

Summary of Film 3

Welcome to this third video for co-production in suicide prevention for men within our communities. In this video I just would like to talk about how we need to make sure we make this a safe place for people to share some of their experiences at a level which they choose.

This means enabling people to talk in the way they want. It means having open conversations, listening and understanding but not pushing people to share any more than they are comfortable with. IN sharing our stories there can be a level of self-exposure and people need to choose what level they are most comfortable with.

There are two pieces of co-production work that I would like you to share with you. They are provided alongside this video.

One is the LISTEN poster - this was an excellent piece of coproduction work, that arose out of a complaint against mental health services. It was co-produced with service users and with members of staff from Norfolk and Suffolk Foundation Trust (NSFT). It's an acclaimed document that has been endorsed by Skills for Care.

The LISTEN poster sets out a process for how we can genuinely listen to people. Each of the letters of the acronym is underpinned by the values which we want to work with within this project.

The second document is our Suffolk User Forum co-production charter. This has been written and then reviewed by service users who have worked with SUF the last few years. This document sets out what people need when they are involved in co-production. It sets out what helps people to stay safe and feel comfortable; but also, how they can feel an equal and valued partner.

At the end of every quality and improvement session we are going to be using these values to measure peoples experience and evaluate our delivery on co-production.