



# INVOLVING SERVICE USERS IN THE WORK THAT WE DO

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# MY JOURNEY

- ❖ Using my experience to help others
- ❖ Different and unique perspective
- ❖ What prevented me from seeking help?



\*  
We know it may not feel  
like it, but there is hope!

We will hold it for you  
until you feel able to hold  
it yourself

\*  
**By Your Side Holding your hand through  
perinatal mental illness  
@ByYourSidePerinatal**  
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- ❖ Helping parents to see there is no shame in needing support and that they aren't alone!
- ❖ We are proof that there is light at the end of the tunnel!
- ❖ Sometimes we are best placed to know what support is most helpful and when

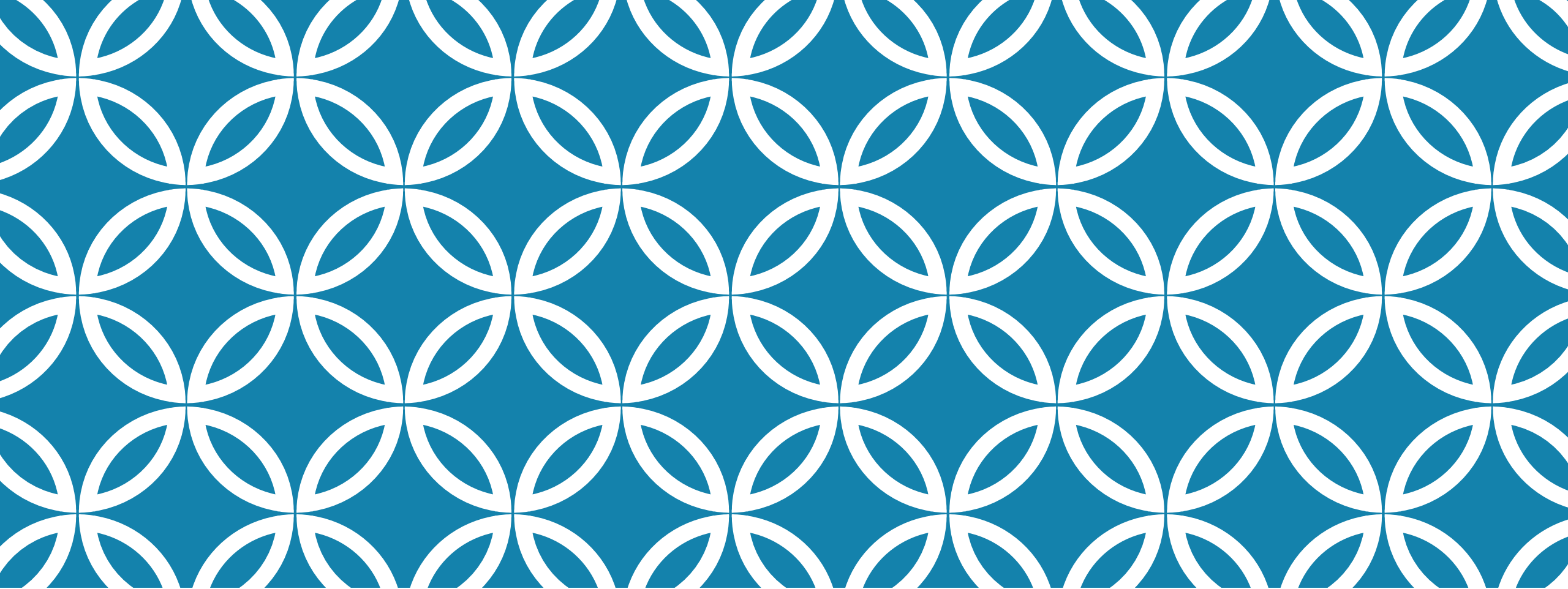
# WHAT IS CO-PRODUCTION?

The Department of Health defined Co-Production as:

“When you as an individual influence the support and services you receive, or when groups of people get together to influence the way that services are designed, commissioned and delivered”

# THINGS TO REMEMBER

- ❖ No one is hard to reach!
- ❖ *"you are hard to reach" - like they are sat up on a shelf and we have got to lure them down with biscuits, or something.... actually if you just got a ladder and sat next to them that would be fine. 'Reaching the hard to reach' - lessons learned from the VCS (voluntary and community Sector). A qualitative study; Sarah M Flanagan & Beverley Hancock; doi: 10.1186/1472-6963-10-92*
- ❖ Think outside the box!
- ❖ Remember to lose the jargon!
- ❖ We are there because of our experience – embrace that
- ❖ Embrace the cultural change – don't be defensive!



**ANY QUESTIONS??**

