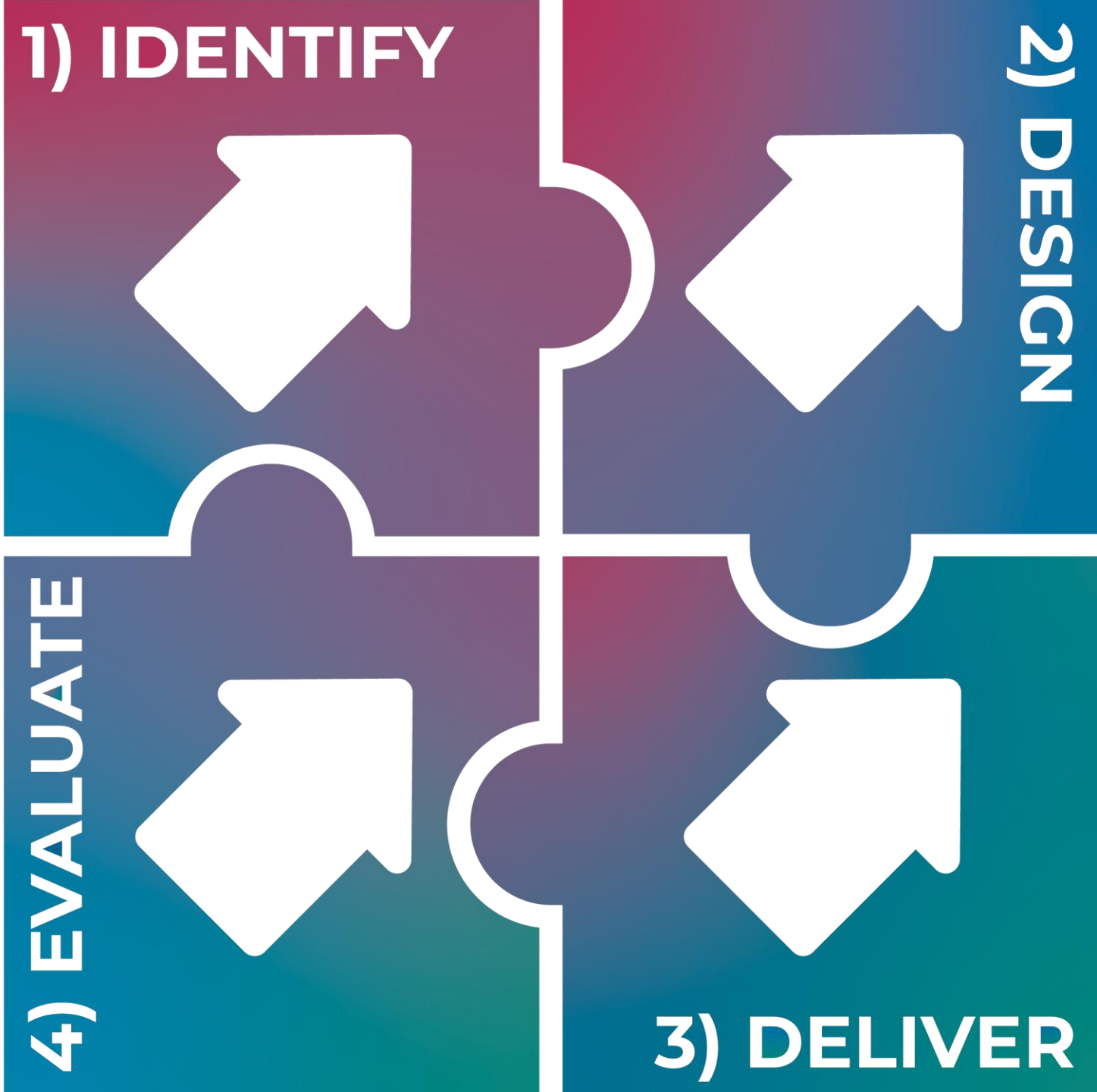
AMHE
Advancing Mental Health Equality

Advancing Mental Health Equity Learning Community

Launch Event

7th October 2026, 10:00-12:00



RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

NATIONAL COLLABORATING CENTRE FOR MENTAL HEALTH

Meet the AMHE team!



Aarti Gandesha
Senior QI Advisor



Rianna Herbert
QI Coach



Delicha Changa
QI Coach



Bethan Warner
QI Coach

Meera Burgess
National Adviser



Mark Farmer
National Adviser



Katherine Molyneux
Project Manager



Emily Daly
National Adviser

Please say hi in the chat!

