

I am an active member of my local GP Patient Reference Group (PRG) and have represented my practice at the South Tyneside Clinical Commissioning Group PRG for the last 3 years.

There was an opportunity to apply for the Patient / Citizen Leaders Programme. This programme is open for individuals across the North East who wish to become Patient/Citizen leaders in our communities. The aim of the programme is to increase patient involvement in service improvement initiatives and planning across health and care organisations. I attended the programme in late 2018 and it was modular based, over three days. This enabled me to gain a clear understanding of the context of patient leadership within the health and care environment. Supported by instructors and my peer group, I was able to utilise skills from my career and develop skills in influencing, motivating others and championing change.

Since attending the programme, I have worked with my GP practice manager, in the development of an action plan from the patient survey results. I am looking forward to becoming involved in future projects with the STCCG PRG, building on the Patient Leadership Programme.