

PAULINE MONTAIN MBE

WHAT INSPIRED YOU TO VOLUNTEER TO BECOME AN NHS GOVERNOR?

I was inspired to become a governor in order to represent the family carer experience gained through physical disease specific caring and wider voluntary involvement. The awareness and understanding of mental health conditions are very much under-represented and therefore family carers will be even more relied upon by the individual, yet they will remain isolated increasing their own risk of developing a mental health condition.

WHAT HAVE YOU FOUND MOST REWARDING ABOUT THE ROLE?

I find it rewarding to be able to influence both directly and indirectly through involvement. Also, I find it rewarding to be able to bring a clarity of understanding about the role of the family carer and how they can become an integral part of treatment and recovery when handled appropriately as 'Partners in Care'.

HOW DO YOU FEEL YOU HAVE MADE AN IMPACT AS AN NHS GOVERNOR?

I feel I have made an impact as an NHS governor by having clear values and ensuring there is representation and focus on patient and carers. They are at the heart of what the trust does, but do not own the agenda. I have learn that simple things matter and clinicians enabled to see the flipside is equally as important as medication!