

# Peer Leadership Academy: Summer 2019



The Personalised Care Group is inviting applications from people with lived experience of personalised approaches to health and social care to participate in a personal development programme.

## Who can join?

You are eligible to apply if you are an individual or family carer who has personal experience of personalised care. This could be through:

- A personal health budget or an integrated budget for health and social care.
- A personalised care and support plan
- An experience of being linked into peer support or to support organisations after a discussion with a health or social care professional
- An experience of ongoing conversations with a health professional about your condition where you discuss your options for treatment, and the potential risks and benefits of those
- An experience of receiving a social prescription to support self-management of a long-term physical health condition or a mental health condition

We are looking for people who have lived experience of personalised approaches to health and social care with direct relevance to the work of the Personalised Care Group.

You must be willing to commit to playing an on-going role in shaping policy and practice within personalised care at a national and local level. However, levels of commitment may vary depending on people's individual circumstances.

## What are the aims for the Peer Leadership Academy?

The Peer Leadership Academy is a personal development programme that aims to build people's knowledge, skills and confidence so they can play an active role in the personalised care programmes at a national and regional level. It is being delivered by Peoplehub CIC in collaboration with the NHS England Personalised Care Group. The purpose is to:

- Increase the capacity of the national personalised care co-production group. This is a group of people with lived experience of personalised approaches to their health and well-being who support the national personalised care programme.
- Help drive demand for and take up of personalised care, especially personal health budgets.
- Enable people to work alongside the personalised care programme and effect change at a national level.

**Co-production** is central to delivery of the key shifts at the heart of personalised care and represents a different and more proactive relationship between people with health and care needs and the NHS. It is a transformative way of thinking about the role of people with lived experience in shaping health and social care. It also transforms our way of working by recognising that the requirements of people with health and care needs can best be met by working in genuine partnership to co-produce and co-design new models of care.

## Is the Peer Leadership Academy right for you?

The Peer Leadership Academy demands a level of willingness to engage in complex ideas and thoughtful reflection. There are a limited number of places. Here are the key attributes for participants:

### Experience

A person must have experience of one or more of:

- A personal health budget or an integrated budget for health and social care.
- A personalised care and support plan
- An experience of being linked into peer support or to support organisations after a discussion with a health or social care professional
- An experience of ongoing conversations with a health professional about your condition where you discuss your options for treatment, and the potential risks and benefits of those
- An experience of receiving a social prescription to support self-management of a long-term physical health condition or a mental health condition

### Knowledge

- Some understanding of the principles and practice of personalised approaches to health and social care relating to you or a member of your family, e.g. personalised care and support planning.

### Skills

- Self-awareness in terms of how you deal with change
- A constructive approach to giving feedback and a collaborative style.
- Emotionally resilient when faced with indifference or opposition
- Good communication and interpersonal skills
- Be prepared to convey your lived experience through telling your story and relating it to key principles.
- Be willing and able to travel to contribute to change processes.
- Be keen to work alongside Peoplehub to identify and develop other peer leaders.

### Other:

- Clear and persuasively stated reasoning for wanting to take part in the Peer Leadership Academy.
- A firm commitment to being at all of the course days and actively participating in each session.
- Commitment to try to make change happen that will benefit other people.

## When and where will the Peer Leadership Academy take place?

The Academy will consist of six days over May, June and July 2019. These will be delivered as three, two-day residential events;

21/22 May

18/19 June

23/24 July

Participation in all sessions is **essential**. The venue is Burleigh Court, Loughborough University (West Park), Loughborough, Leicestershire, LE11 3GR

## Will there be any financial support for travel and participation in the Academy?

NHS England has a reimbursement policy that enables us to book travel tickets in advance for participants, as well as providing accommodation at Burleigh Court.

## What people have said about being on the Academy?

“The Peer Leadership Academy has given me the confidence to believe my small voice can help make a difference to effect the changes. Meeting the NHS representatives has also made me more aware that the policy makers are listening and using our input to develop the legislation needed”

“It has given great insight to what’s happening in the NHS. It also enabled me to understand myself”

## How can you apply?

If you would like more information about the Peer Leadership Academy or an application form then please e-mail: Rita Brewis - [Rita@peoplehub.org.uk](mailto:Rita@peoplehub.org.uk) or Isma Sharif – [isma.sharif1@nhs.net](mailto:isma.sharif1@nhs.net)

**The deadline for applications is 12pm Friday 12<sup>th</sup> April 2019.**

Shortlisted applicants will be invited for a short interview being held on various dates between 23<sup>rd</sup> – 30<sup>th</sup> April at:

London –venue to be confirmed

Leeds –venue to be confirmed

**Travel can be arranged for the interview for shortlisted applicants.**