

EXPERTS BY EXPERIENCE

Newcastle Gateshead Network

Equal and diverse people making change happen

EXPERTS BY EXPERIENCE NETWORK NEWSLETTER

Oct 2019

Co-production? It really works!

October has been a busy month for us, winning awards and attending events to show the value of lived experience. Read on to find out more...

Asking the difficult questions

Six Experts worked with Gateshead Council's Adult Safeguarding Team to design and co-deliver a one-day workshop called "Asking the Difficult Questions: Safeguarding and Substance Misuse".

We modelled co-production values right from the start by being equal participants around the table planning the day with council staff. They really did listen to our ideas for how the day should run and by starting the event with an Expert-led quiz the tone was set for honest and open conversations and shared learning.



At the end of the event we all wrote pledges on how we can all work together to keep people who use substances safe in Gateshead and hopefully start to see an end to drug deaths in our region. We're looking forward to continuing our work together and were delighted to receive this feedback from one of the participants:

"I just wanted to say that I thought the event yesterday was fantastic and one of the very best examples of co-production with experts by experience that I have ever attended!"



FULLING LIVES

Newcastle Gateshead

And the winner is... RESPOND!

We are delighted to announce that RESPOND, an amazing co-produced training course, has won a much deserved National Award for Best Practice in Mental Health Training – and our Experts were part of it all.

Here's Mark, an Expert who is really committed to bringing the voice of lived experience to RESPOND, chatting at our monthly Air and Share meeting about his trip to the awards ceremony and what it felt like to win (more about Air and Share below).



The Experts are currently working with the RESPOND team to design and script another scenario to add to the training package: learning about how to support someone in an Accident and Emergency Department experiencing a mental health crisis.

What happens at an Air and Share?

Our weekly meetings are held at Good Space in Newcastle and can be full of ideas and planning for where and how lived experience voices are going to be heard. However, we decided that sometimes we needed some time out from the work and share some time getting to know each other and most importantly hearing about what we have been up to as Experts by Experience. So once a month – the third Thursday – we take our meeting to Basis in Gateshead. No agenda, no sitting around a meeting table, just sofas, chats and team building.

Reaching out on both sides of the Tyne on World Mental Health Day

World Mental Health Day on 10 October was a super busy day for the Experts by Experience Network. We ensured that we were visible at events at St Nicholas Hospital Newcastle and at the Shipley Art Gallery Gateshead where we spoke about the work of Fulfilling Lives Newcastle Gateshead (FLNG) and promoted the Experts by Experience Network.

The day also saw Experts involved in staff recruitment work, a presentation to Health Education England and of course winning awards! What a day!



Co-Production in Practice Training

Want to learn more about co-production? FLNG alongside the Experts by Experience Network offer a free course to share ideas and learning with other local services.

Who is this training for?

Frontline staff and managers of services that come into contact with people with multiple and complex needs across Newcastle and Gateshead. This is inclusive training so we value the attendance of people who use services too.

What does the training cover?

The course uses a trauma-informed care model of service development and covers an overview of the principles of co-production, key skills and core values underlying the approach and examples of co-production in practice.

It is a practical workshop and participants are invited to bring to the training an idea of an activity or area they may be interested in applying co-production to and we will share our knowledge and experience to help to make this a reality.

Participants are also given the opportunity to develop a bespoke co-production action plan during the session and will be offered a follow-up conversation after the training to provide further advice and support if needed.

Book your free place:

[25 November 2019 @ Changing Lives Gateshead](#) (Visit www.eventbrite.co.uk and search for 'Co-Production in Practice'.)

Feel like joining us?

The Experts by Experience Network is always growing. One Expert who attends our meetings said that Thursday is his favourite day as he always feels happy leaving our meeting, feels valued and full of purpose.

**We meet every Thursday
2.30pm-4.30pm.**

Regular meeting at Good Space, Commercial Union House, Pilgrim Street, Newcastle

Third Thursday of the month 'Air and Share' at Basis, Progress House, Warwick Street, Gateshead.

So if you feel that you would like to belong to something powerful and important where you are listened to and where you have opportunity to learn, influence and develop then why not get in touch?



- Phone or text Lou on 07812 672739
- Phone or text Shaun on 07812 672779
- Email us at ebenetwork@fulfillinglives-ng.org.uk

Or come along to a Welcome meeting

Our Welcome meetings are a great opportunity to find out more. They're a relaxed space with some representatives of the Network including of course Experts who can tell you themselves what they like about being part of the Network.

Welcome meetings are held:

- Second Tuesday of the month at 2pm-3.30pm
- Last Friday of the month at 10.30am-12.00

Welcome meetings happen in The Snug at George Street Social, George Street, Newcastle.

Please get in touch if you plan to come along.

And finally....

We will be moving from producing a monthly newsletter to creating a bumper news and action packed edition every three months. We just have too much to share!

So please look out for our next newsletter in December where we will share our achievements and good cheer with you!



Newsletter issued by: **Experts By Experience Network, Fulfilling Lives Newcastle Gateshead, 4 Bentinck Terrace, Newcastle, NE4 6US**