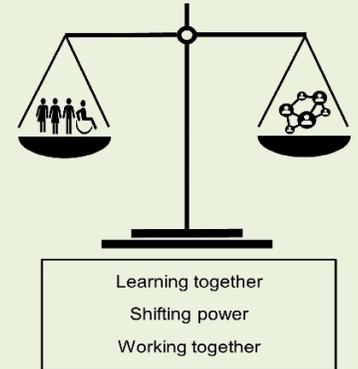


SCALE Network Newsletter (West)

Sussex Coproduction And Lived Experience

SEPTEMBER 2022 – West Sussex



IN THIS ISSUE

Welcome to the newsletter

New network, new
newsletter, new members!

What's it all about?

The month(s) in review

Opportunities

Welcome to the newsletter

Catherine McGill

Coproduction Lead, West Sussex

Catherine.mcgill@capitalproject.org

*If you have anything you'd like
to share about lived
experience in West Sussex,
send it to me for future
newsletters*

Hello, and welcome to the first newsletter of the West Sussex part of our Coproduction Network!

It is still early days as we only launched in late August, so membership is still to grow. I'll explain more about the network in this issue, and the newsletter will always carry information about lived experience work, and potential opportunities for members.

What's it all about?

What is coproduction?



Coproduction is when the people who fund and work in support services work together and include the people who use those services. They also work with people who are unpaid carers of people who use the services. Unpaid carers are relatives, friends, neighbours or other people who give support and care to someone who would have difficulties managing without that help.

People who use the services, or care for someone who does, are people who use their lived experience, sometimes called Experts by Experience, or Lived Experience Influencers, or Lived Experience Experts.

You can sign up here, even if you are in another lived experience group:

[Registration Form](#)

Or find more information here:

[SCALE Network site](#)



Why is coproduction important?

Coproduction is important because when carers and the people who use services are included in planning, designing, and improving those services, things just work better, earlier. Services are better matched to the people who need them, and there are fewer wasted costs to fix things that weren't foreseen without that input.

It is important that the people who use support services feel valued by that service, and that they feel mental health care is something that is happening **with** them, not **to** them. This is sometimes put as **“Nothing about me, without me”**.

What will this network do?



The NHS in Sussex is changing, and is following a plan called the Community Transformation Programme. This programme aims to improve health and care services by ensuring that the different organisations that are involved in providing support services in Sussex - including local authorities, the police, and the voluntary and charity sector as well as the NHS – work together to make improvements.

As part of the programme, the voices of lived experience are put at the heart of any planned changes. Many groups already exist where people use their lived experience to influence changes. It is important that people who share their lived experience have support to do this, including through training, peer support, and payment when appropriate.

The role of Coproduction Lead was created to support those groups and support organisations by being a point of contact and a source of information and resources.



This network forms the West Sussex part of this work. It is partnered with other lived experience networks that will cover East Sussex, and Brighton and Hove.

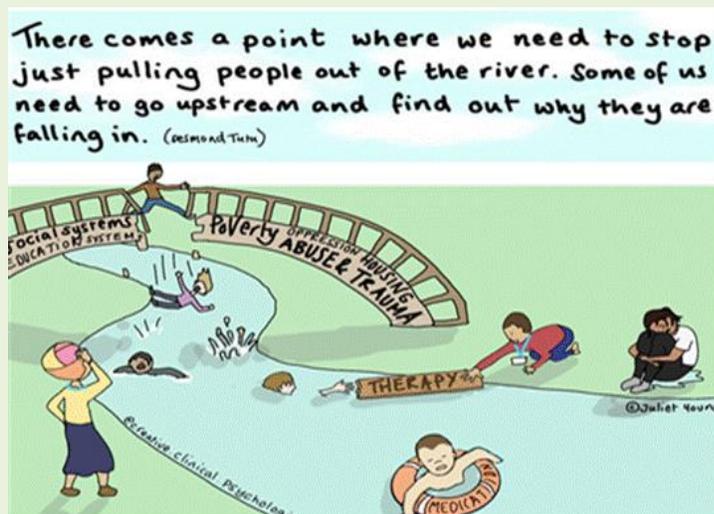
The Leads for the SCALE network will work with other lived experience groups, commissioners, the NHS, local authorities and other organisations. They will help to support the changes being made to Sussex health and care services.

They will champion the voices of people with lived experience, and push to ensure inclusion at every opportunity. They will help identify suitable people for opportunities, and support organisations to understand how to work with people with lived experience.

They will support people with lived experience to participate safely, and with support.

The Month(s) in Review

NHS Sussex Transformation



As part of the NHS Sussex Community Transformation Programme, Catherine began the role of Coproduction Lead for West Sussex on 31st May. There was lots to do in July and August, meeting community partners and engaging with NHS Sussex as they launch the new phase of the NHS Long Term Plan. This is the change of the Integrated Care System, to NHS Sussex with an Integrated Care Board, and a Health and Care Assembly. You can read more about that here: <https://www.sussex.ics.nhs.uk/>

This launch feels different to previous NHS restructure rollouts, as the people who use services are partners in the decisions shaping the changes. Workshops have been held, with more to come, gathering the input of the public in planning changes alongside public service and VCSE staff. You can read more here: <https://www.england.nhs.uk/wp-content/uploads/2019/09/community-mental-health-framework-for-adults-and-older-adults.pdf>



Changing Futures

Another key part of the transformation is the Changing Futures programme, which follows on from the previous Fulfilling Lives project. They also held an event to understand the needs of the community. Read more here: [Changing Futures](#)¹

The Sussex SCALE Network

The beauty of this approach is the scope for collaboration. The SCALE Leads will be working closely with each of the programmes mentioned on this page to improve how lived experience influences change. Rather than competing, there is a commitment to working together, to understand needs and ideas, and to reduce exclusion of under-represented groups, both in coproduction, and in support service provision.

¹ <https://yourvoice.westsussex.gov.uk/changing-futures-journey-mapping>

Opportunities

How you can contribute using your lived experience:

West Sussex Mind Review

West Sussex Mind are looking for someone to support co-chairing of their Pathfinder Review and to help with the evaluation itself.

See this link for details:

<https://www.westsussexmind.org/jobs/experts-by-experience-co-chair-for-our-pathfinder-service>

Head of Mental Health Interview Discussion Panel request

Mental Health Commissioning, West Sussex

Someone with lived experience is required for an online interview discussion panel on Monday 26th September. They will have experience of using mental health services in West Sussex, and be comfortable with taking part in a facilitated discussion as part of the interview process. They need to be comfortable using online meeting tools – this will most likely be on MS Teams.

The role being interviewed for is Head of Mental Health for West Sussex.

This opportunity will be paid at an hourly rate of £16.13.

Please email Catherine.mcgill@capitalproject.org for more information, but note that your application needs to be with Catherine by Monday 12th September.

Decision to be communicated by Friday 16th September.

Suicide Prevention Strategy

Have your say on the development of the Sussex Suicide Prevention and Self-harm Strategy.

Please take 10 minutes to complete this survey on Sussex-wide intentions for reducing suicide and self-harm. We are planning to develop a three-year suicide and self-harm prevention strategy covering all of Sussex, with a draft strategy to be published before the end of the year. This engagement exercise provides an opportunity to shape these intentions.

<https://consultation.eastsussex.gov.uk/public-health/d0a6c1e0/>

This survey closes on 18/09/2022.