



National
Suicide Prevention
Alliance

Collaboratively Facilitating Lived Experience Learning Spaces

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Today's session: overview

- ♡ Introduction to NSPA's Lived Experience Network
- ♡ Introduction to lived experience learning spaces
- ♡ Group discussion - things to consider when setting up and facilitating collaborative learning spaces

Session Objectives

- ♡ To consider the benefits of facilitating learning spaces with groups of people with lived experience
- ♡ To increase understanding of considerations needed when holding learning spaces
- ♡ To encourage shared learning and provide some thinking points to take away and explore further after the session

NSPA's Lived Experience Network

- ♡ 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.
- ♡ **Online Lived Experience network** – over 400 members. Many voices and experiences informing strategic conversations and/or areas of work
- ♡ **Lived Experience Influencers** – 38 people. Recruited, trained and supported (both as a group and individually) to influence suicide prevention work through a variety of roles and opportunities, working with a range of organisations nationally and locally
- ♡ **Lived Experience Communities of Practice** – Facilitating space for groups of people with lived experience to share and learn from each other
- ♡ **Advice, guidance and consultancy** - Working with and supporting organisations to meaningfully involve people with lived experience in suicide prevention work, supporting and encouraging good practice

Examples of collaborative learning spaces

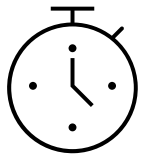
- ♡ **Lived Experience Communities of Practice** - Groups for people who are openly drawing on their lived experience in roles that influence suicide prevention work. We aim to provide a supportive and reflective space to bring people together, and to learn from each other.
- ♡ **Influencer reflective and learning spaces** - Sessions with an open agenda which provide opportunities for NSPA Lived Experience Influencers to share work they have been involved in, ask questions, reflect and learn from each other.
- ♡ **Lived Experience Influencer training** – training provided to equip Influencers to safely, effectively and meaningfully use their lived experience to inform and influence suicide prevention policy and practice in a range of settings.

Benefits of holding collaborative learning spaces

- ♡ Increase skills, knowledge & confidence
- ♡ Recognises the expertise of people with lived experiences
- ♡ Aims to redistribute power imbalances
- ♡ Opportunities to hear, and learn from, different perspectives
- ♡ Bring people together – create a sense of community
- ♡ "Brave Spaces"

Table discussion

What things could you consider or do when facilitating group learning spaces for people with lived experience?



12 minutes



Facilitating effective learning spaces

- ♡ Know your purpose & communicate this clearly
- ♡ Different approaches for different purposes
- ♡ Find out what people are hoping to get out of the space
- ♡ Shape the space together
- ♡ Co-create a Working Together Agreement
- ♡ Celebrate differences of experience and perspective
- ♡ Accessibility and Inclusion - Consider and address barriers to accessing sessions & ask about individual needs
- ♡ Consider who facilitates the sessions
- ♡ Create a supportive space
- ♡ Feedback & evaluation

Further resources



For more information, please contact livedexperience@nspa.org.uk & visit us at the NSPA stand!



Thank you

Please contact
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