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# **Your guide to The Mental Health, Dementia, Learning Disability and Autism (MHDLDA) Co-production Network**

Co-produced with the Network Members and Speak Out Leaders



Lincolnshire Partnership  
NHS Foundation Trust

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## **Have Your Say – Help Improve Mental Health Services in Lincolnshire**

The Mental Health, Dementia, Learning Disability and Autism (MHDLDA) Co-production Network is a group where people like you can help make mental health services better in Lincolnshire.

Since 2021, people who have used or cared for someone using mental health services have joined the group to share ideas and experiences. These ideas help shape how support is given in the future.

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## **How much time do I need to give?**

We usually meet every two months for about 1 to 2 hours at a time on Microsoft Teams.

Sometimes this might change, but we'll always let you know early if it does.

We also plan a yearly schedule so you know the dates in advance.

You can choose how much you want to join in—every bit helps!

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## What is Co-production?

It means working together. People who have used services team up with those who plan and deliver them. Everyone's voice matters.

The Network is a safe, welcoming place where you can:

- Share your thoughts
  - Help make positive changes
  - Be part of a team
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## **The group includes:**

- People with lived experience (You!)
- Shine Lincolnshire
- Lincolnshire Partnership NHS Foundation Trust

If you want to make a difference in your community, this is a great place to start.

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## Who Can Join Us?

We're looking for people who:

- Have used, or are using, mental health services in Lincolnshire
- Care for a family member or friend with mental health needs
- Like working with others to make things better

You don't need to have done anything like this before—we'll help and support you all the way!

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## What will you be doing?



- Developing your skills, knowledge and confidence to take part.



- Sharing your personal experience of services with others in person or online.



- Working with peers and staff to design and improve services.
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## What Will We Do for You?

We will support you by:

- Giving you training to help you learn new things and build your skills, using courses from Lincolnshire Recovery College
- Work with you, listen to your ideas, and keep our promises
- Pay for your travel and give you drinks and snacks when needed

We're here to support you every step of the way!

**Find out more:** [lpft.nhs.uk/recovery-college](https://lpft.nhs.uk/recovery-college)





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## **Join In Your Own Way!**

We know life can be busy, and it's not always easy to give the same time every month. That's why we've made three Co-production Pathways so you can join in when it works best for you.

Our Pathways mean:

- Everyone's ideas are important—no matter how much time you give
- You can start where it feels right for you
- You can move between the pathways as things change for you

You can do a little or a lot—it's your choice!

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## What Can You Do in the Network?

These activities are part of all three Co-production Pathways, so no matter how much time you have, you can still make a big difference!

You can:

- Come to meetings
- Share ideas to help make services better
- Talk about your own experiences in meetings or interviews
- Work with others to plan and improve support
- Make sure people, carers, and families are always heard

There are even more ways to get involved—keep reading to find out how

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## The Co-production Pathways

The three levels of involvement are:



**Green  
Pathway**

Share your  
Story



**Orange  
Pathway**

Shape Services



**Blue  
Pathway**

Full  
Involvement



## **Green Pathway**

Share your Story

- Go to events and meetings and tell your story
- Share your thoughts on written information
- Help make staff training better



# Orange Pathway

## Shape Services

- Go to events and tell people what you think
  - Read and talk about important papers
  - Join in with staff training
  - Go to planning meetings with services
  - Help make mental health support better
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# **Blue Pathway**

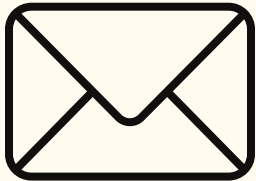
## Full Involvement

- Help plan and speak at events and conferences
  - Help make and check important papers
  - Help run staff training sessions
  - Join in meetings to help plan how services work
  - Share your ideas to help make mental health services better
  - You will get chances to learn new things through training
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## How to get involved?

If you have any questions, or would like to get involved, please contact Shine:



[coproduction@shinelincolnshire.com](mailto:coproduction@shinelincolnshire.com)



01507 304 548

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## Further Information

### **Lincolnshire Mental Health Transformation**

[www.lpft.nhs.uk/about-us/transformation](http://www.lpft.nhs.uk/about-us/transformation)

### **Shine Lincolnshire**

[www.shinelincolnshire.com](http://www.shinelincolnshire.com)

01507 304 548

### **How Are You, Lincolnshire?**

[www.haylincolnshire.co.uk](http://www.haylincolnshire.co.uk)

### **Lincolnshire Recovery College**

[www.lpft.nhs.uk/our-services/adults/recovery-college](http://www.lpft.nhs.uk/our-services/adults/recovery-college)

### **Voiceability**

Speak Out Facilitator: Kerry Gibson - [kerry.gibson@voiceability.org](mailto:kerry.gibson@voiceability.org)

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