

## **Anxiety and Depression Network Oxford AHSN**

### **Person Specification for Patient Forum members**

#### **Essential Criteria**

##### **Experience**

In the past three years, experience of IAPT/Talking Therapies services, as a patient OR carer of a patient at one of the services across the Oxford AHSN region: Berkshire, Buckinghamshire, Oxfordshire and Milton Keynes. Not currently a patient.

Previous involvement in committees/ focus groups/ forums not essential

##### **Skills / Attributes**

Interest in the NHS and in IAPT/Talking Therapies services in particular, and willingness to develop understanding

Interested in thinking about/ giving feedback on ways of improving talking therapy treatments

Interested in getting involved in working on service improvement projects

Ability to comprehend a broad range of information and opinion, willingness to listen and consider different views

Commitment to equality and diversity, reflecting the range of patients living with different conditions in a variety of circumstances

Ability to think about the wider context of health and social care services

In a position to attend meetings regularly (once every 2 months, at the Holiday Inn, just off M40 with plenty of parking, High Wycombe)

An enquiring mind, the ability to ask pertinent questions until you can understand complex issues

Ability to challenge current thinking in ways that are both creative and supportive

##### **Desirable criteria**

- \* Member of a patient or carer or community group
- \* Interest in health research
- \* Has worked with patient representation groups before

### **Time commitment**

- i. Attending Forum meetings: 6 meetings a year which last 2.5 hours including an early working supper (4-6.30PM)
- ii. Occasionally reading papers, including minutes, but also plans for projects, draft questionnaires etc.

There may be other related involvement activities to be agreed in discussion with you e.g. attending or participating in other events, meetings or training as appropriate and useful to this role