



*"I have really enjoyed being a part of participation because I have become more confident when speaking in a team.*

*I also explored different opportunities such as training and going to the CAMHS ceremony where I was nominated.*

*It was so fun, it truly made my summer being part of this and so many other events."*



## How to get involved



Scan the code or use the address below to register your interest

<https://bit.ly/40ndyJN>



[elft.ppgchcamhs@nhs.net](mailto:elft.ppgchcamhs@nhs.net)

8

1



# CAMHS PARTICIPATION

There are lots of opportunities to give your views, work alongside professionals and have fun

# ABOUT PARTICIPATION

2

Participation means being involved in the decisions that affect you. This can be individually in your work with the person you see at CAMHS, but it can also be when young people and parents/carers work together with staff on tasks and projects.

Now more than ever CAMHS needs to work in partnership with young people to create services which anyone can access, which are well designed and make a difference.



CAMHS open day 2023

# 7 WHAT PEOPLE SAY ABOUT PARTICIPATION



CAMHS Mural Project 2023

*"I wanted to thank you for sending Alison to join our panel. She is simply brilliant."*  
Staff member

*"For me, participation has to be meaningful, not just a tick box exercise. Participation makes me feel powerful, proud and valued because I feel heard, I see changes."*  
Parent



4

5

## SKILLS AND BENEFITS YOU CAN GAIN

---

Chairing meetings and take notes

Interview skills to help recruit CAMHS staff ●

Creating website and social media content ●

Writing articles for newsletters ●

Designing leaflets and doing art projects ●

Running projects alongside staff ●

Running groups and workshops with staff ●

Making videos and podcasts ●

## BUILD YOUR CONFIDENCE

---

Gaining some understanding of how CAMHS works will help you feel more in charge.

It is also an opportunity to meet new people, share your ideas and have new experiences.

Tell us what you want to get out of participation and we will try to find you the opportunities you need.

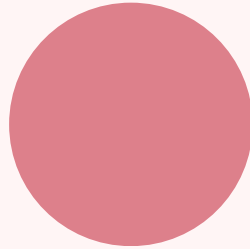
”I like how it gave me a better overview of camhs and gave me good friendships”

”In the participation group I can express myself and help action changes in a system that myself and my family have been through”

CAMHS rewards service users for their contributions.

You will receive gift vouchers or payments to your bank account when you take part in activities to help improve our service.

6



3



## IMPROVE THE SERVICE



If you attend regularly, your Participation Worker can provide you with a reference for college or university applications and for employment opportunities.

Participation activities take place across CAMHS where people who use our services give feedback and ideas to improve the work we do.

Some examples of changes made through participation at CAMHS are:

- creating a sensory garden
- reducing how many appointments are missed
- transforming the website to be more user-friendly
- creating transition groups to support those still at CAMHS when they turn 18

If making improvements is interesting to you please get in touch with your People Participation worker to see how you can get involved.

