

Co-production Opportunity

10 December 2021

Issue number 1

Rethink
Mental
Illness.

Working on joined up support for mental wellbeing

Hello

The prevention of mental health challenges is a key priority nationally, and in Norfolk & Waveney organisations and community groups are joining up so that wellbeing support is widely available to prevent the stresses we all face in life having a bad effect on our mental health.

Our Prevention and Wellbeing Plan is focusing on understanding what helps and doesn't help and what additional resources are needed. It is essential that people with lived experience of life challenges and stress that have affected their mental health and wellbeing are involved.

More support to prevent stress and challenges causing more serious challenges is a priority for change in the NHS Long Term Plan. In Norfolk and Waveney the NHS is working together with Norfolk and Suffolk Councils, charities, community organisations and people with lived experience to improve mental health.

What is co-production?

Co-production will be at the heart of improving mental health in Norfolk and Waveney

Rethink is facilitating the involvement of people with lived experience of mental health and wellbeing challenges so that joined up planning and action is co-produced.

Co-production is when people with lived experience of challenges work in partnership with staff in organisations that offer help. This way of working means that plans and actions for change are more effective.

Co-producing also has wellbeing benefits for all those involved, enabling connections and skills, opportunities to work together as a community of interest around mental health, and roles for people with lived experience, including carers and family members.

in good health

The Norfolk and Waveney Health and Care Partnership



Norfolk County Council



Understanding together

There are many conversations to be had to understand how best to join up community resources in Norfolk and Waveney to prevent challenges and stresses having a more severe impact on our mental health and wellbeing, supporting us to be as mentally well as possible.

We need to understand what helps and doesn't help for a wide range of people. And what and where the community resources and activities are that help us manage our own mental health, depending on individual needs and choices.

Connect with us!

Conversations can be one-to-one or in a group. Having a conversation, does not necessarily mean you will need to share your story if you do not feel that you want to. We can start by letting you know about plans and you can respond, adding your ideas based on your own lived experience, including supporting a loved one.

We would particularly like to hear from you if you are living with a long term physical health condition, are from a black or minority ethnic background, experience inequalities around gender or sexuality, have experience of domestic violence.

We would love to hear your views and ideas about what works well, not so well, or is missing for effective support to stay as mentally healthy as possible where you live.

Please send us an email message to

NandWcoproduction@rethink.org

and we will be in touch.

Please let us know the best way to contact you.

Thank you.



Lived experience roles

There is an opportunity for two people with lived experience of using wellbeing resources in the community to stay as mentally healthy as possible to join a working group - as Lived Experience Leaders.

This working group includes representatives from across the health and care system (In Good Health) and its purpose is to put the Norfolk and Waveney Prevention and Wellbeing Plan into action.

The role also involves connecting with members of the public in Norfolk and Waveney, listening to their views and ideas about the best ways to action the plan.

If you would like to find out more about this role, please send an email to

NandWcoproduction@rethink.org

for a role description.