

~~The Eastern AHSN are currently running a series of innovation exchanges. The innovation exchange process will bring together the public, service providers and innovators to come up with solutions to address identified gaps in current health and care gaps. One topic we are working on with local mental health service providers is to support 0% suicide prevention in the region. The innovation exchange process will bring together service providers and innovators to come up with solutions to identified gaps.~~

Eastern AHSN have come up with some themes to explore further following a review of current provision within the region and wider evidence. These are not yet finalised but may include topics such as ‘What if we could screen better for those at risk of suicide?’, ‘What if we could provide better support to prevent social isolation?’ and ‘What if we could provide support to those to who have had previous suicide attempts’ We would like your help to provide your views and experiences in such areas to make sure we are targeting the right areas, groups of people and find solutions to real problems.

We would like to invite 8 to 10 people to a session to discuss these themes. Ideally you will be:

- Between the age of 22 to 45/40
- May have experience suicidal thoughts or have had friends or family who have
- You may have felt socially isolated or moved to the UK from another country

~~We are asking for those who fit the above criteria, as we think that there is under representation on existing service user networks, and are keen to explore the experiences of these groups.~~

Paid Involvement Opportunity.

What is happening? The Eastern Academic Health Science Network (Eastern AHSN) are holding a workshop to discuss suicide prevention and would like to invite approximately 10 people to the workshop which would include lunch.

They would particularly like to invite people from the following groups that are currently under- represented. However, anyone is welcome to attend. (Up to 10 people)

- Between the age of 22 to 45
- May have experienced suicidal thoughts or have had friends or family who have
- You may have felt socially isolated or moved to the UK from another country

Why? The Eastern AHSN are looking to identify gaps in current health and care. They have a few ideas such as: as ‘What if we could screen better for those at risk of suicide?’, ‘What if we could provide better support to prevent social isolation?’ and ‘What if we could provide support to those to who have had previous suicide attempts’

How can I be involved? Come along to the workshop and have your say about what you think the gaps and the real problems are.

When and Where? Room 3, The Meadows Centre, 1 St Catharine’s Road, Cambridge CB4 3XJ. Friday 18th May 1pm – 3pm

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What's in it for me? You will get to share your views and influence the work going forward. You will also receive £10 per hour for your time at the workshop and travel expenses. And of course, a free lunch 😊

I'm interested in attending. What do I do now? You can find out more or book your space by contacting Sarah Nolasco on 01223 661500