

# Joining the CRN Citizen Panel



## What is the CRN\* Citizen Panel?

The CRN Citizen Panel brings valuable lived experience to our projects, helping shape the direction of the Community Research Network. Members provide insights, feedback, and participate actively in designing and delivering project activities to ensure they reflect real-life experiences and community needs.

### Key Features:

- **Diverse Representation:** Members come from various backgrounds, ages, and experiences, reflecting Moray's diversity.
- **Engagement and Input:** Provide feedback on research projects, offer insights into community needs, and suggest research areas.
- **Collaboration:** Work with others, such as peer researchers, to design accessible and meaningful studies.
- **Decision-Making:** Support the Steering Committee in directing research initiatives, ensuring they align with community interests.
- **Communication:** Act as a bridge between the community and CRN, facilitating open dialogue and making research findings accessible.
- **Capacity Building:** Develop skills in research methods and community engagement.

## Who Can join?

- People with an interest in mental health and community wellbeing. We will be looking to gain a diversity of voices, including people with lived / living experience of mental health challenges, caring roles or community work.
- No research experience is required – just a willingness to share your thoughts & ideas. Professionals in support roles can join as peers; they must disclose their roles and may need to step back if conflicts arise.

## Why Become a CRN Citizen Panel Member?

- Use your lived experience to guide mental health initiatives in Moray.
- Empower yourself in decision-making and policy influence.
- Expand your network and knowledge of community issues.

## What does it involve?

- Participate in discussions, provide feedback, and share experiences.
- Attend regular meetings and activities to discuss project progress.
- Help shape the panel's governance, drawing from similar initiatives like the panel that supports the Moray Drug & Alcohol Partnership.

### Core Commitments:

- Online meetings every 6 to 12 weeks for 1-1.5 hours, initially in the evenings to suit those with daytime commitments; however, the panel may decide to change their date once established.
- Timely responses to communications from CRN host Moray Wellbeing Hub.

### Optional:

- Attend occasional in-person meetings.
- Join a CRN Working Group and collaborate on research activities.
- Use digital tools like Slack to collaborate.

### What support is available?

- **Training:** Enhance your skills and confidence through workshops.
- **Technology:** Use your own devices; support available for digital inclusion.
- **Expenses:** Travel, childcare, and participation costs are covered for in-person events.
- **Learning Support:** Discuss any specific needs with Moray Wellbeing Hub for tailored assistance. For example, hard copies on coloured paper are available, information is sent in advance of meetings, team member briefings are held on the phone before meetings, etc.

### I'm keen to sign up! What do I do next?

Submit an expression of interest by the **7<sup>th</sup> of April 2025**. If you miss this date, please get in touch as we aim to open recruitment periodically throughout 2025 and beyond.

- By email: to [hello@mentalwealthmoray.org.uk](mailto:hello@mentalwealthmoray.org.uk) - Title your email 'Citizen Panel Expression of Interest'.
- By phone or text: Speak to Aimee on 07979877385.

Include in your expression of interest.

1. Your name, contact details including nearest town or village, and year of birth if under 25.
2. The lived/living experiences you can bring, either directly or as a supporter - for example, life challenges, diversity aspects, Moray locality or a specific community.
3. Areas you believe the CRN should explore and why.
4. Any support needs to help you contribute equitably.

Current Network Members will review applications and initiate further discussions, aiming to announce the first Citizen Panel meetings by the end of April.

\* *CRN = Community Research Network*