



Role Description

Role Title	Lived Experience Advisory Board Member
Location	Four meetings in London per year, plus time limited working groups held more locally
Payment	Reasonable travel and subsistence expenses will be paid

About the Lived Experience Advisory Board (LEAB)

The LEAB provides a distinct and strong voice for those with personal lived experience of mental illness and will:

- i. Provide a forum for those with personal lived experience of mental illness to work in collaboration with the charity and promote the interests of those with personal lived experience of mental illness in all activities of the charity.
- ii. Act as a development board for involvement within Rethink Mental Illness and to oversee the implementation of the Involvement Strategy.
- iii. Hold the charity to account on issues affecting those with personal lived experience of mental illness and be a driving force for new developments within the charity which meets their needs and others.
- iv. To contribute to the Transformation Plan

Who should apply for this role?

We are looking for individuals who have a lived experience of mental illness and any of the following:

- Group coordinator / active groups member
- User of Rethink services
- Involved in campaigning, fundraising, media work, research, and co-production
- Peer support
- The severe impact of mental illness
- LGBTQ+
- Physical disability
- Being an inpatient
- The Criminal Justice System
- Secure Care
- Dual Diagnosis
- Coming from a BAME or seldom heard from community
- Being a young person 18 – 25
- Being a Rethink Staff Member / Volunteer



Role Description

All LEAB members are expected to be or become members of Rethink Mental Illness.

All the following are valuable to us:

- A willingness to share your experience of being a service user or a carer
- Experience of giving your opinion e.g. on developments, policies, reports, etc
- Experience of campaigning, fundraising, media work, research or peer support
- Experience of being a group co-ordinator / active group member or user of Rethink Services
- A positive regard for Rethink Mental Illness and its key messages
- An ability to communicate well verbally and in writing

What will I have to do?

- i. Attend four meetings a year in London
- ii. Be responsive to our communications and prepare for all meetings by reading the meeting papers
- iii. Be able to communicate and participate fully in a minimum of two working groups per year (these groups may not require face-to-face meetings)
- iv. Maintain confidentiality and comply with Rethink Mental Health policies and procedures
- v. Raise any issues using the appropriate channels

What support will I get?

We will ask you about your support needs and will try to accommodate these so that you can participate fully as a Board member.

We will book your travel and will ensure that your expenses are paid on the day or within seven working days depending on the amount incurred.

How do I apply and what happens next?

A completed application form can be sent to involvement@rethink.org or posted to:

Rethink Mental Illness, Involvement Team, Paul's House,
Tower Street, Taunton, Somerset TA1 4BH

All applications will be considered by an Appointments committee who are Lived Experience Trustees. Consideration will be given to ensuring the Lived Experience Advisory Board members have a wide range of skills, interests and knowledge and reflects the diversity of those involved with the charity.

If you have any questions on any aspect of the role or you need help to complete the application form, please call the Involvement Team on 01823 365315.

We look forward to hearing from you.