

**Have you previously used any of
Livewell Southwest's services,
or do you care for someone who has?**



Let's work together to improve our services

We need people with lived or living experience of using our services who can share with us what works well, what needs to be improved and be involved in making the changes.

What is co-production?

“Co-production is about people with lived experience and staff working as equals, sharing expertise and power to improve outcomes and services for people who use them.”

When we involve people with lived experience in anything we do from designing leaflets, to improving conditions on a ward or making decisions about how care is given, this is co-production.



Some of the ways to get involved with us

- ✓ Interviewing new staff
- ✓ Advising us how we can improve
- ✓ Joining our monthly co-production working group meetings for Livewell Southwest
- ✓ Reviewing our course materials, helping us to make them user friendly

What being involved means to me

It is very rewarding knowing I'm making a difference within the mental health system. It is a great organisation to be a part of and I have made good friends whilst attending events and it is a lovely group of people to work with.

Being involved has also increased my self confidence to be involved in the meetings and to feel validated.

Being involved has fostered a renewal of hope in oneself and others through learning together.

It is empowering to be involved as I can use my negative experiences in a positive way to bring about change.

Here are some examples of where people with lived experience have been involved in change in Livewell

Writing our patient experience strategy

Designing our co-production logo

Co-creating and delivering training for staff on Trauma-Informed Awareness, What is Co-Production?, Carers Awareness training and more

Shaping what happens in Learning Disability Awareness Week

Creating sensory rooms in Harford and Bridford wards

Why get involved?

There are many benefits to getting involved...

**You can choose what you
are involved in**

**You can be involved at
your own pace**

**You'll meet some new
people, both staff and
people with lived
experience**

**You'll be offered many
training opportunities**

**You can add your
involvement experience to
your CV**

You'll learn new skills

**Your self confidence can
increase**

How to get involved



If you are interested in getting involved please call our Participation and Involvement Specialist, Christina Maccullie, on 07747 780607 or email her at livewell.coproduction@nhs.net for more information.

Committed to co-production

