**Are you interested in joining a Lived Experience Advisory Panel for the SUSTAIN project (supporting service users to manage antipsychotic induced hunger)?**

*What is a Lived Experience Advisory Panel?*

By ‘lived experience’ we mean direct, first-hand experience of living with an issue – here we are interested in your experience of living with the hunger side-effects of antipsychotic medication. By living with this issue, we recognise that you have a form of knowledge that cannot be gained from a textbook or from academic research of the subject-area. Your valuable insights can help in the design and conduct of a research study that is seeking to devise a support-package to help people manage antipsychotic induced hunger.

Our Advisory Panel will mainly consist of mental health service users. We are looking for six service users who take antipsychotic medication, have experienced hunger or cravings, are aged 18+ and are keen to be part of the group.

We are also looking to recruit two family members (sometimes called carers) who support service users experiencing antipsychotic induced hunger to the Advisory Panel.

The meetings will be chaired by a member of the research team who also has lived experience.

*What will be our main tasks?*

The research study will consist of two main phases, in phase one (the examine phase; 1-12 months) we are seeking to find out all we can about the current evidence base on this issue (from reviewing the published literature) and to find out people’s experiences (from interviews and group discussions). In phase two (the co-develop phase; 12-18 months) we will together design a support package based on all our learning.

The Advisory Panel will be mainly involved in reviewing research materials in phase one and providing input into the package of support in phase two.

Reviewing research materials may involve:

* Commenting on findings from literature reviews of the current evidence-base (what do you think about the existing evidence? are there any gaps that need to be addressed?)
* Reviewing recruitment materials (are they clear? any improvements?)
* Developing recruitment strategies
* Discussing emerging ideas that are coming out of interviews and group discussions (do they chime with your experience? are we understanding things right?)
* Considering how we might present our findings.

Although it is worth emphasising that no previous knowledge or experience of research is needed to discuss these things.

The bulk of the work of the Advisory Panel will focus on **designing a package of support together** (what needs to be part of it? What might the resources look like?)

*How frequently will we meet?*

The Advisory Panel will meet at least six times during the course of the 18-month project.

Meetings will be held approximately every three months – with flexibility depending on study stage and requirements as some periods are busier than others.

The meetings are likely to be held on Zoom, although there may be scope for face-to-face meetings in the future. We will use Doodle Polls to find days/times that are convenient for most members.

*What are the benefits of being part of the panel?*

You will be able to share your knowledge and insights and play a key role in shaping a much-needed support package to help people manage the hunger side-effects of antipsychotic medication.

You will be offered any training that you need to be part of the discussions.

Your contributions will be formally acknowledged in any academic outputs (unless you choose to remain anonymous).

You will paid £20 per hour for your involvement.

*What are the potential drawbacks of being part of the group?*

We’re very aware that talking about personal experiences such as antipsychotic induced hunger in group settings can be unsettling and even at times upsetting. You are free to share as much or as little about your relevant experience as you feel comfortable. We’re not looking for people to “tell their whole story”, but to offer insights and feedback based on your experience. We will do all we can to support you in your involvement.

*How do I express an interest in being part of the panel?*

If you’re still interested in being part of the panel, or if you have any further questions, please feel free to email Andrew Grundy who is the Lived Experience Researcher working on this project. Email: **andrew.grundy@manchester.ac.uk**

Andrew will then arrange a time to talk with you about the advisory panel. He may want to know:

* Are you currently taking antipsychotic medication?
* Have you experienced any hunger side-effects of the medication?
* How do you feel talking about your experiences of this hunger?
* Why would you like to join the panel?
* How could we best support you in your involvement in this panel?

Thank you so much to taking the time to read this information sheet.