



Wirral Lived Experience Network For Substance Misuse

Working to better services and treatment for people who struggle with drug and alcohol misuse.

What is the Wirral Lived Experience Network for Drug and Alcohol Misuse?

Wirral Mind has been commissioned to establish and coordinate a Drug and Alcohol Misuse Lived Experience Network (LEN) for Wirral. The request came from Public Health Wirral who have asked the expertise of those with experience of drug and/or alcohol misuse around implementing the Wirral Drugs Strategy.

The Wirral Drugs Strategy 2023 – 2027 has been developed to reduce drug-related harm, including drug related deaths across the Wirral. The vision for this is for...

“...all people in Wirral to be able to live healthier, happy lives, free from the harmful impacts of drugs”



What is the vision of the Wirral Lived Experience Network (LEN) for Drug and Alcohol Misuse?

To improve health and wellbeing, reduce health inequalities, improve the lives of children and young people, protect local communities, support our local economy, and support our local

What are the aims of the LEN?

- People with lived experience are equal members of the Wirral Combatting Drugs Partnership and therefore have a say in decisions being made for the community.
- People with lived experience work with professionals to design and deliver drug use prevention programmes & better treatment service across the Wirral.
- People with lived experience work on implementing change within healthcare services and the criminal justice system.



Who can join the LEN?

- Those actively using drugs
- Those actively using alcohol
- Those with past experience of drug misuse
- Those with past experience of alcohol misuse
- Those who are in treatment
- Those who have left treatment
- Those seeking treatment



Why should I get involved?

- To have your say in what services and activities are needed in your area around reducing drug-related and alcohol-related harm.
- To meet like-minded people who may have similar experiences.
- Training is available to improve your understanding of problem drug use, tackle your drug dependency, or support someone who might be struggling.

“Sometimes when in a dark place you think you’ve been buried, when actually you’ve been planted.”

How can I help?

- Sharing your experiences
- Attending monthly meetings
- Reading and commenting documents
- Taking part in specific workshops

How and when you get involved is up to you.

Meet the team...

Rachel Gilbert

Training Manager



Rachel has worked at Wirral Mind since January 2015 and manages its very busy training department as well as the Lived Experience Networks.

Since graduating with an undergraduate degree in Psychology in 2005, Rachel has worked in various roles in adult mental health and brings a wealth of knowledge and expertise to her role.

Olivia Masoja

Lived Experience Network Champion



Olivia joined the Wirral Mind team in May 2023.

She has always been an advocate for mental health but after being diagnosed with BPD and anxiety disorder, she started self-medicating with illicit drugs. Her lived experience of drug and alcohol misuse makes her extremely passionate about her role as Lived Experience Network Champion.



How can I sign-up?

For more information and to register your interest to join the Wirral Lived Experience Network, please email us at learning@wirralmind.org.uk or call us on 0151 512 2200.

You can also follow us on social media to be kept up to date with the latest news and updates from Wirral Mind.



Wirral Lived Experience Network

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For more information on the
Wirral Drugs Strategy please
scan the QR Code or visit
www.wirral/drug/strategy.com

