HOW YOU CAN GET INVOLVED WITH NHS GRAMPIAN

NHS Grampian - caring • listening • improving
NHS Grampian provides a range of health and care services to over half a million people who live in Grampian, as well as specialist services for people across the north of Scotland and other parts of the UK.

All of these NHS services are overseen by the Grampian NHS Board.

NHS Grampian is made up of acute services, three Community Health Partnerships (which provide community health services for Aberdeen City, Aberdeenshire and Moray) and corporate services. NHS Grampian also works closely with the three local authorities and two universities in Aberdeen.

NHS Grampian’s vision

Proudly working together to deliver the best possible services for a healthier Grampian.
Public Involvement
All NHS Boards in Scotland have a legal duty to involve people in designing, developing and delivering healthcare services.
NHS Grampian is committed to listening and responding to the views of patients and carers, and involving the public to ensure:
• We provide the best possible care and experience for patients.
• We take account of public opinion when we plan and develop current and future health services.

Opportunities to get involved
Patients, carers and members of the public are involved in lots of different ways; helping to make a difference to services now and for the future.
There are a number of ways you can get involved and this booklet tells you how.

How can I get involved?
There are a number of ways that you can get involved. You can:
• Join the NHS Grampian Public Forum – a group of patients, carers and members of the public who meet to discuss topical health issues. The Public Forum is open to anyone with an interest in health services in Grampian – you do not need to have specialist skills, knowledge or experience in health or medical care.
• Become a member of your local Public Partnership Forum or Patient Participation Group.
• Join a project group taking forward work to ensure that services are delivered in the right way for the future.
• Give your views by filling in surveys.
• Attend public meetings or focus groups.
If you are interested in getting involved in any of the ways described, please get in touch with the NHS Grampian Public Involvement Team (see page 10 for contact details).
Making a difference
By getting involved, the public have influenced:

- The development and design of local healthcare buildings and services, for example, Whinhill Medical Practice (Aberdeen), the out-patient department at Dr Gray’s Hospital (Elgin), the redevelopment of Chalmers Hospital (Banff) and the Community Health and Care Village (Aberdeen).
- Programmes of work such as self management for people with long term health conditions.
- Patient safety and hand hygiene in hospitals.
- Improvements to services such as maternity, diabetes and cancer.
- NHS policies and strategies.

Being involved

I don’t have much time, can I still get involved?
You can choose to be involved in a way that fits in with you. No matter how much or how little time you have, there is a range of opportunities to get involved – this could be attending a one-off focus group or becoming a member of an NHS group or committee with a longer term commitment.

Am I the kind of person NHS Grampian is looking for?
We are looking for all kinds of people to get involved – you don’t have to have any qualifications, just have an interest in health and local health services.

What support will I get?
You will be given information about your involvement and how you will be supported; including our expenses policy, any training opportunities and a named contact person.
What will being involved mean for me?
Some of the benefits of being involved are:
• Making a difference.
• Keeping up-to-date with local health issues, opportunities and information.
• Meeting new people.
• Developing new skills and confidence.
• Something to add to your CV.

Examples of involvement making a difference

“I have enjoyed being part of the Health Village Project Team, which has involved discussions and design workshops, surveying patients and even counting the number of buses going past potential sites for the Village. I feel involvement has influenced the location and layout of the building.”

Patient Representative
– Health Village Project Board

“What I get out of being involved is the satisfaction of working with NHS Grampian to make a difference to hospital cleaning standards.”

Lay Reviewer
– Cleaning Monitoring
Get in touch
If you are interested in finding out more about how you can get involved, please contact:

- NHS Grampian Public Involvement Team
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  Ashgrove House
  Foresterhill
  Aberdeen AB25 2ZA
- 01224 558098
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- Visit our website
  www.nhsgrampian.org/involvingyou
This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request. Please call Equality and Diversity on 01224 551116 or 552245 or email grampian@nhs.net

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