



Supporting Document for Lived Experience Network resources

From the very start of the Include to Improve programme, we wanted all our decisions to be centred around lived experience. This is why we created an initial framework to guide the networks development and supporting documentation. They were informed by a scoping review of literature, best practice, existing networks and legislation. These findings shaped the network's principles, structure and remuneration policy, and provided a foundation for co-production. These documents are available to view in the [Include to Improve resources hub](#) for use and adaptation within your own organisations.

Why were these guidelines created?

These guidelines were created by the Include to Improve team prior to launching the Lived Experience Network. Whilst co-production is at the centre of everything we do at Include to Improve, we needed a starting point to direct the development of the network.

How were the guidelines created?

We completed a scoping review to examine and summarise a wide range of literature and best practices relating to Lived Experience Networks. This included research papers, guidance documents, online blogs, existing Lived Experience Networks and legislation. This was completed by occupational therapists, programmes advisors and peer advocates (someone with lived experience of a health condition, disability, mental health condition, or neurodivergence who supports others with similar experiences to access and thrive in sport and physical activity). We also drew upon the existing knowledge and experience of Activity Alliance's Research team.

Key themes from the scoping review

Support – Practical support, emotional support, managing expectations and reasonable adjustments.

Value and voice – feeling valued, valuing lived experience and members having a voice.

Belonging – trust, feeling safe, respect and having a common cause.

Leadership and power – Meaningful, solution focused, outcomes and shared decision making.

Accessibility – Breaking down barriers for technology and the environment (structural and systemic).

Remuneration – Recognition of contributions and expectations.

Peer support – Benefits and impact of peer support, self-management and role modelling.



(Above) A word cloud showing the themes identified during the scoping review

What did we find was missing from the scoping review?

- Sport and physical activity representation.
- Diversity within Lived Experience Networks.
- Transparency of lived experience involvement and outcomes.
- Connecting examples of lived experience with the facilitators of change.

Using this information to create our guidelines

The findings from the scoping review supported us to create a clear overview of the Lived Experience Network, the principles that it would follow, and ensured we addressed the attributes that we identified as missing.

We also prioritised creating our remuneration policy, to be included in these guidelines.

A starting point for co-production

Once the Lived Experience Network was created, these guidelines were shared with members, and we asked them to suggest and develop respectful practices and shared commitments. These can be found in the **Lived Experience Network Respectful Practices and Shared Commitments** document.

Get in touch



Send an email to includetoimprove@activityalliance.org.uk.



Call 0808 175 6991 and select Option 3.



Write to Activity Alliance – Include to Improve, Trafford House, Chester Road, Manchester M32 0RS.