

Sussex Health and Care - Lived Experience Network: Recruitment information

Please contact us if you would like a copy of the **Easy Read version** of this document.

1. Background

Sussex Health and Care is a collaboration of health and care organisations across Sussex. Our aim is to improve the health of the populations we serve and ensure organisations are working in the most effective and joined-up way.

Traverse is an independent organisation that supports health and care organisations to involve people and communities in decision-making.

Research Enabled by Lived Experience (**the REBLE**) is a panel of people who have diverse lived experiences. Hosted by Traverse, they are helping to improve the practice of co-production nationally.

The design of this recruitment document has been an exercise of collaboration and co-production between REBLE, Traverse, and Sussex Health and Care.

2. What is the group for?

Sussex Health and Care believe that involving people with lived experience in decisions about their care and about how health and care services are planned and delivered is the best way to improve services and meet people's needs.

The Lived Experience Network is a new group that will co-design ways for people to be involved in shaping health and care services in Sussex - from GP services to care delivered in hospitals and communities – you could help people to have their voice heard and to change services for the better.

3. Why should I take part?

- To help **shift the balance of power** in relationships between patients and health and care providers.
- To use your experiences to **make a difference** to health and care services in Sussex.
- To shape how people can get involved and have their say in the future, because **your voice matters**.
- To learn new skills in **collaboration, co-production, and peer support**, and put them into practice.

4. What does the role involve, and what support is available?

You would be part of a group of 10 people with a range of lived experience from across Sussex. You would take part in **six meetings over six months** between September 2022 and January 2023. There might be some reading and thinking for you to do, or some conversations to have between meetings.

The meetings will happen online on **Zoom** – and you would be invited to join on a phone or computer. We can support you with accessibility requirements, such as showing you how to use Zoom, or we can get you a phone to use.

The meetings will be facilitated by Maddy Maxwell from Traverse. Her role will be to support the group to have discussions and make decisions together, and to make sure that all members of the group have space to contribute their thoughts and ideas. You would be working alongside people from Sussex Health and Care, the REBLE, and Traverse.

You would be **paid for your time**, at a rate of £33/hour. You can **claim expenses** for childcare or care of a family member with a disability or other additional needs while you attend the meetings. You will have access to an **advice line** so that you can get advice on how this would affect any benefits you receive. There is a range of support in place for you if you take part, and we are interested to hear from you what support you would need. Support could include training, wellbeing support and peer support.

At the end of this work, you would become a Lived Experience Advisor for Sussex, and there will be a conversation about how you would like to be involved more in the work of Sussex Health and Care.

5. Who are we looking for?

We want to bring together a **diverse group of people** with a range of gender identities, ages, ethnicities, and experiences. We are really keen to involve people from minoritised communities – people from black and minority ethnic communities, people with LGBTQ+ identities and disabled people. We would love to hear from you if ...

- **You are from Sussex.**
 - We want to bring together a diverse group of people from across East Sussex, West Sussex and Brighton and Hove - from cities, towns, and more rural locations and from coastal areas and inland.
- **You have experience of living with a long-term physical and/or mental health condition (or conditions).**
 - This could be - for example - dementia, long COVID, cancer, diabetes, bone and joint issues (musculoskeletal), chronic pain, heart disease, mental health issues, or other health issues. We are looking to bring together a group of people who use a range of different health and care services.

■ You are interested in the topic

- We are looking for people who are excited about the idea of patients and people with lived experience having more power in making decisions about health and care services.
- We are looking for people who are interested in working together in groups to think about and design solutions to problems, supporting each other, and leading together.

We recognise that you can only be who you are with your experiences, and we are not expecting you to represent an entire community. This is an opportunity to connect with the other people in the group and tap into our shared networks. If you come to this role with connections to existing groups and communities that would be brilliant but not essential.

6. Selection process

Your application will be reviewed by a panel made up of members of the Sussex Health and Care team, Traverse colleagues, and REBLE. We will select 10 people to join the group to make sure we have a mix of people involved with a range of experiences. For those who were unsuccessful in their application, they will be given the opportunity to be signposted to other opportunities to be involved and added to a mailing list where they will receive updates on the group, and information about future similar opportunities.

7. How to apply

- Please get in touch and we will send you a few questions to understand a bit about you. This will help us to decide who will be asked if they want to join the group. You will be able to answer in writing, by making a video or audio recording, over a phone call, or in another way that works for you.
- To get in touch, you can text or call this number **020 7239 7804**. Please tell us your name and phone number and we will contact you within 2 working days.
- Or you can email us at this email address: SussexLEN@traverse.ltd
- **The closing date for all applications will be the 21st of August.**