

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 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 Influencing 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 deliver services related to suicide prevention, such as through co-production, co-development or advisory roles
- Advising on research projects related to suicide prevention
- Speaking at events and conferences, both online and in person
- Co-facilitating, delivering or supporting with workshops and/or training
- Supporting wider work of NSPA from a lived experience perspective, such as working with us on our planning, further developing our lived experience network, campaigns, events, communications, and helping us amplify and share perspectives of people with lived experience to inform policy and practice

Who can be a Lived Experience Influencer?

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

- Living with suicidal thoughts
- Experience of attempting suicide
- Being bereaved by suicide
- Supporting or caring for a loved one who experiences suicidality

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

Whilst anyone with the above experiences and skills are welcome to apply, we are particularly keen to receive applications from people who are from marginalised or under-represented groups in suicide prevention spaces, including:

- People who are Black, Asian or from a racialised or minoritised ethnicity group
- People who are Lesbian, Gay, Bisexual, Transgender, or Queer (LGBTQ+)
- People who are neurodivergent
- People who have had lived experience in the criminal justice system (e.g. experience of prison, or in probation services)
- People with experience of maternal or perinatal mental health difficulties
- People who have had experiences of homelessness

What can you gain from being an Influencer?

A range of support and development opportunities will be offered:

- Lived Experience Influencer Training, plus additional development and learning opportunities throughout the year. The 7 session training is free to attend, and can also benefit you outside of your Influencer role with NSPA
- Opportunities to benefit from informal peer support, networking and mentoring within the Influencer group.
- Support from NSPA's Lived Experience Network staff
- Remuneration (pay) will be offered for time spent on opportunities and roles that Influencers are involved in after they have completed their training, in recognition of time, expertise and skills.

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 the below for dates and times of the next scheduled training program.
- After completing training, time commitments will vary depending on the Influencer opportunities that you choose to take part in. You can take part in opportunities based on your own interests and availability.

If you wish to apply but know that you cannot make the training dates below, please contact livedexperience@nspa.org.uk and we will let you know when we will next be recruiting and training Influencers again.

Lived Experience Influencer Training Program – Autumn 2023

Session:	Date and time:
Meet & Greet	Wednesday 20 th September 10.30am-12
1: Welcome, introductions and working together	Wednesday 4 th October 10am-12
2: Exploring self care session	Friday 13 th October 10am – 1pm
3: Suicide and suicide prevention in England	Wednesday 18 th October 10am – 1pm
4: Influence and Participation and preparing to share our own experiences	Wednesday 25 th October 10am-12
5: Sharing our experiences	Wednesday 1 st November 10am-1pm
6: Story sharing reflections and application and skills practice	Wednesday 8 th November 10am-12
7: Closing this training and moving forward	Wednesday 15 th November 10am-12

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 our [online application form here](#) by **Thursday 31st August 2023, at 9am**
 - If you prefer to complete an application via email, please email us at livedexperience@nspa.org.uk
- Your completed application will be reviewed by a small group of people 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

Due to limited space on the programme, we may not be able to invite everyone who applies on to the Influencer programme.

- Some candidates may demonstrate the skills and experiences to be an Influencer in their application, but are not invited to join immediately due to limits on places or the need to recruit a diverse group in order to maximise the inclusion of different

voices and experiences. This will depend on the number of applications we receive, and people will be welcome to apply again in the future.

- Some candidates may not be selected because their applications don't demonstrate the skills, experiences or qualities we're keen for Influencers to have, or may not be quite ready to be part of the group. In most of these cases, they will be welcome to apply again in the future.
- There are other ways to be part of NSPA's Lived Experience Network if you haven't been invited to become an Influencer. If you have lived experience of suicide and are a resident in England, you can join our online Lived Experience Network and still take part in online surveys and discussions.