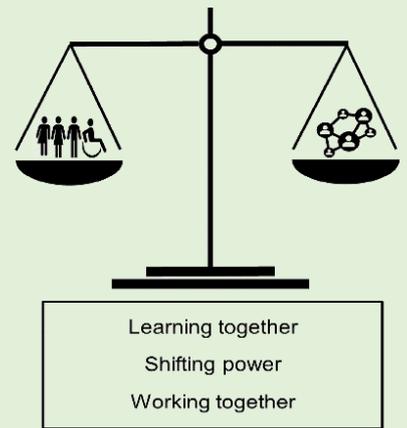


SCALE Network Newsletter

Sussex Coproduction

And Lived Experience

November 2022



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Welcome to November's
newsletter.

We hope you are keeping warm in
the changeable weather. Time for
soups and hot chocolate rather
than salads and lemonade, I think.

***IF YOU HAVE ANYTHING YOU'D
LIKE TO SHARE ABOUT LIVED
EXPERIENCE, SEND IT TO
CATHERINE FOR FUTURE
NEWSLETTERS***

News from West Sussex LEAG



A LEAG is a Lived Experience Advisory Board, and we are excited to have recruited a LEAG of our members for the SCALE Network in West Sussex.

They will be meeting regularly to review and discuss plans for the network, and for the role of the Coproduction Lead for West Sussex. They will also liaise with the LEAGs in the rest of Sussex to ensure plans for each area will work well together, and to share good ideas, or solutions to problems.

News from Brighton LEAG



We are currently recruiting for a new facilitator for our Brighton LEAG as Tasha Barefield is stepping into a coordination role across both Brighton and East Sussex. The Brighton group have been working with the ICB on the community mental health transformation workshops. We have helped to facilitate and co-chair the workshops in both Sussex and Brighton, we are now working on the report write-up and delivery plan for the Brighton and Hove Transformation plan.

News from East Sussex LEAG



We have recruited to our new facilitator post here in East Sussex. Josh Arnold-Jenkins who has been a part of our Brighton LEAG for over a year has been appointed and will be making contact with our new members for the group with the aim to have our first meeting in the next few weeks. We have lots of opportunities for people to represent their own lived experiences in mental health meetings across East Sussex. The group will be looking at how they can make an active difference to Mental Health services across East Sussex.

Member News

Feedback from a member of our Brighton LEAG who was recently involved in interviewing for a Mental Health Commissioner post



“I recently had the opportunity to be part of an interview panel recruiting for a senior commissioner within Brighton and Hove Integrated Care Board. I had a chance to look over the application forms beforehand and had a discussion with another panel member letting me know what to expect and talking me through the scoring sheet we would be using. On the panel with me were the head and the assistant head of mental health commissioning. We took it in turn to ask questions and made notes throughout each interview allowing us to score their answers at the end. It felt like a big responsibility, but I really enjoyed it. I was made to feel an equal member of the panel, my thoughts and comments were valued and listened to. We came to a decision as a team and I felt being able to bring a lived experience perspective was helpful in choosing the best candidate for the post, not considering their managerial skills, but also how they would work with and include service users in their work, which is of vital importance in this role.”

Help fill this page!



We would love to hear from you about your experiences. If you have any interesting reflections about work you have been involved in, or some good ideas that you have been part of creating, designing, implementing or reviewing, please send your thoughts to Catherine McGill for inclusion in the newsletter.

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

[Registration Form](#)

Or find more information here:

[SCALE Network site](#)

Spotlight on ... Carers



'I'm not a carer – that's my father / daughter / neighbour / friend.'

Many people who look after a relative, a friend, or someone else who could not manage without their help, do not recognize themselves as carers, and as a result miss out on support for themselves and the other person.

There are a vast number of unpaid carers, taking weight off the NHS and other services. It can be a difficult and thankless role, and not every person who looks after someone feel that it is a privilege, or are grateful to have the opportunity to do so.

There's support available that comes without judgement. Please do not feel guilty, or in any way embarrassed about accepting you are in an unpaid carer's role. You are valued, and will support someone better, if you are well supported yourself.

Support can be financial benefits, advice, advocacy, physical support and respite, peer support, provision of tools and devices to help you or the person you support / help. There are even grants and other money that can be provided just to enable those of us supporting others to have some 'me-time', or a treat for themselves to support their mental health.

To the right is a list of carer support organisations.

