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# The People's Academy Lived Experience Network Showcase

Monday 11<sup>th</sup> December 2017  
11:00am – 4:00pm

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# What is the People's Academy?

- Citizens of the NHS working together to transform services through a People's Academy
- A co-production approach to creating culture change within HEI that values citizens voice and inclusion across health and social care education

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# What is the People's Academy?

- The @HSC\_PA works to co-produce health and social care education, research and enterprise; by providing a creative platform for citizens to come together to generate innovation in health and social care.
- The People's Academy aims to bring together the perspective and knowledge of citizen members to strengthen voices and enrich services in the health and social sector.

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# What is the People's Academy?

## Our Vision:

Valuing citizens contribution to innovation in health and social care

## Our Objective:

To revolutionize health and social care through collaborative participation of citizens in advocacy and co-production of education, research and innovation

## In other words:

*Bringing people together to provide a better experience for patients, carers and institutions.*

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# The People's Academy in the School of Health and Social Care

The People's Academy members are involved in every stage of a student's journey at LSBU from:

- Curriculum Development
- Recruitment
- Teaching and Learning
- Assessments
- Research
- And other external facing work

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# Recruitment

- Mini Multiple Interviews

Sandie Smith



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# What the People's Academy Means to Me

Gwendoline Young

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# Effects of Caring/Stress

Stress is part of everyday life, and for many carers can be a major factor affecting their health.

- Mental symptoms can include anxiety, anger, depression, lack of appetite, sleeplessness, crying often, tiredness and difficulty concentrating
- Physical symptoms can include chest pains, cramps, muscle spasms, chest pains, dizziness, restlessness, nervous twitches and breathlessness

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# Effects of Caring/Stress

- Physical symptoms can include chest pains, cramps, muscle spasms, chest pains, dizziness, restlessness, nervous twitches and breathlessness

In the long-term, some of these stress symptoms can affect your health – putting you at risk of high blood pressure, which can lead to more serious health conditions.

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# Lived Experience



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# Does having the People's Academy on Board Make a Difference?



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The Lived Experience Network

# Teaching & Learning

- Seminar Teaching
- Interprofessional Learning modules

Anita Atwal and Helen Da Costa

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# Curriculum Development

Revalidation of Post-Graduate programmes

The team was commended on the involvement of the People's Academy and the external stakeholders in developing this programme.

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# What the People's Academy Means to Me

ENCORE Theatre Group  
With Sarah Houghton

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# Work with ENCORE

- Busy admin office:  
<https://vimeo.com/245711896>
- Voice workshops
- Presentation skills
- Creating and acting learning scenarios
- Interviewing skills
- Creating safe spaces for students to practice skills

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## Patient and Public Involvement in Research



Professor Nicola Thomas & Nina Hallett

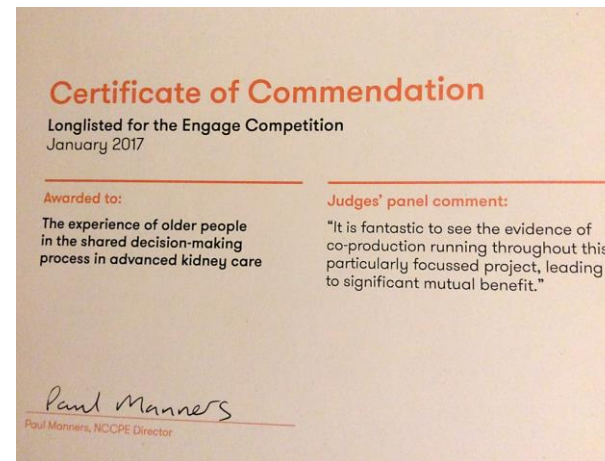
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## The experience of older people in the shared decision-making process

Patients and carers involved in:

- Grant application
- Developing the research proposal
- Receiving training
- Designing the interview questions
- Undertaking the interviews
- Analysing the interview data
- Disseminating and presenting the findings



Perspectives of patient and carer researchers

Thomas, N., Jenkins, K., McManus, B. and Gracey, B (2016) The experience of older people in the shared decision-making process in advanced kidney care. *BioMed International* (Special Issue on Insights into Living with Kidney Disease) <http://dx.doi.org/10.1155/2016/7859725>



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# External Work

- The Darzi Fellowship Programme – coproduction consulting
- MentalSnapp – focus group
- Academic Journals / Papers
- Panel for the Florence Nightingale Awards

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# What the People's Academy Means to Me

Lynn Burling



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# LUNCH

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# Encore Theatre Company

- Inclusive and innovative over 60's theatre group
- Resident Theatre Company
- Creates and performs original work
- Partners with community and intergenerational projects

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# Theatre Performance

## Objets d'Art by Encore Theatre Company

This performance project focuses on the idea of duologue and objects that represent the duologue in an iconic way - produced by the over 60's theatre group, Encore Theatre Company

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# BREAK

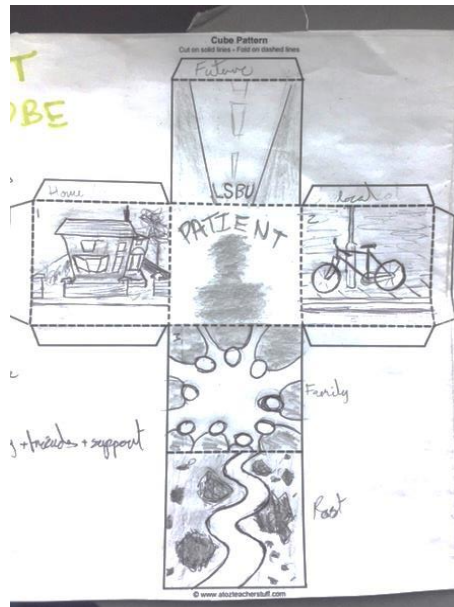
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# Xavier White Artist in Residence 16/17

Story Cube Workshop



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# Group Work

1. What impact does patient & public involvement make in Higher Education
2. What's the most effective way to measure?

Professors Sally Hardy & Nicola Thomas

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# Closing Remarks

1. What can be learnt from today?
2. How others have used the Arts in Education?

Q&A

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