We'd love to see who is on the call, where you are from and what brought you here



Today's session

Time	Item
10:00 – 10:30	**Welcome and introduction to the AMHE Learning Community**
10:30 – 11:00	**Connect: Building relationships**
11:00 - 11:10	**BREAK**
11:10 - 11:35	**Learn: Avon and Wiltshire Partnership NHS Trust's improvement journey**
11:35 - 11:55	**Reflect: Shaping the Learning Community**
11:55 - 12:00	**Next steps**
12:00	**CLOSE**



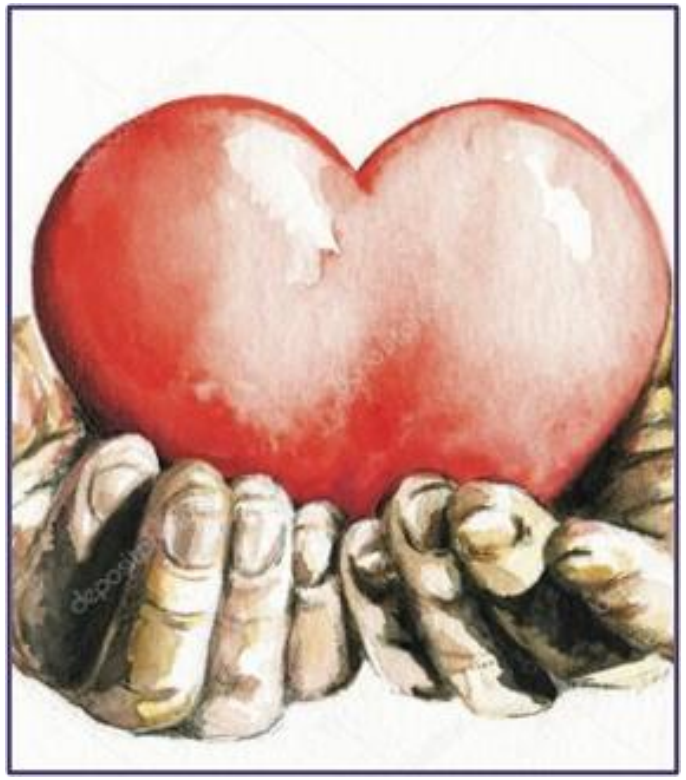
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Check-in

Take a moment to check in with yourself...

Please do what you need to, to get yourself comfortable.



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How we'll use the space today



Please mute yourself when you are not speaking



Camera on, if that works for you



Share your thoughts and ask questions! Use the chat, raise your hand, use reactions

If you experience any technical difficulties, email:
amhe@rcpsych.ac.uk

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How we'd like us to work together



Collaborative learning - Make the most of the session in a way that works for you.



Approach with kindness and curiosity - We all bring different experiences and perspectives. Let's listen, learn and support each other.



Diversity of views - We welcome different views and perspectives. It's ok for us to sometimes disagreeing.



Language is important – The words we use can help create trust, understanding and connection. Let's be thoughtful about how we communicate with one another.



Be kind to yourself - take breaks if needed, switch off your camera, grab a drink/snacks – do what you need to.

Why we're here

Mental health equity matters. People do not experience mental health services in the same way.

Access

Experience

Outcomes

Difference communities experience different barriers, experiences of care and outcomes.

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We asked you....

86 responses on registration form

What is one aspect of equity you are passionate about?

- Access and removing barriers
- Lived experience and coproduction
- Quality, experience and outcomes
- Race, cultural and gender equity
- Data and learning
- Joined up services / No wrong door

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We asked you....

86 responses on registration form

Black and racially marginalised communities

Refugees and migrants

People experiencing homelessness

Rural communities

Women and girls

What is one aspect of equity you are passionate about?

