

**Early Career Researcher/PhD student/Service User Researcher/ Fellow**

**Award Stuart Green**, Public Health Research Fellow based at Imperial College London – Stuart was an integral part of a quality improvement initiative within a mental health trust which aimed to improve cardiometabolic screening of patients through the introduction of a comprehensive physical health assessment.



# SHINE PART 1

TOGETHER WE CO-CREATED A BOOKLET SUGGESTED BY PATIENTS ON THE WARDS

THIS SHINE MONTH MEETING WAS BE HELD IN THE HALLWAY, AND HOST BY THE SERVICE USER

THE SHINE MONTH MEETING WILL BE HELD MONTHLY, AND WE WILL INVITE ALL SERVICE USERS TO ATTEND. WE WILL HAVE A CHAIRMAN AND A CHAIRWOMAN TO RUN THE MEETING.

OUR AIM WAS TO IMPROVE PHYSICAL AND MENTAL HEALTH FOR PEOPLE WITH SCHIZOPHRENIA AND RELATED MENTAL ILLNESS

LET'S CHANGE THIS

REASONS: LACK ACCESS TO HEALTH CARE, LACK OF KNOWLEDGE ABOUT MENTAL HEALTH, LACK OF SUPPORT

RIGHT LIGHT: MENTAL HEALTH, MENTAL ILLNESS, MENTAL HEALTH SERVICES, MENTAL HEALTH CARE, MENTAL HEALTH SERVICES

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# SHINE PART 2

THE SERVICE USER ROLES DEVELOPED OVER TIME TO THEN SUPPORT & EVALUATE THE IMPLEMENTATION PROCESS

HELP WITH HEALTHY EATING & EXERCISE

SIGNPOSTING SERVICES

JOINING UP THE DOTS

USING THE BOOKLET HELPS TO IMPROVE COMMUNICATION WITH THE SU + CLINICIAN + BETWEEN SERVICES

TRY THIS!

MY ROLE: BY LEAVING BEHIND THE BOUNDARIES OF RESEARCHER + PARTICIPANT IT BECAME A JOINT ENQUIRY

What's happening... and why?

What can we learn from this?

AN ACTIVE MULTIDISCIPLINARY TEAM WORKING COLLABORATIVELY MADE THIS PROJECT POSSIBLE

STEPPING OUT OF BOUNDARIES: Ethnographic approach

BECAME AN INTERACTIVE & RICHER PROCESS

THIS CHANGE IN ROLE STIMULATED MY RESEARCH

COLLABORATION EMBEDDED ME IN THE PROCESS

WITH THIS RESEARCH APPROACH I GAINED MORE INSIGHTS

TRUSTING RESEARCHERS WERE PART OF THIS

QUESTION LABELS

WHY DOING



NIHR CLAHRC  
Northwest London



NIHS  
Central and North West London  
NHS Foundation Trust