Participation comes in.

People Participation connects service users and carers with opportunities to contribute to the development of ELFT services. We aim to support you to share your views and lived experience, and to help you learn new skills along the way. We will always champion your voice.



Participation in practice

Participation opportunities include things like:

- attending focus groups to share your experiences and views on specific topics
- joining planning meetings or workshops alongside staff to help plan, develop and review services and frameworks
- co-designing and co-delivering training and resources
- joining interview panels for the recruitment of ELFT staff

You can choose how much you want to participate, and you can be paid for your time and effort.

'Being involved with People Participation has been a key turning point in my mental health journey of recovery' - service user from City & Hackney





Improving mental health support for young adults in East London

ELFT has recognised a need to improve the support available to young adults aged 18-25 who are struggling with their mental health.

This is part of a wider development project called the Community Mental Health Transformation Programme. In a nutshell, this project is all about transforming community services in the boroughs of Tower Hamlets, Newham and City & Hackney, so that people with mental health needs receive better care.

If you are an East London service user aged 18-25, or a carer to someone who is, and you would like to contribute to the development of services and support for young adults, please get in touch. We would love to hear from you.

Contact: irum.rela@nhs.net

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