

# CAMHS Participation Leaflet



## What is Participation?

Our goal at CAMHS is to provide excellent mental health care for young people. It's impossible to do this unless we listen to the experiences of you and your family. Getting involved with service user participation is a way of making sure we hear about your experiences and learn from them. We're always keen to hear about what works and what doesn't, and what you think we should do about it. As CAMHS changes and develops, we want young people's views at the heart of how we work and how we engage people to look after their mental health.

## Use your voice!

There are many opportunities within CAMHS for you to share your story and experiences and get involved in shaping future service development. You can join our team of young people trained to award services accreditations, our professionals working on quality improvement projects and get involved in providing training. Get in touch to find out more.

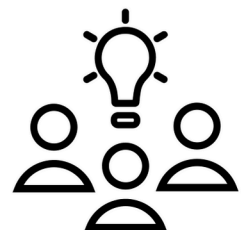
## What do you get out of it?

"I really appreciate being offered so many opportunities. All the tasks make me feel so inspired and like I can actually make a change in this world. I have become so much more confident and happy since joining the group because you have all accepted me and I will forever be grateful for that."

W, age 14

"When I first heard about participation I didn't know much, but I'm so glad I decided to take part. It makes you feel valid and gives you a voice in a world that may otherwise ignore you," S. age

17



## Creative projects



### The Chameleon Magazine

The Chameleon is a magazine written and produced by young people from Bedfordshire and Luton CAMHS. We feature artwork, film and book reviews, recipes, articles about recent events and lots more. The magazine is published on our website, in the clinics and shared with professionals. If you'd like to contribute something, let us know. Ask your clinician for the latest edition.

### CAMHS Talk Podcast

Join CAMHS staff and service users as we discuss how services are adapting to meet people's needs and how we're looking after our own mental health.

Scan the QR code or search CAMHSTalk on your usual podcast provider.



## Staff Recruitment

We involve young people in recruitment of all new staff into CAMHS. We offer one-to-one or group training to ensure you feel confident to participate in interview panels. You will be paid for your time when helping with the interviews.



## Workshops

There are a variety of workshops you can join that focus on specific issues within CAMHS. This includes clinic reception redecoration, anti-bullying and sustainability. Workshops are usually held online. There is no pressure and you are welcome to communicate in whatever way is most comfortable-use the chat. Contact one of us to see what projects you may be interested in.

All of these opportunities are available to CAMHS service users and their families from across Bedfordshire and Luton. You can participate at any point in your care. You can get involved with as many or few projects as you like, and there is no pressure or obligation to commit. We want this to be fun, accessible and to work around your life.

You will be paid for your time when participating in some of the activities, and the Participation team are happy to provide references for jobs/ university should you participate for a longer term.

Please note: we work virtually and face to face, so to access opportunities it is important you have access to Teams. You do not need to have a paid account, and we are happy to support you getting started. It is also our policy to have cameras on wherever possible.

If you're interested in getting involved or have any questions, contact a member of the CAMHS Participation team using the details below.



Marianne Bahadur (she/her)  
Service User Participation  
Co-ordinator (South)  
Marianne.bahadur@nhs.net  
07551 675 938



Kimora (she/they)  
Peer Support Champion  
Kim.johnson20@nhs.net  
077918445981



Aisling Callaghan (she/her)  
Service User Participation  
Co-ordinator (North)  
Aisling.callaghan@nhs.net  
07827 937182



Sassie Lawrence (they/them)  
Digital Participation & Suicide  
Prevention Lead  
Saskia.lawrence1@nhs.net  
07741703789



BEDFORDSHIRE AND LUTON CAMHS

# PEOPLE PARTICIPATION GROUP

## ★ What to expect:

- Decision making
- Service updates
- Event planning
- Meet staff
- Focused work
- Socialising and snacks

**All welcome**



**Paid!  
£20**

Email [elft.blcamhsparticipation@nhs.net](mailto:elft.blcamhsparticipation@nhs.net) for more details