
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.

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!

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

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.

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!

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.

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

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!

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

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



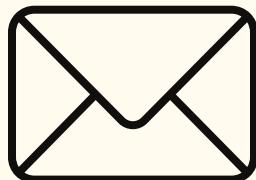
Blue Pathway

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

How to get involved?

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



coproduction@shinelincolnshire.com



01507 304 548

Further Information

Lincolnshire Mental Health Transformation

www.lpft.nhs.uk/about-us/transformation

Shine Lincolnshire

www.shinelincolnshire.com

01507 304 548

How Are You, Lincolnshire?

www.haylincolnshire.co.uk

Lincolnshire Recovery College

www.lpft.nhs.uk/our-services/adults/recovery-college

Voiceability

Speak Out Facilitator: Kerry Gibson - kerry.gibson@voiceability.org
