



Lived Experience

Involvement and collaboration are two of The Five Ways of Working set out in the Wellbeing of Future Generations Act. While this also refers to engagement with stakeholders, there is an onus on health, social care and the third sector to involve and collaborate with patients and the public to improve the wellbeing of the population in Wales.

People with lived experience can offer a unique perspective on our health and social care services based on real experience. They can tell us first hand what it is like to experience a certain issue or service.

In this newsletter, the Hub shares best practice of how services in our region have used lived experience as an asset from a variety of perspectives and provide further information to help incorporate lived experience into health and social care.

Employing People with Lived Experience

One of the ways we can incorporate people with lived experience in our work is by employing people with lived experience into our services.

Stacey and Joanna's Story

The Hub worked with Cardiff and Vale Community Learning Disability Team to tell the story of Stacey and Joanna, two inspiring individuals with a learning disability who have been employed into the service. The film exemplifies how employing people lived experience can benefit both the individuals and the services they are employed into. The film has been shared nationally in the hope that it will inspire similar roles across health and social care services and ensure better outcomes for the population of Wales.



Following the release of the film, Joanna and Stacey met with the Director of Operations for Primary Care and Intermediate Care, who is responsible for the funding of the positions, to discuss the roles in more detail and further understand the impact that lived experience roles can have in our health and social care system.

'Stacey and Joanna's Story highlights how the Regional Partnership Board can utilise the valuable knowledge and experience of people with lived experience in our work.' - Cath Doman, Director of Integrated Health and Social Care at Cardiff and Vale UHB

[Watch here](#)

How To Employ People With Lived Experience

Drawing upon existing resources and literature, the Hub has pulled together an easy guide to help navigate common challenges, barriers and enablers of employing people with lived experience. The guide also includes more information about the funding and recruitment aspects of Stacey and Joanna's roles.

[Read more](#)



Using Lived Experience to Save Lives

Accidental drug poisonings remain a leading cause of preventable death amongst people who use opioids in the UK. Easy access to harm reduction interventions, such as distribution of Naloxone, are crucial to preventing fatal drug poisonings.

The Cardiff and Vale Area Planning Board has implemented a peer-to-peer programme of volunteers with lived experience of drug use and dependency to enhance its drug poisoning prevention strategies. The programme aims to advocate for and support individuals using substances, whilst bringing additional scope and capacity to existing commissioned programmes.



[Read more](#)

Lived Experience in the Regional Partnership Board



Mike is one of two unpaid carers representatives on Cardiff and Vale Regional Partnership Board. He shared his experience of the role, its challenges and what he hopes to see in the future of our health and social care system.

"You can't beat lived experience...it's having that lived experience and being innovative with lived experience and the knowledge." - Mike O'Brien, Unpaid Carers Rep

[Read more](#)

Engaging with people with lived experience

Engaging with people with lived experience can have a positive impact on the work that we do and can inform changes to services and the way we work. To do so meaningfully, it's important to understand what works well, what the challenges and barriers might be and how to overcome them. The Hub has created a guide to give you a place to start.

[Read more](#)



Co-production Network for Wales are a community of people who believe in the value of co-production and citizen involvement.

Membership is open to everyone who has an interest in co-production in public services

Cardiff and Vale Regional Partnership Board have created an engagement community of practice platform for practitioners carrying out engagement work in the region. It was co-designed by practitioners with the aim of establishing a common, joined up approach that will increase the range of voices heard.

Take a look at our [website](#) for more of our work or get in touch via Dylan.John4@wales.nhs.uk

