1 RECRUITMENT

- How will we involve people with lived experience in our QuITT project?
- What support is available to us to do this?
- Where are the patients we can invite to get involved?
- How do we make them aware of the project?
- How do we identify budget for co-production?

2 ENGAGEMENT

- How can we engage people in this project?
- When can we do this by?

3 INVOLVEMENT

- How can we support people with lived experience, to maximise their involvement in the project?
- What adjustments can we offer?
- How do we all share roles and responsibilities, to draw on everyone's skills and experience?

4 SUPPORT

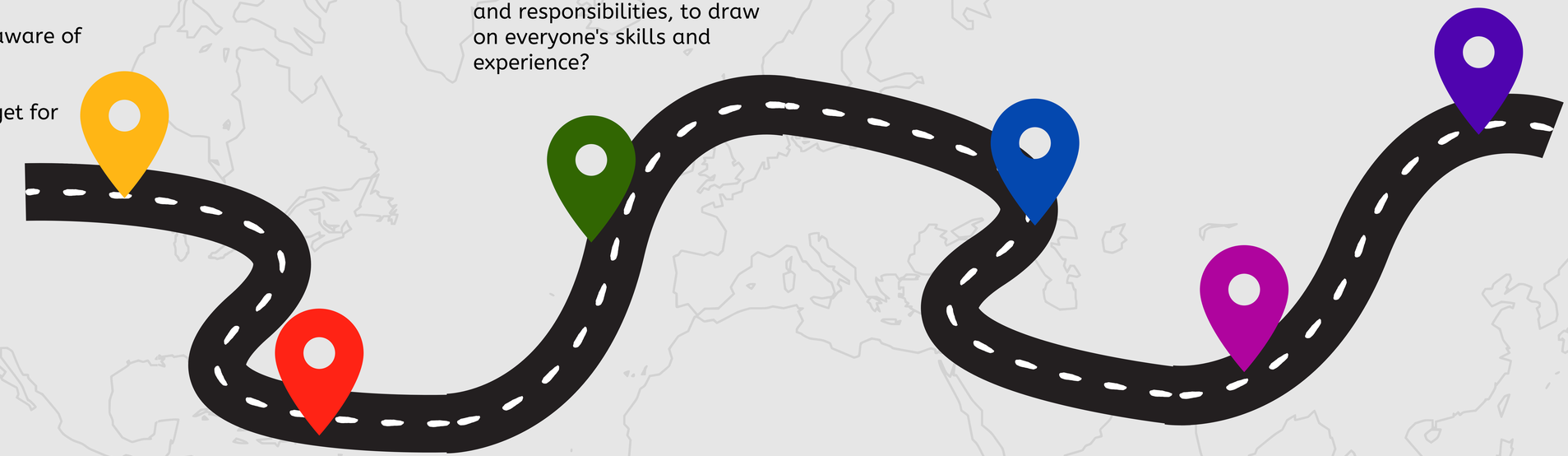
- How can we prepare people with lived experience for project meetings, and debrief or offer any support afterwards?
- Who can do this?

5 EXPERIENCE

- How do we ensure that the experience of being part of the team is meaningful and positive?
- How do people with lived experience benefit from participating?

6 REFLECT

- What challenges are you facing?
- How can you overcome them?
- What are you doing well?
- Are we equal partners in this work?



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