

Welcome to HEER

We are HEER – Help from Experts by Experience for Researchers, the Trust's Patient and Public Involvement group for researchers. Our aim is to help the way research is done in the Trust by having a conversation with you about your research project.

What we will do for you

- Use our expertise of lived and learned experience for your research project:-
 - We have **LIVED** experience of mental health.
 - We have **LEARNED** experience, as group members have completed training courses in research and are continuously developing our knowledge and skills.
- We will review and advise you on your research project e.g. the content of your patient information sheet advise on the wording of participant materials and explore ways of sharing your results.
- We will help you develop your recruitment strategy e.g. help you explore options that might help you and share our knowledge of local groups.
- We will help you make your research project user friendly, accessible in plain English and easy to understand.
- We will treat your information confidentially and only share with your agreement.

What we would like you to do

- Please send any documents you would like us to read 10 days before the meeting if possible.
- Please try to minimize the use of jargon, acronyms and statistics when you come to the group.
- You are welcome to visit the group as often as you need.
- We would like an update on any changes you have made to your research project as a result of involving us.
- We would welcome you back to share the results of your study.
- Please fill in our feedback form as it's good to know if we have been effective i.e. what we have done well and useful for us to know if there are any gaps so that we can keep learning and improving.