Carers and families

Older people

People leaving prison

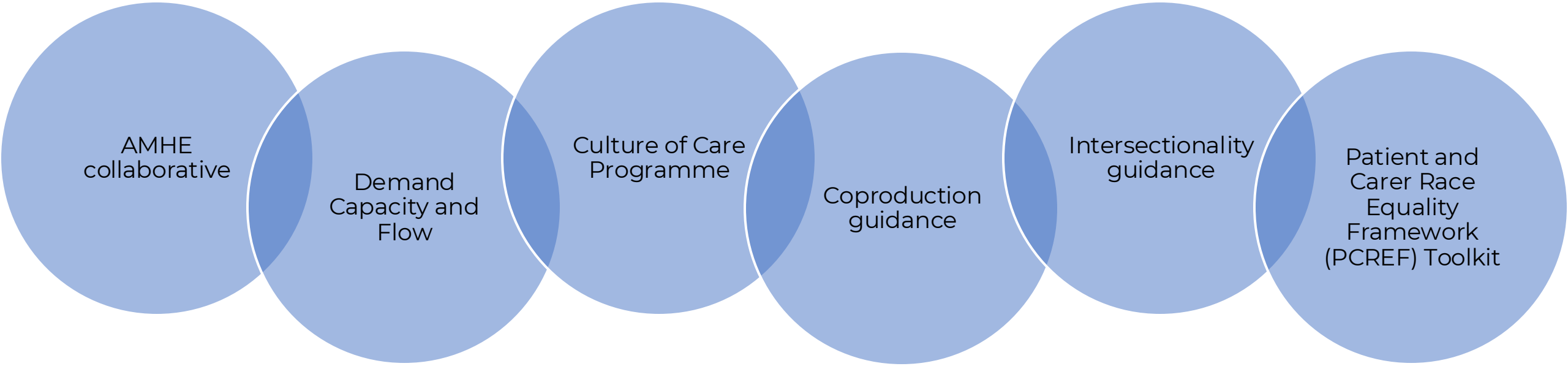
People with learning disabilities

People affected by substance misuse

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Our commitment to equity



Have you been involved in any of our work? Share in the chat we'd love to hear from you

What we've learned

The more meaningful the co-production, the greater the impact

Organisations face similar challenges and can learn from one another

Different communities face different barriers and experiences

The work can often feel complex and difficult

Learning, reflection and collaboration helps us make progress

Openness, curiosity and continuous learning are essential

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Lived experience and coproduction at the heart of this work

We will all have different understandings and experiences of coproduction.

Together, we will continue learning how to centre lived experience and partnership in our work.

Better understand

Work in partnership

Sustain change

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Why a learning community?



- Learn from one another
- Build relationships across organisations and sectors
- Share challenges and ideas
- Create space for learning and reflection
- Build understanding and confidence
- Support meaningful change

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Let’s shape this community together

- Identify priorities
- Share perspectives and experiences
- Bring ideas and examples
- Help us learn and improve
- Influence future sessions
- Shape the community over time



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CONNECT
Building relationships



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Activity: Building Relationships

20 minutes

The aim of this activity is to build connections with each other and discuss what you hope to gain from this learning community.



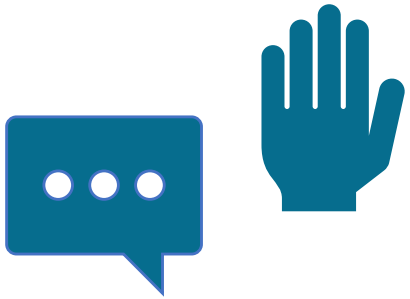
In breakout groups, discuss the following questions:

- *What do you hope to get from the learning community? What are two goals you have for the online learning community?*
- *What are the strengths but also challenges you are currently navigating related to mental health equity?*

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Feedback



10 minutes

Raise hand to share your comments

Or

Use chat function to write any reflections

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Comfort break

10 minutes



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Avon and Wiltshire Partnership NHS Trust's Improvement Journey

Presented by Emma, Marta, Lindsey, Stephen



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REFLECT
Shaping our Learning Community



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Activity: Shaping our Community

10 minutes

Aim: to reflect on what we have heard, build on earlier discussions and think about what will help this community succeed.



We will go back into the same breakout groups as before.

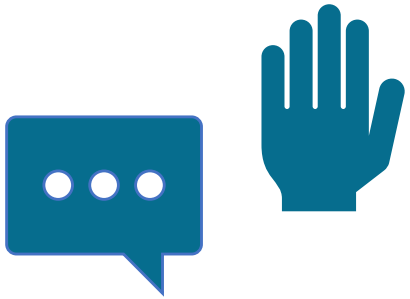
Questions to discuss:

- *What can we do to make this community welcoming, accessible and safe for everyone?*
- *How do we keep lived experience at the heart of this community?*

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Feedback



10 minutes

Raise hand to share your comments

Or

Use chat function to write any reflections

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Feedback and close

- We really value your feedback as this helps us to improve these events.

- **Use the QR displayed here to access the feedback form**

Feedback form: Advancing Mental Health Equity Learning Community (Wednesdav 7 October)

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Join the next AMHE Learning Community Event

- The next event will take place on **Wednesday 2nd December, 10:00-11:30**

- Use the QR displayed here to access the registration form

Registration Form: AMHE Learning Community - Wednesday 2nd December

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