Healthier Lancashire and South Cumbria is a partnership of organisations coming together to improve outcomes and care for local people.

HLSC Co-production – Bereaved by Suicide
Vicki Wagstaff - NHSE
5th March 2019
Multiple organisations – Police, Local Authority and NHSE

Short Term Outcome 17
All those bereaved by suicide will be offered timely and appropriate information and offered support by appropriate bereavement services within 72 hours.
The plan

Stage 1: Research other geographical options

Stage 2: Gap Analysis of current provision

Stage 3: Consultation to confirm requirements & generate ideas

Stage 4: Produce recommendations report
        • Produce draft pathway

Stage 5: Consult full steering group for final recommendations

Stage 6: Present to Suicide Prevention Board
To co-produce with those with lived experience, the session has to;

- Have purpose
- Have clear outcomes
- Be meaningful for all involved
- GIVE as well as TAKE
- Provide clear expectations of those involved in the session

We didn’t have this until the Gap Analysis was completed
What we did

Ran 8 Focus Groups, 2 in each of 4 ICP’s (West Lancs and Central Preston happened together in Leyland)

Marketing

- Used our contacts to send out an email across the system
- Tweeted
- Accessed NHS Trust Intranets
- Contacted support groups
- Contacted 3rd sector services to advertise the focus groups
What did we do?

- Bereavement Support on hand – excellent ‘partnership working’
- Moved about in the room
- Non-healthcare venues
- Safe symbol
- Provided refreshments
- Task Focussed
- Scribers/note-takers on each table to harness any discussion points
- Spelt out the expectations from everyone involved at the beginning (see sheet)
- DIDN’T ask who they had lost to suicide
- Worked in groups
- Had table ice-breakers rather than full groups
- Did not ask who they had lost to suicide
Tasks

Task 2 – 25 minutes

- Sheets on table
- Put each tile (on table) in the DID or DIDN’T column
- If some did and some didn’t – straddle the two columns
- Using the **BLACK** pen – write on the number that agreed from the group (e.g. **2/4**)

<table>
<thead>
<tr>
<th>Did have contact</th>
<th>Didn’t have contact</th>
</tr>
</thead>
</table>

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Tasks

Task 2 – 25 minutes

- Using the **GREEN** pen – tick any that gave information.
- Using the **RED** pen – tick any that you would consider really good

Other Support
Online/Phone ✓

GP ✓ ✓
Tasks

26  Task 3 – 15 minutes

- Current support is generally:
  - Online/Phone
  - Face-2-Face
  - Information

- Write on the tiles what support you found helpful (more than 1 of each)
- Stick the tiles to the timeline on the wall of when they were accessed
- Any rubbish – put it in the bin
Tasks

Task 3 – 15 minutes

- Is there any type of support, help or information not available that would have helped?
- Use the clouds to note each idea
- Stick them on the timeline
Engagement with over 25 people, all bereaved by suicide

82 Big Ideas generated by those with lived experience to provide support for others

A group of people who are keen to continue working with the ICS on the suicide prevention plan and to inform change across the system

9 PILOT PROJECTS BEGINNING 1ST APRIL 2019!!
Communicated with the full group on what is happening with their ideas
Consulted with the group on the new elements of the HLSC website
Have had members of the group on the recent Innovation Fund panel
Members of the group working with us on our Community Feedback Sessions
People from the group joining us for our Suicide Prevention Digital Technology Focus Group
Thank You