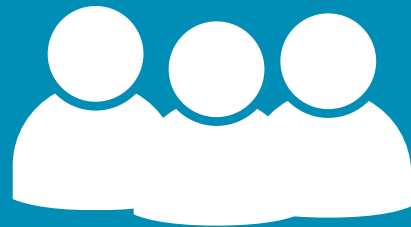


We have **35**

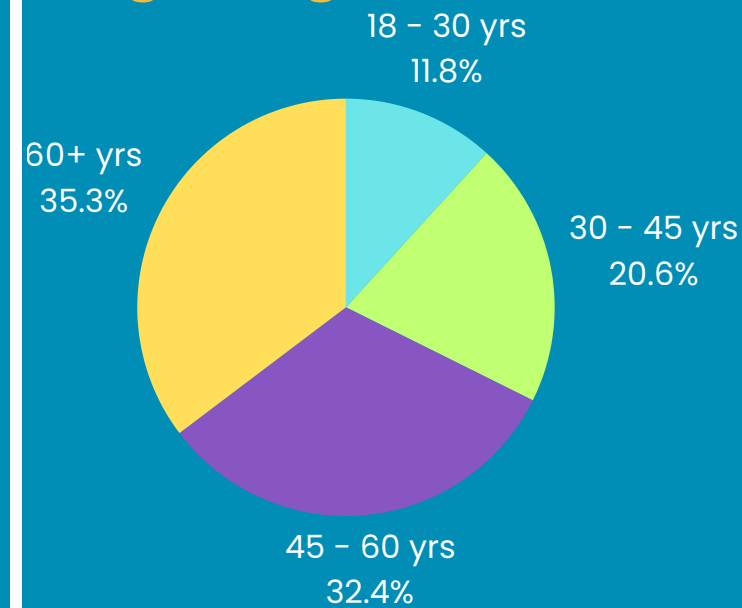
Experts by
Experience



9 New

Experts
have
joined us
in 2025

Age range

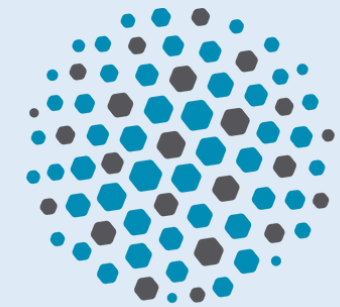


Geographical representation



Dales 3
Derby 12
High Peak 7
Chesterfield 5
Amber Valley 4
South Derbyshire 2
North East Derbyshire 2

A Year in Review 2025



Mental Health
TOGETHER
Engaging with Derby and Derbyshire

4 Membership Bulletins

Subscribers 12.98%

5
3

Experts completed a Patient Leadership training course.

Experts completed Mental Health First Aider training.

Our Meetings



9 Peer Support meetings

Average attendance = 17

9 High Peak engagement
meetings

Average attendance = 11

Services our Experts have collaborated with in 2025

Derbyshire Healthcare Foundation Trust: Chief Executive, EQUAL Network, Carers team, Living Well clinicians, Urgent Care Programme Lead, Governors, Pharmacists, Psychiatrists, Helpline Clinical Lead, Communications team.

Derby & Derbyshire Integrated Care Board: Commissioning Managers, Communications and Engagement team, Operations Manager for Team Up Derbyshire.

Public Health: Mental Health & Suicide Prevention Lead, Community Support and Resilience Lead, Live Life Better Derbyshire.

Voluntary Sector: Carers Support Services, Citizens Advice, Derbyshire Mind, High Peak CVS, Healthwatch Derbyshire, Derbyshire Time Swap, Derby Wellbeing, Grapevine Wellbeing Centre.

Prescribing & Medication

5 Experts attended Medical Senate to speak with local psychiatrists about:

- Clear information and choice about medication.
- Patient centred letters.
- Timely updates on medication shortages.

Suicide prevention work

4 Experts helped co-design the 2026-30 Suicide Prevention Framework for Derbyshire by sharing their insights.

2 Experts spoke about their experiences around suicide in a training video for health professionals on Derbyshire Community Healthcare Services YouTube channel.

2 Experts carried the Baton of Hope in Derbyshire.

Informing and Empowering the Patient Voice

6 Experts co-designed an Out-Patient Leaflet for Derbyshire Healthcare Foundation Trust to empower the patient's voice during their consultations. This is being piloted in Derby with the Dept of Psychiatry at Oxford University and will potentially be rolled out in other regions.

Review of Urgent Mental Health Services

8 Experts brought their insights and experience to this system review led by NHS Improvement team.

5 Experts are members of the System urgent mental health care delivery group.

5 Experts are members of the System community mental health care delivery group.

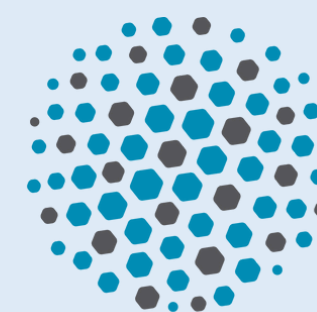
Promoting the Unique Value of Lived Experience

8 Experts shared their reasons for becoming Experts by Experience in a publication for World Mental health Day.

Their hard-earned 'pearls of wisdom' are invaluable to the mental health system if we are to deliver services in the way people need them.

You can see the full publication here: [Voices of Lived Experience](#)

A Year in Review 2025



Mental Health
TOGETHER

Engaging with Derby and Derbyshire



Recognising the valuable expertise that people with lived experience can offer

