**Getting involved with the NHS – being a patient representative FREE TRAINING!**

**What is the training about?**

The training is the second of two sessions. Following on from finding out how the NHS works on day one this half-day is designed to help you to understand what getting involved with the NHS as a patient representative entails and how to feel confident in the role.

**Why should you come?**

You will learn about the roles that are available for patients and the public to get involved and find out about specific opportunities. You will find out how you can make a difference and help services to be improved. You will look at how to be effective in the role including participating in meetings, being objective and how to influence people. You will receive a checklist and certificate of attendance at the end and the opportunity to put yourself forward to take part in NHS decision-making.

**By the end of this training you should be able to…**

Know about different ways to get involved, be confident about who you can and can’t represent, know how to ensure meetings are productive and confidently influence others using a range of techniques.