

(Lived Experience Advisory Group)

We are a dedicated Mental Health Lived Experience Network, challenging and changing Local Mental Health Care for the future.

- Do you have personal experience of mental health care and support?
- Do you care for a friend or relation of someone with mental health experience?

And does your experience link to West Sussex?

If you answered yes to one of the above, consider joining our united Lived Experience Advisory Group (LEAG) for West Sussex.

We sit independently of support services and networks, collaborating to improve mental health experiences.

We co-produce with our local partners and organisations (including the NHS and Council driven services) to provide lived experience insight and recommendations.

We represent those of all backgrounds and experiences, and champion those with reduced access and opportunities to support networks.

For more information:

See Website: <https://www.capitalproject.org>

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Contact Sara Shepherd at: Sara.shepherd@capitalproject.org or on 07522 227941 (phone, text or WhatsApp) to find out more.

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What Is Our Group 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 LEAG links with key teams and groups responsible for commissioning and / or implementing these changes.
- The group has been commissioned to work together with lived experience networks in West Sussex, for better communication and coordination.

What Is Co-Production?

Co-production is a way of collaborative working between those with lived experience, and those working in the health & social care setting. Co-production offers a channel for personal experiences to be the fuel for changes within local communities. Our objectives: equal engagement and participation.

What do I need to know or do?

- You need experience of poor mental health, or of supporting a relative or friend who has. And to live in West Sussex, with 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 group?

- Information about mental health services and lived 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.
- 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.
- Members are offered payment to attend monthly LEAG meetings.
- There is no guarantee of paid work, though we will influence, create, identify, and share as many opportunities as possible.