

## Lived Experience Influencer – Role Overview

### Overview

NSPA's Lived Experience Network is striving to ensure that suicide prevention activity across the country is underpinned by the voices of people with lived experience, and that the knowledge of those with lived experience is valued, respected and seen as legitimate.

As part of this, we are looking for people to join our group of Lived Experience Influencers.

After completing NSPA's Influencer training program, a range of Opportunities and roles are shared with Influencers that involve drawing on lived experiences to influence suicide prevention policy and practice. Opportunities are varied, but examples include:

- Being part of groups that contribute to, or influence, national and/or local policy and practice related to suicide prevention
- Working with organisations that have an interest in suicide prevention, to advise from a lived experience perspective
- Speaking at events or conferences
- Supporting NSPA to further develop our Lived Experience Network
- Supporting NSPA to promote and share collective perspectives of people with lived experience to inform suicide prevention strategy

### Who can be a Lived Experience Influencer?

Applications are open to people who are over 18 years old and have lived experience(s) related to suicide. By 'lived experience', we mean personal experience of **one or more** of the following:

- Experience of living with suicidal thoughts
- Experience of attempting suicide
- Being bereaved by suicide
- Living with, or caring for, someone who experiences suicidal thoughts and/or has attempted suicide

In addition, the below skills are **essential**:

- Ability to communicate and work collaboratively with a range of different people including other people with lived experiences of suicide, and people working in suicide prevention
- Ability to give feedback and challenge constructively
- A commitment to respecting and acknowledging diversity and difference, and to promoting equity and inclusion for all

Prior experience will be useful, but is **not** essential, such as:

- Experience of drawing on your own personal lived experiences to influence, support or inform
- Experience of being part of networks, forums or online discussions

- Experience of seeking and amplifying diverse views of others with lived or living experiences, including those that might be different to your own

**We are particularly keen to receive applications from people who are from marginalised or under-represented groups, including:**

- **People who are Black, Brown, Asian or from minoritized ethnicity groups**
- **People who are Lesbian, Gay, Bisexual, Transgender, or Queer (LGBTQ)**
- **People who are neurodiverse**

### **What can you gain from being an Influencer?**

A range of support and development opportunities will be offered, along with remuneration for your time:

- Initial Influencer Training, plus additional development and learning opportunities throughout the year
- Opportunities to benefit from informal peer support, networking and mentoring within the Influencer group, including a closed Facebook Group, an optional “buddy scheme”
- Support from NSPA’s Lived Experience Network Manager
- Payment will be offered for time spent on all Influencer Opportunities, which will be between £16 and £28.50 per hour, depending on the roles

### **Time commitments**

- To become an Influencer, you must be available to attend NSPA’s Influencer training program which takes place via Zoom through 7 sessions that are 2-3 hours long. Please see below for dates and times of the next scheduled training program.
- After completing training, time commitments will vary depending on the Opportunities that you choose to take part in.

*If you wish to apply but know that you cannot make the training dates, do contact [livedexperience@nspa.org.uk](mailto:livedexperience@nspa.org.uk) and we will let you know when we will next be recruiting and training Influencers again.*

## Application process

*Suicide can be an emotionally challenging subject, particularly when drawing on your own lived experiences. Before applying, we would encourage you to read our “readiness” document.*

- Please complete the application form and return it to [livedexperience@nspa.org.uk](mailto:livedexperience@nspa.org.uk) by **Thursday 10<sup>th</sup> June**
- Your completed application will be reviewed by a panel from NSPA. If you have been shortlisted, we will invite you to take part in a further conversation about the role and your interest
- Following that conversation, we will let you know whether you have been invited to attend the Influencer training
- Please note that there are limited spaces in our Influencer group
  - Some candidates may be suitable but will be asked if they are willing to be kept on a waiting list due to the current limits on places or our need to ensure diversity of experience and background amongst influencers
  - Some candidates may not currently be ready to be part of the group, but may wish to consider applying again at a later date
  - Some candidates may not meet the criteria for the Influencer group but could register as to be a member of our wider Lived Experience Panel [Lived Experience Panel](#)

## Lived Experience Influencer Training Program – Summer 2021

Session number:	Date and time:
<b>Meet &amp; Greet</b>	Thursday 8 <sup>th</sup> July – 5.30-6.30pm
<b>1: Welcome, introductions and working together</b>	Monday 12 <sup>th</sup> July 5 – 7pm
<b>2: Exploring wellbeing and self care</b>	Friday 16 <sup>th</sup> July 4 – 7pm
<b>3: Suicide and suicide prevention in England</b>	Monday 19 <sup>th</sup> July 4 – 7pm
<b>4: Influence and Participation and preparing to share parts of our stories</b>	Wednesday 21 <sup>st</sup> July 5 – 7pm
<i>3(b) Optional - Follow up to wellbeing session</i>	Monday 26 <sup>th</sup> July 5- 6pm
<b>5: Sharing parts of our stories</b>	Tuesday 27 <sup>th</sup> July 4-7pm
<b>6: Story sharing reflections and application; skills and tips</b>	Monday 2 <sup>nd</sup> August 5-7pm
<b>7: Closing this training and moving forward</b>	Wednesday 4 <sup>th</sup> August 5-7pm