

OASIS: Online Access to Services

Help shape the vision for CPFT online services

Would you like to get involved in exploring ideas about the design of new online systems to help people better manage their mental health needs?

OASIS is a new CPFT informatics project to scope out the vision and strategy for supporting external users with online services. There are going to be some major changes in mental health services over the next few years such as greater personalisation of services, self-directed support and use of recovery-based principles, most of which put the people who use services at the centre of provision. Factors like an increasingly open market, greater choice, personalisation of services, and GP budget holding will drive Foundation Trusts to consider new ways of providing services.

Nowadays, technologies like broadband internet and mobile devices are widespread. They can be used to support mental wellbeing in many ways – not just information provision, but all sorts of other methods that encourage self help and management such as social networking, peer support, collaboration tools, and online care planning. Most of these applications already exist, but the barriers to their use need to be identified and overcome, so that technology can be used to improve mental health and wellbeing.

We are looking for CPFT members, representatives of service user groups and voluntary/third sector organisations who have an interest in how modern communications technologies can be integrated with more people-centred approaches to provide some great new services over the next few years. For example, some ideas are to see how technology can help facilitate:

- structured support from friends and family.
- better integration of support from different organisations
- better information and support for self help and management

If you would like to be kept informed, you can join the email list. We also plan to set up small discussion groups to talk through ideas and requirements and are looking for people to participate. No special knowledge of technology or services is required for participation in discussion groups but we are looking for people who are forward thinking and can help think through requirements and ideas.

If you would like to be involved, then please e-mail rod.rivers@cpft.nhs.uk with either 'OASIS Mailing List' or 'OASIS Discussion Group' in the subject field.

[OASIS – Online Access to Services, Information and Support](#)



**FOR MORE
INFORMATION:**

HQ Elizabeth House, Fulbourn Hospital, Fulbourn, Cambridge CB21 5EF

T 01223 726789

F 01480 398501

www.cpft.nhs.uk