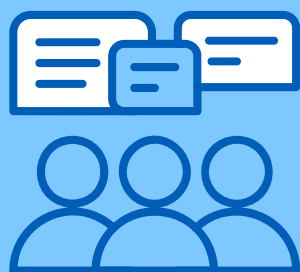


Public Summary (June 2026)



What we covered



- Attendees shared examples of initiatives that are enhancing patient care and support for carers.
- We heard examples of co-production in healthcare services and collaboration with other organisations.

Key takeaways

The first Stepping Stones event was held in Canvey for people to meet organisations who offer mental health support.

South Essex Psychological Services have recently started an online monthly information and support group for carers of adults with learning disabilities.

Lived Experience Ambassadors are leading a project inviting patients and carers to write letters of hope for people who are experiencing a mental health crisis.

Southend Primary Care Mental Health Team have received consistently positive feedback from patients over the last 12 months.

The Psychosis United lived experience group is working with Mind's lived experience group on an information leaflet for people with a loved one who is experiencing psychosis.

EPUT is launching a Peer Academy to offer eligible peer workers the opportunity to gain an accredited qualification.

Public Summary (June 2026)

Actions / next steps

The next meeting will reflect on the last three EPUT Forum meetings and how we can continue to make it a meaningful space for attendees.

Two short presentations will be held at the next meeting to showcase work happening at the Trust.

Join our next EPUT Forum

Next Forum: 11 August 2026 (11am - 1pm)

Email epunft.pet@nhs.net for a joining link for the next meeting.
Include 'EPUT Forum' in the subject header.

You can also email us with suggestions for topics you would like to be covered at a future forum.

