

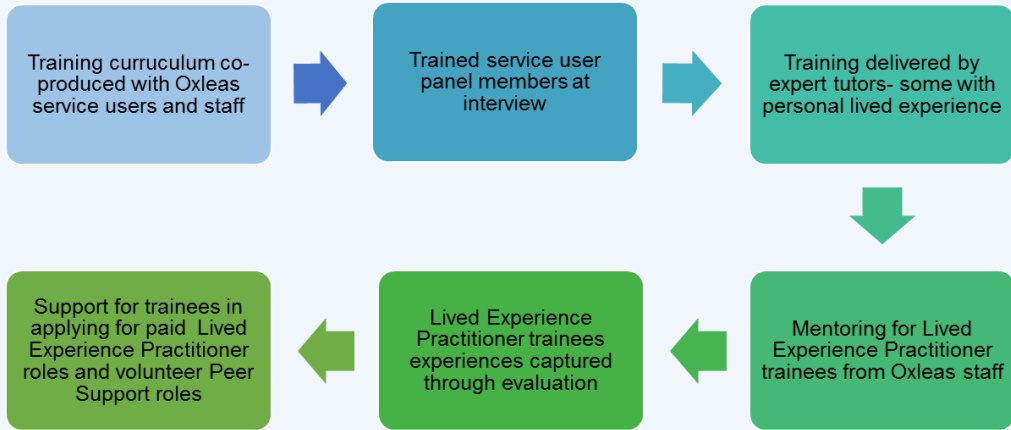
Oxleas NHS Foundation Trust
Lived Experience Practitioner Training Scheme
'Co-producing Peer Support Training: Recovery Focused Practice'



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Oxleas NHS Foundation Trust covers the London boroughs of **Bexley, Bromley** and **Greenwich**. Based within the **Working Age Adult Mental Health Services** the **Peer Support Project** has been developed as part of a Knowledge Transfer Partnership between Oxleas NHS Foundation Trust and Canterbury Christ Church University. The aim of this project is to redesign employment processes to ensure the sustainable implementation of individuals with mental health lived experience as Lived Experience Practitioners within the Oxleas workforce by September 2016.

Recovery Focused Practice: Lived Experience Practitioner Training



- A taught **12 week pre-appointment training** course
- Available to registered **Oxleas volunteers** interested in Peer Support
- Designed to equip individuals with the practical skills and evidence based knowledge they will need to apply for paid roles.
- A mixture of taught sessions by expert tutors from Oxleas (some with personal lived experience of mental distress) and group and individual work designed to support trainees to develop the skill of using their lived experience to support others.
- Accompanied by a work based mentor for trainees to enable them to have a safe and reflective space in which to discuss the experience of developing whilst on

Identifying Impact: Co-production values and Trainee reflections

	Promoting hope	Taking control	Having Opportunities
Co-produced design of the training	Recovery orientated training ethos Linking with others Bringing the training to life 25 paid Lived Experience Practitioner roles by September 2016	Curriculum design: • Recovery • Self-management • Personal Development • Social inclusion	Meaningful activity for staff and service users Having a network Collaboration Mentoring Evaluation and learning
Reflections from trainees	Finding meaning in experiences Being around positive people	Knowing how to deal with disturbing thoughts and feelings How to keep well Meaningful activities	Having good support from friends and professionals Rationalising, analysing and modifying unhelpful thoughts

Future developments: embedding Peer Support in Oxleas

- Evaluation of training
- Student feedback to inform course design
- Advertise and recruit for second cohort of training
- Selection and appointment of Lived Experience Practitioners

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