Carer Support Directory



Association of Carers
<http://www.associationofcarers.org.uk/>

Care For the Carers
www.cftc.org.uk

Carers Support, West Sussex
www.CarersSupport.org.uk

Carers UK
www.carersuk.org

Changes Ahead
www.thecarerscentre.org

Headway West Sussex
www.headwaywestsussex.org.uk

Holding Space
www.holdingspace.org.uk

The Advocacy People
www.theadvocacypeople.org.uk

The Carers Centre
www.thecarerscentre.org

West Sussex Local Offer
westsussex.local-offer.org

West Sussex Parent Carer Forum
www.wspcf.org.uk

The Month in Review

NHS Sussex Crawley Workshop



The NHS has a Long Term Plan for change, which promotes working together among the NHS, public bodies and authorities, voluntary and charity organisations as well as members of the public.

This event brought those groups together to identify mental health priorities which will be focused on in the next few months. It is part of a Sussex-wide consultation.

Crawley is a '1st Wave' site, meaning it is the pilot site for West Sussex. Changes made here will be reviewed and rolled out further, or reviewed to learn from, tweak or rethink.

The event went well, with lots of interesting discussions and ideas put forward. Overall, everyone seemed to be on board with the concept of a wider team that has the NHS, local authorities and the Voluntary, Community and Social Enterprise sector (VCSE) collaborating together as one Sussex-wide team.

Information and ideas gathered at the event are being collated and reviewed with the overall Sussex project as well, to identify the priorities and key ideas people want to have implemented. We'll update you when we have more information.



Members' Meetings

October saw 2 meetings held online for SCALE members in West Sussex.

These were very informal, and the members shared their thoughts about how they would like these meetings to be run.

The membership broadly sees itself as one team, and that is so positive. It will make the development of the network, and involvement in activities related to the community transformation work, move along more smoothly.

There will be plenty to do and join in on within the network. For example, it would be great to have this newsletter coproduced, for a start!

Opportunities

How you can contribute using your lived experience:

Role (West Sussex)

We need to recruit some group facilitators to support Catherine McGill with running groups, and also to support ensuring groups continue while Catherine McGill is absent on some upcoming medical leave. We need experienced facilitators who can step in quickly, but also want to support the development of other interested people. If you don't have any (or very much) group facilitation experience, please let us know, as we plan to pair up experience with interest as development opportunities.

If interested, please contact Catherine McGill for more information, advising of your existing experience if you have any.

Survey (All areas)

Health and care organisations in Sussex have been working together to plan and prepare this winter, whilst also developing our 5 year plan to achieve better health and care for our people and communities.

We can't focus on everything, so we need your help.

-  How do you feel about the NHS?
-  What would help you and your loved ones stay well this winter?
-  What should our ambitions and priorities be?
-  What's important to you where you live?

Let us know by completing our survey: <https://bit.ly/HUHYsurvey>

Looking for deaf, disabled and/or neurodivergent writers

The BBC Writersroom Writers' Access Group will be returning for a third time in 2023 and they'll be looking for a brand-new group of talented deaf, disabled and/or neurodivergent writers to work with over the course of 2023/2024. For the first time they will be selecting writers for the group via an open call out, with submissions opening from 24th January. They'll be running webinars to help people plan ahead for their application. Read more: <https://shapingourlives.us10.list-manage.com/track/click?u=d3e11cfe1dce72cdbc9c40bb4&id=be552d631f&e=682af5d4c7>

The following list identifies ongoing opportunities to complete surveys or provide feedback. These are unpaid unless stated otherwise.

Where from	What	Who for	How
NHS Sussex	Surveys	Sussex Residents	https://www.sussex.ics.nhs.uk/get-involved/ways-to-get-involved/
Healthwatch	Feedback	Sussex Residents	https://www.healthwatchbrightonandhove.co.uk/have-your-say
NSPA	Surveys	Suicide Prevention	https://nspa.org.uk/home/lived-experience-network/lived-experience-work-join-our-online-panel/
Sense	Volunteering	Anyone - Volunteer as a Sense Virtual Buddy	https://www.sense.org.uk/volunteer-as-a-sense-virtual-buddy-b/
West Sussex Mind	Ongoing request. Paid	West Sussex Residents	Support co-chairing of Pathfinder Review and to help with the evaluation itself. https://www.westsussexmind.org/jobs/experts-by-experience-co-chair-for-our-pathfinder-service
East Sussex County Council	Ongoing request.	Sussex (all Sussex) residents with experience of domestic abuse	Members for a domestic abuse Voices of Lived Experience Board (VOLEB) and related activities covering all of Sussex. The board meets online and is voluntary, but there are rewards for specific work arising from the Board's discussions. Contact: Sarah Flagg: Sarah.Flagg@eastsussex.gov.uk
West Sussex County Council	Ongoing request. Paid and unpaid opportunities	West Sussex Residents	Various opportunities to support reviews of West Sussex Adult Services workingtogetheras@westsussex.gov.uk