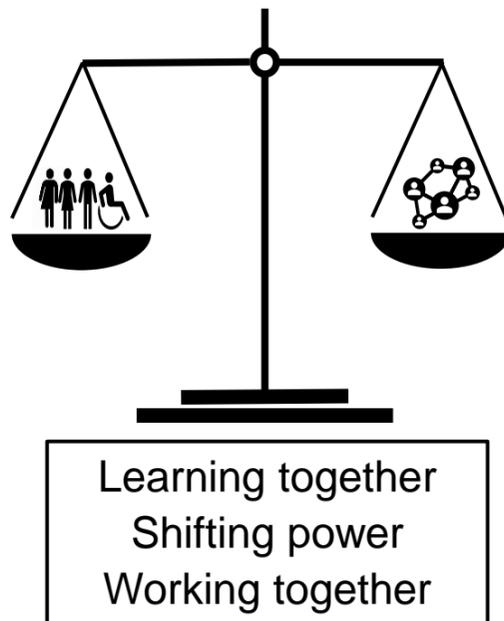


# SCALE

(Sussex Coproduction And Lived/Living Experience)  
Mental Health Lived/Living Experience Network



- Do you have personal experience of poor mental health, or are you an unpaid carer (friend, relation) for someone who does?
- Do you or your cared-for person live in West Sussex?



If you answered yes to both, then please consider joining our network.

- We sit independently of support services, collaborating with many to improve mental health care services.
- We connect with decision makers who are commissioning changes to mental health care services.
- We encourage representation from people who are often excluded from, or have reduced access to, support services or participation opportunities.

To find out more, you can view information here:

<https://www.capitalproject.org/scale-networkwork>

There is a registration form here: <https://forms.office.com/r/xgNtbLvRf4>

or feel free to contact me: **Catherine.McGill@capitalproject.org**

or on 07821 659 575 (phone, text message, or WhatsApp)

# SCALE

## (Sussex Coproduction And Lived/Living Experience) Mental Health Lived/Living Experience Network



### What is the network about?

- NHS Sussex is engaged in a programme of mental health service transformation, with the voices of people's experiences vital to identify and plan changes.
- The SCALE network links with key teams and groups responsible for commissioning and / or implementing these changes.
- The network has been commissioned to join up lived experience networks in West Sussex, for better communication and coordination.



### What do I need to know or do?

- You need experience of poor mental health, or of supporting a relative or friend who has, to live in West Sussex, and a desire to use that experience to influence positive change.
- You do not need to have accessed any mental health support services – in fact, we actively welcome people who do not engage with services.
- You can be a member of other lived experience groups, though priority for paid opportunities might go to those who are not.
- There is no obligation to participate at any point, and you can drop out at any time.



### What might I expect from this network?

- Information about mental health services and lived/living experience in Sussex: what and where they are, and how they interact.
- Support to share your lived experience in relevant mental health service conversations.
- Opportunities to feedback and innovate around mental health support services in Sussex in various formats. For example, we need an advisory group for this network – 8 monthly meetings of about 2hrs each (paid).
- Travel and relevant expenses will be covered. Note: When payment for time is offered, places will be limited and prioritised for those not engaged with other lived experience activities.
- There is no guarantee of paid work, though we will influence, create, identify and share as many opportunities as possible.