

YH ARC Mental and Physical Multimorbidity Theme

Lived Experience Advisory Panel

Terms of Reference

Introduction

The Mental Health and Addictions Research Group (MHARG) is part of the Department of Health Sciences at the University of York. We work in partnership with people with mental ill health and with NHS partners. Our research focuses on prevention, early intervention and reducing the health inequalities experienced by people with mental ill-health. MHARG leads the Yorkshire and Humber Applied Research Collaboration Mental and Physical Multimorbidity (M&PM) Theme. The overall aim of the M&PM Theme is to address complexities arising from coexisting mental and physical health problems, identified as priorities in the NHS Long Term Plan (2019).

Role of the Lived Experience Advisory Panel

The YH ARC M&PM Theme draws on a wide range of evidence to inform its research projects and plans. An essential part of this evidence is input directly from people with lived experience, family/informal carers, and health and social care professionals. The Lived Experience Advisory Panel (LEAP) has been set up to provide independent advice to the ARC and, as appropriate, the wider Mental Health and Addictions Research Group, in three main areas:

- Agreeing priorities for future research and funding applications
- Co-designing research projects and methods
- Helping to identify and recruit people with lived experience for project steering groups and other research study activities

Membership

Membership of the LEAP is open to people with experience of physical and mental health issues or experience of supporting a person with mental ill health. Members should also have an interest in research and how it can be used to improve the lives

of people with mental ill-health, but they do not need to have any specialist knowledge or experience of academic research.

Members are recruited from a wide range of backgrounds and communities from across the Yorkshire and Humber region. They are appointed as individuals and do not represent any other group or organisation. Our aim is to have around 15 to 20 members at any one time, with people contributing in different ways and to varying levels, depending on their interests, availability and health. Membership is not time limited but initially will open until the end of September 2024 when the current ARC is due to end.

LEAP Activities

LEAP members will have the opportunity to get involved in a variety of face to face and online activities. These will include meetings (face to face and/or online) and workshops with the ARC team and/or colleagues in MHARG to discuss projects and research plans, commenting on proposals and project documents, providing advice and support to the ARC team/MHARG about sharing research plans and findings with the wider community, (e.g. through Blogs, web pages, news items etc.). Meetings may be ad hoc or regular, depending on their purpose but meeting dates will always be agreed in advance. Members will be able to receive meeting papers and research materials electronically or by post and in accessible formats, depending on their preference.

Payments and Expenses

LEAP members will receive payment for the activities they take part in. All travel and related expenses will also be met. The level of payments will vary according to the time commitment involved but will be based on the University of York Policy on the Payment of Individuals for Involvement with and Contribution to Research. See: <https://www.york.ac.uk/staff/research/governance/research-policies/policy-payment-participants/>

Training and Support for LEAP Members

New members will be allocated a mentor (Liz Newbronner or Olivia Taylor) who will keep in regular contact as they settle into the panel, and ensure any questions are answered, and their individual needs for taking part are met. All members will be given opportunities to attend training, events, conferences as these arise.

Confidentiality

All information provided by LEAP members (e.g. contact details) will be treated in confidence, stored securely, and will not be shared with any third parties, except by prior agreement.

Accountability

The LEAP is accountable to the ARC Mental and Physical Multimorbidity Theme Workstream Leads Group. This group will receive an annual update on the work of the panel and be given an opportunity to feedback any concerns or ideas for improvement/development.

Communications and Resources

Information and resources will be shared via email and paper copies posted on request. The LEAP will also have a dedicated space on the YH ARC website to share and disseminate work and involvement activities.

Review

The ARC Mental and Physical Multimorbidity team jointly review these terms of reference in Summer 2023 to ensure they remain fit for purpose.