

## How to get involved

If you would like to find out more about getting involved please complete and return the form below.

**Please send me more details on service user and carer involvement in 2gether NHS Foundation Trust**

Name:.....

Address: .....

.....

.....

Tel:.....

Email: .....

Signed: .....

Please return to:

**Service User and Carer Involvement,**  
2gether NHS Foundation Trust,  
136 Stroud Road,  
Gloucester GL1 5JR

## Using your personal information

2gether NHS Foundation Trust shall comply with the Data Protection Act 1998 in relation to the processing of personal data. Information that you provide will be used to contact you because you have indicated that you are willing to be involved in activities and groups run by the Trust.

One of our participation workers will contact you to find out more about the sort of things you may wish to be included in. The information that you give will be stored on a secure database and only the participation workers will have access to this database.

You do not have to take part and may decline to be involved in certain opportunities. This will not affect how you are treated by the Trust. If you are interested in any particular opportunities we will pass your information on to the organiser who will be a member of Trust staff.

We will keep the information you provide for a period of one year. We will contact you from time to time to check that you are still interested in being involved and that all your details are still accurate.

By contacting us to get involved in improving services you consent to our processing your personal data for the above purposes. You have a right to ask for a copy of any information we may hold on you, but there may be a charge of up to £10.

[www.2gether.nhs.uk](http://www.2gether.nhs.uk)

Mental & Social Healthcare



## Get involved to improve services

Information for  
service users and carers

**2gether**  
Making life better

Foundation Trust  
For Gloucestershire **NHS**

## How can you help?

Your knowledge, skills and experience can help <sup>2</sup>gether NHS Foundation Trust deliver services that best meet the needs of the people who use them.

You can influence the development and delivery of services by getting involved in:

- Planning/project groups
- Recruitment and selection of staff
- Reviewing Trust services
- Research
- Service user and carer groups
- Staff training

## What support are you given?

Organisers of groups and meetings will follow best practice guidelines when involving carers and service users.

We will also provide you with:

- A one to one meeting with a participation worker
- Ongoing support
- Training
- Expenses and in some cases payment for your time

Our Service User and Carer Participation Workers support the involvement of service users and carers.

They are part of our Community Involvement Team and work together with other organisations and support groups throughout Gloucestershire.

Please contact them if you need more information or want to talk to someone about carer or service user issues.

### **Pam Smith**

Community Involvement Manager  
Tel: 01452 891216

### **Jenny Dempster**

Carer Participation Worker  
Tel: 01452 891214  
Email: [jenny.dempster@glos.nhs.uk](mailto:jenny.dempster@glos.nhs.uk)

### **Mike Brereton**

Service User Participation Worker  
Tel: 01452 891214  
Email: [mike.brereton@glos.nhs.uk](mailto:mike.brereton@glos.nhs.uk)

### **Useful numbers**

**GUIDE & PALS:** 0845 6583888  
**Independence Trust:** 0845 8638323  
**Rethink Gloucestershire Advocacy Service:** 01452 891539  
**Gloucestershire Young Carers:** 01452 733060  
**Carers Gloucestershire:** 01452 386283  
**Carers UK:** 020 73784999

## What is expected of you?

We want you to tell us what you think is important for specialist mental health, substance misuse and learning disability services in Gloucestershire.

If you get involved you are asked to:

- Give your views on topics that interest you
- Represent the views of other carers and service users you may come into contact with
- Be prepared to praise good ideas and practice
- Challenge anything you don't agree with in a constructive way
- Ask if you don't understand something. You may not be the only one!
- Work collectively with other members of the group
- Read papers and prepare for meetings if necessary