

# TOP TIPS

Want to improve how you engage with people with lived experience?



## INVOLVEMENT

People with lived experience should be involved in all stages of your project.

## RESOURCES

Allocation of resources is essential to ensure lived experience is invested in from the start.



## LAY FOUNDATIONS

Doing this before the project starts supports relationship building, idea sharing & collaborative planning.

## COMMON PURPOSE

A dedicated group to plan events / activities draws on the passion, skills & experiences of different people.



## PARTICIPANT TRUST

Activities planned & delivered by people with lived experience can bring greater trust & understanding.

## VARIETY MATTERS

A mix of engagement approaches is important. It means people can take part in a way that works for them.



## THIRD SECTOR MAGIC

Positioning engagement activity in the third sector allows for greater flexibility, creativity & responsiveness to opportunities.



These top tips are brought to you by the Early Intervention in Psychosis Lived Experience Reference Group. Read the full case study at [www.scottishrecovery.net](http://www.scottishrecovery.net)