

Approaches to Involvement and Recovery (AIR)

Theme lead



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Areas of interest

- Mental Health Recovery Research
- Research into mental health service provision that involves service users, carers, peers and staff.
- We are also using innovative ways to reach out to all parts of the community, particularly underrepresented groups: Our PPI (involvement) café, runs in physical and virtual formats to chat and connect about research.
- The impact of involvement

Theme objectives

The AIR theme aims to deliver on and develop research focusing on the involvement of lived experience experts in mental health research, service delivery and related educational contexts and/or research coproduced with lived experience experts which does not have a clinical focus. In the NHS no study should be funded without a patient involvement component - so contact us at the earliest opportunity.

Research

ENRICH, a project which evaluated whether peer support workers are helpful for people being discharged from hospital. (with service users, carers, peers and staff were the researchers)

The [LETS Project](#) asked participants to share their experiences of taking part in research. Reasons for taking part were for a sense of hope, identity, meaning, empowerment and connectedness.

INDEED is a project within the Time for Dementia study where we use film as a memory aid for participants to recall their sessions.

Associated weblinks

[LETS Project](#)

Key publications

[Using lived experience to develop a personal narrative workshop programme in order to aid mental health recovery](#)

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