



CELEBRATING GOOD TIMES!

PARTNERSHIP WORKING WITH THE DWP



Members of the EBE Network were invited by the Department of Work and Pensions to a Celebration Event in Gateshead held to offer congratulations and thanks for adding their expert voice into staff training.

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Experts gave their time and their voice right from the start. First our Network meeting was visited by the Enhanced Support Officer who wanted to offer Job Centre staff training to raise their awareness and knowledge of Drug and Alcohol Misuse and Multiple Complex Needs and how they could offer an improved service to customers. Experts have supported the training of nearly 200 staff by helping to shape the content of the training and by actively participating in the training sessions. We are so proud of this work and the feedback from staff.

IMPACT UPDATE

So where have we shared our voices, experiences and opinions since our last Newsletter?

Communicating in Birmingham.



Mark one of the Experts travelled to Birmingham to take part in planning for a National Awareness Campaign to raise awareness and understanding around Multiple and Complex Need.

There will be an awareness day on 3rd July this year. Fulfilling Lives Newcastle Gateshead is committed to raising the profile of Multiple and Complex Needs and sharing the impact of the work that it does. Our next job is to choose our 'campaign statement'. This will be an attention grabbing headline that will encourage people to think about how they see people, services and need.



**Multiple Disadvantage Day
July 3rd 2019**

Watch this space to find out more about this important day!

International Women's Day

Lou our Female Engagement and Co-Production Worker listens, sings and shares to celebrate this important day. On March 8th Lou spent an amazing morning tapping into the energy and skills of women from our communities. Being at the event and hearing the strength from womens voices was inspiring and empowering.

Having a participant with personal experience to share brought this to life. More please .

"It was very inspiring how the right approach and support can help change the lives of individuals. It was good to hear the EBE point of view about how she felt and was treat whilst attending JCP. Everyone should be treated the same regardless of their background or status."

"It was one of the most powerful information sessions I have been to".

IMPACT UPDATE continued...

Experts by Experience at the Fulfilling Lives Newcastle Gateshead Strategic Group.

Two members of the Experts by Experience Network attended this important meeting to share Network updates and add their thoughts towards steering the work of Fulfilling Lives Newcastle Gateshead (FLNG). At the meeting we talked about addiction services, the cost of services and how to make improvements. Baroness Hilary Armstrong then talked through the key points from a report about domestic and sexual violence and multiple disadvantage called "Breaking Down Barriers". Women from around the country with lived experience gave their time and expert voice into making this report. Here are some of their words...

"We need to not give up. We need to keep on going. We need to keep trying. We need to be brave. We need to challenge people. We need to keep on having campaigns. We need to break down barriers for women accessing services. We need to do as much as we can to reduce the stigma and to stop the never ending cycle of violence and substance misuse and mental ill health which all go hand in hand".

How do I join the Experts By Experience Network?



The Experts by Experience Network is always growing. One Expert who attends our meetings said that Thursday is his favourite day as he always feels happy leaving our meeting, feels valued and full of purpose.

So if you feel that you would like to belong to something powerful and important where you are listened to **and** where you have opportunity to learn, influence and develop then why not get in touch? To do this you can:



Phone or text Lou on 07812672739

Come along to a **Thursday meeting** held at Goodspace, Level 2 Commercial Union House, Pilgrim St, Newcastle.

Held every week from 2.30–4.30pm

Newsletter issued by: **EBE Network, Changing Lives, 4 Bentinck Terrace Newcastle NE4 6US**
Get in touch: **Lou Thorpe 07812672739**

SPOTLIGHT ON



CLAUDE Systems Change Lead



Tell us about yourself.

I am the System Change Lead for Fulfilling Lives Newcastle and Gateshead – my role is to develop our priority areas of systemic change and work to embed the voice of lived experience in the recommendations we make to the complex needs system.

What excites you most about your role?

Change and using the power of lived experience to facilitate these changes. Working with the Experts - feeling absolutely invigorated by their lack of jargon and their drive for genuine co-production.

What are your hopes and aspirations for the future?

My hope for the future within this role is to create a culture of shared learning and bravery amongst service providers, striving for a genuine share of power and parity.

Personally, a big hope for the future is that I get a French Bulldog puppy who I would like to call Alan or Laurent (I can't quite decide just yet).

What is your favourite saying?

"If you want to go quickly, go alone. If you want to go far, go together."

–African Proverb

Read all About It in May!

In our next news-sheet you can...

Hear from our newest member of the Co-Production Team Shaun Morton, about what excites him about empowering the voice of lived experience and what he is looking forward to in his new job.

Read about our Expert involvement at the Gateshead Healthwatch Conference and how we responded to the theme of ASK.LISTEN.DO.