

18 July
Lived Experience Day



Lived Experience Day is an event organised by St Mungo's Lived Experience Network to celebrate the contribution made by staff and volunteers with a lived experience of homelessness and other services St Mungo's provides.

What can you do to celebrate lived experience?

1. Contribute to our *My Object* poster collection:

We are creating a series of posters about overcoming barriers and reaching for ambitions. Take a look at the examples for inspiration.

Anyone can take part, and sharing in this way helps break down barriers between people who have lived experience and people who don't.

Take these simple steps-

- Choose an object that reminds you of a challenge you have overcome.
- Write a few lines answering each of these questions-

What is your object?

Why is it important to you?

What is it about this object that reminds you of overcoming barriers?

Why is it important for St Mungo's to celebrate the contribution made by staff and volunteers with lived experience?

- Take a picture of yourself with the object.
- Send your photo and answers to anthony.elliott@mungos.org before **Friday 7 July**.

2. Create a *My Object* display in your workplace:

We will be sharing the *My Object* posters for anyone to create a display in their workplace for Lived Experience Day. We'll also be sharing facts about the contribution people with lived experience make to the organisation.

You can also create your own display just for your project, and include the objects people talk about.

3. Run a *My Object* activity:

Ask your team, volunteers, and clients to bring in an object and talk about it, using the above questions to guide the discussion.

This is a great way to get to know colleagues and clients better.

Following on from the activity, discuss in what ways people with lived experience may face different kinds of barriers to working and progressing. Are there kinds of stigma attached to different kinds of lived experience? How can it be difficult to transition from someone who uses services, to someone who works in them?

As a group, share ways in which people practice self-care and look after their own wellbeing, in order to face challenges and reach their ambitions.

End by discussing the value of having people with lived experience work and volunteer at St Mungo's.

4. Join the network:

The LEN works all year round. As a member you can contribute to the way the network develops, receive updates and resources, and help support the wellbeing and progression of staff with lived experience.

You don't need to have lived experience to join the network. Together we will support staff and volunteers with lived experience to pursue their careers within homelessness and charity sectors, and increase the number of staff with lived experience at St Mungo's.

To join, email jo.bright@mungos.org