

Role Description: Lived experience peer designer

Designing a service to support people with lived experience of mental health problems get to and maintain a healthy weight

The role

We're looking for three people with lived experience of mental health problems to help shape and deliver a healthy weight programme for people who experience mental health problems.

We value the power of diversity and are particularly interested in hearing from under-represented communities.

What will you need to do?

The three people will work together in a group with Mind staff and an external consultant to research, develop and test the programme. This way of working is sometimes called [co-design](#).

You will be involved in a range of activities including:

- Research to understand the challenges and barriers that people with mental health problems face regarding getting to and maintaining a healthy weight. We hope to speak with a cross section of our community in a variety of ways.
- Developing and testing innovative ways to work alongside people to help them get to and maintain a healthy weight.

The role will include:

- Attending meetings and training (both online and in person)
- Helping to run workshops
- Recording findings and feeding these back to the group
- Working in a team to review findings and generate ideas for developing our programme.

About Middlesbrough and Stockton Mind

Middlesbrough and Stockton Mind has been working in local communities to improve mental health and wellbeing for over 25 years. The environment in which we operate has changed hugely over this time, and the importance of good mental health has never been as widely understood.

Our communities are facing real challenges because of the legacy of Covid on people's health and wellbeing, and pressure on resources. Some people are still

less well served than others. Young people and people affected by poverty find it most difficult to get help. Our work won't stop until this has changed. There's much more we need to do. Can you help us?

Benefits of the role

- You will have the opportunity to gain or develop key skills
- You will help create a service to support people experiencing mental health problems to get to and maintain a healthy weight.

Payment and expenses

As per the Mind 'Lived Experience Influence and Participation Policy', you as a peer designer will be offered compensation in recognition of the time and expertise shared with us. We are able to offer £112 per day (equivalent to 7 hours) up to a maximum of 16 days.

You will be re-imbursed for travel expenses in line with Middlesbrough & Stockton Mind Expenses policy.

Support

- You will be supported in this role by the Service Design Lead. Support will include regular 1:1 check ins and completing a Wellness Action Plan at the start of the project to support your wellbeing
- Relevant training will be provided to support you in the role. This will include an introduction to Service Design.
- Reasonable adjustments will be made where required to ensure this role is accessible to everyone.

Skills required to do the role

- Lived experience of a mental health problem
- Some understanding / experience of the challenges people can experience around getting to and maintaining a healthy weight
- Communication skills and willingness to share and discuss ideas in a team and group setting
- Listening skills with the willingness to listen to other opinions, even if they're different from your own
- Flexibility and openness to change direction and follow opportunities as needed
- Experience of mixing with a diverse range of people
- An understanding of / interest in one or more of the following:
 - Improving the quality of services provided to our community

- Health and wellbeing
- Research
- Able to use online tools, such as Zoom, to engage with people.

Time commitment

We anticipate that being involved as a peer designer for the healthy weight programme will involve a maximum of 16 days work between May 2022 and March 2023.

1 day is equivalent to 7 hours work. Time commitment is likely to be split into a variety of full and half days or shorter periods of work.

As part of this you'll need to be able to:

- Take part in regular check-ins with the project lead and external consultant.
- Attend and participate in meetings / workshops at Mind's office in Middlesbrough, or other locations on Teesside as agreed during the project
- Undertake other background activities such as reading and summarising information.

Please note meetings and events will likely take place on weekdays between 10am – 5pm but there may be occasional evening or weekend work depending on the needs of the project. Where possible we will be flexible around other commitments.

How to apply

If you would like to be involved with this project, please complete the application form which can be found [here](#).

Application forms must be sent to sinead.murphy@middlesbroughandstocktonmind.org.uk or can be posted to Sinéad Murphy, The Mind Centre, 90 – 92 Lothian Road, Middlesbrough. TS4 2QX

Next steps: Unfortunately, we won't be able to get back to all applicants individually. If you aren't selected, we know it might be disappointing but please keep an eye out for other opportunities to get involved in this project.

If you would like an informal chat about the project or would like support completing the application form, please contact Sinéad Murphy, Service Design Lead on 01642 257020 or via email sinead.murphy@middlesbroughandstocktonmind.org.uk