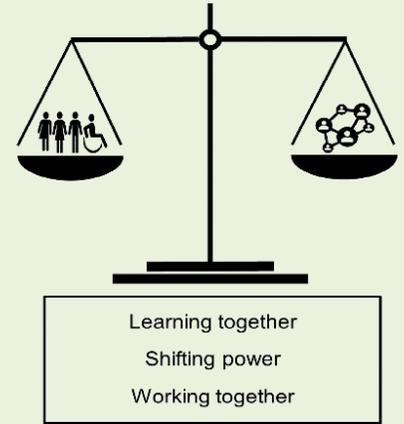


SCALE Network Newsletter

Sussex Coproduction And Lived Experience

October 2022



IN THIS ISSUE

Welcome

Meet the Leads

The SCALE LEAG

Spotlight on ... grief

The month in review

**Opportunities &
Surveys**

Contributions from:

Catherine McGill

Coproduction Lead, West Sussex

Catherine.mcgill@capitalproject.org

Tasha Barefield

Lived Experience Co-ordinator,
Brighton & Hove and East Sussex

natasha@possabilitypeople.org.uk

Welcome to October's newsletter.

It definitely feels to me like Halloween is coming, with the days being much crisper than before.

West Sussex welcomed its first 21 members, and their first meeting is planned for October.

If you have anything you'd like to share about lived experience, send it to Catherine for future newsletters

Meet the Leads

East Sussex, and B&H

West Sussex



Hi, I'm Catherine, and I'm the Coproduction Lead for West Sussex. I started my role in May (31st!) and will be supporting people to use their lived experience of poor mental health to contribute to the Community Mental Health Transformation Programme.

I'm excited to have this opportunity to coordinate the existing lived experience groups and networks, and the organisations doing coproduction. We also hope to find members who are **not** using mental health services, to help us understand why that is, and how we can influence changing that, but anyone with previous, current or ongoing poor mental health can join.

There's a link on page 4 to sign up for the network, and although originally put up for West Sussex, you can register there for B&H and East Sussex as well – I'll pass the information to Tasha. We're hoping to make things as smooth and confusion free for everyone as possible.



Hi, I'm Tasha and I'm a Lived Experience Co-ordinator for the Brighton & Hove and East Sussex areas.

I am working with Catherine on SCALE to ensure we cover the whole of Sussex to offer opportunities for service users to get involved with the Community Mental Health Transformation Programme.

I have been working across Brighton & Hove for the last year involving and supporting people with lived experience of mental health issues with opportunities to feedback to decision-makers who are commissioning and designing mental health services.

I am now starting to work across East Sussex as well and we have lots of opportunities coming up for people to get involved. If you are interested in having a chat about any of this work please contact Tasha on natasha@possabilitypeople.org.uk or call 07305034311. Thank you!

The SCALE LEAG

Coproduction of the Coproduction!



A LEAG is a Lived Experience Advisory Board, and we are excited to recruit a LEAG for the SCALE Network in West Sussex.

Applications have been coming in, and we would still like to hear from anyone interested in this – please contact Catherine. Those advisors will then shape the plans for the SCALE Network in West Sussex. They will think about what the network should look like, and coproduce plans, processes, and opportunities. They'll work directly with the Coproduction Lead to help put ideas into action.

By March 2023 we aim to have a framework for the network and the Coproduction Lead role, so that we can seek funding to put an ongoing network in place.

We'll be keeping you updated here, and hopefully we'll see you all at a launch event for the network next year.



Why do we need a LEAG?

Coproduction is absolutely vital for this role and this network.

The Coproduction Lead will not champion and promote the involvement of lived experience without demonstrating this in action.

Some plans and processes had to be put in place so that the network could be created and advertised, but all of those activities are open to revision by the LEAG. They will coproduce a plan for what the network should look like, to be embedded as an ongoing team or group. They will think about what the priorities and principles are for the Coproduction Lead and the network, and help the Lead to create proposals for any new funding.

Spotlight on ... grief



Early in September we learned of the death of Queen Elizabeth II. Although most of us will never have met the monarchy or feel personally affected by this death, the phenomenon of collective grief is interesting.

A popular service which supports people with grief is Cruse, and they think about this phenomenon and its impact here:

<https://www.cruse.org.uk/understanding-grief/grief-experiences/collective-grief/>

Cruse offer free support in several ways, including their helpline: 0808 808 1677.

To the right is a list of other support organisations for bereavement.

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](#)

Bereavement Directory



St Michael's Hospice
Bereavement Support Service:
www.sussexcommunity.org.uk

At a Loss - A directory for finding support:
<https://www.ataloss.org/>

Winston's Wish - For anyone supporting a grieving child:
<https://www.winstonswish.org/>

Child Bereavement UK - Support for bereaved children and families:
<https://www.childbereavementuk.org/>

Sudden - Support when someone has died suddenly:
<https://sudden.org/>

BAMEStream - Support for BAME adults affected by a death from Covid-19 -
<https://www.baatn.org.uk/bamestream-bereavement-support-service/>

Sussex Bereavement Support:
<https://arena.westsussex.gov.uk/web/arena/currentoffer/bereavement-support>

The Month in Review

NHS Sussex Crawley Workshop



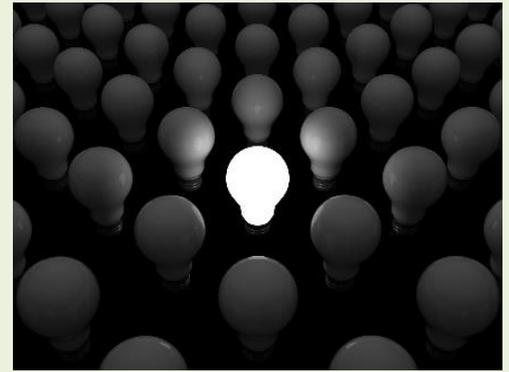
Throughout September we took applications for people to support an engagement event in Crawley. The people who have been selected to attend or share their stories will be contacted this week.

What is the engagement about?

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.

The event brings all 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.



What will this engagement look like?

There were 3 different opportunities requested for this event.

1 - Sharing a personal story about mental health. These stories will be posted on walls, showing attendees what some of the issues, concerns, and positives are for support around Crawley.

2 - Speak at the event. The speaker(s) will tell the attendees about an aspect of their mental health and their experiences of trying to get support for it.

3 - Provide input in groups to identify priorities and gaps around Crawley.

Action plans will be created from this work. The actions will be jointly owned by the organisations attending, to ensure collaboration.

Opportunities

How you can contribute using your lived experience:

Opportunity (All areas)

Lived Experience Rough Sleeping Panel members.

See document attached to email which included this newsletter, or contact Catherine to request a copy. Closing date to apply: 12th October 2022.

Opportunity (West Sussex)

Ongoing request for West Sussex Mind - support co-chairing of Pathfinder Review and to help with the evaluation itself. Paid.

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

Opportunity (All areas)

Ongoing request for members of a domestic abuse Voices of Lived Experience Board (VOLEB) and related activities covering all of Sussex. The Board is voluntary, but there are rewards (vouchers, training, support with job references, for example) for specific work arising from the Board's discussions.

The board meets online on the first Tuesday of every month. A fortnightly, informal drop-in online meeting has now been implemented in addition to the monthly meeting in response to members' feedback about opportunities to attend online meetings.

If you have lived experience of domestic abuse and are interested, please contact Sarah Flagg: Sarah.Flagg@eastsussex.gov.uk

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/