

Get in touch:

If you would like to know more about our group please get in Contact by **email** or **telephone**.

We meet on the first Wednesday of every month. If you cannot attend meetings you can email/telephone us with your opinions.

Please telephone for details for the venue of the next meeting.

Kelly Munn

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The **Realising Change** group is facilitated by the local disabled people's organisation Real. .



Do you or someone you know use a Personal Budget (PB) or a Personal Health Budget (PHB)?

Do you have experience in managing a direct payment or employing your own support workers?

Do you want to help shape services for disabled people who live in Tower Hamlets?

If you live in the borough of Tower Hamlets and the answer is yes to some of these questions then Realising Change would like to hear from you!

Who we are

Realising Change is a co-production group. Co-production is a way of working together in an equal way to create a service or come to a decision about something.

We are a small group of people with disabilities, parent carers and carers with shared experiences of accessing social care services, creating support plans and managing direct payments.

Our role

We work with professionals to influence positive change relating to social and health care services.

Our current focus is to assist the London Borough of Tower Hamlets and Tower Hamlets NHS Health service to develop improved ways of working with people with complex social and health care needs. This is called Integrated Personal Commissioning (IPC).

IPC is about professionals having a different conversation with people about what their aims are and how they want to meet their care needs met. This is called person centred support planning. It is about social and health services working together to ensure the person with high needs can access all the support available to assist in achieving their aims in the way they want.

What we need from you

- To meet at least once a month and be a proactive member in the group
- To attend training where required
- To join at least one other member to attend meetings with professionals on a monthly basis
- To assist the group in promoting Realising Change and IPC

What are the benefits for you?

- You will gain an in-depth knowledge of local social and health care systems
- You will get to know other people who use services and professionals who work on implementing those services
- You will have the opportunity to attend training relating to the role of being a group member
- You will gain experience in a professional capacity

Other information

- Travel and other expenses can be paid where appropriate – for more information please contact the group facilitator
- This is an opportunity for people to gain knowledge about social and health care processes and build confidence in speaking up

