St Giles

Turning a past into a future



OUR LIVED EXPERIENCE ECOSYSTEM

Lived Experience is in our DNA

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> I now use my knowledge and life experiences to help support other people during their own life journeys. It's so inspirational and positive to offer support to people who really need it.
>
> The biggest lessons in life I have learned is never bury your head in the sand, talk about it and get the help and support when you need it.
>
> *Claire, trained as a Peer Advisor through St Giles in East of England*

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The Lived Experience Ecosystem maps the many ways in which lived experience is embedded.

It recognises that lived experience is not a single programme or initiative.

It is a dynamic and interconnected system that spans individual transformation, workforce development, organisational culture, service delivery, and systemic influence.

When these elements are aligned, they enable lived experience to drive change at every level, from personal growth to policy reform.

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Individual

Supporting people with lived experience through trust, psychological safety, and trauma-informed practice.



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Workforce

Creating inclusive, flexible, and supportive working environments that value lived experience.



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> St Giles have continually supported me and helped me achieved my NVQ Level 3 Advice and Guidance qualification. Not only this – they have given me the strength and encouragement to talk about my past and I now have a much more positive outlook on my future.

Adrian, trained as a Peer Advisor through St Giles in Coventry



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Organisation

Embedding lived experience in leadership, recruitment, training, and decision-making.



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Community and Services

Delivering credible, co-produced, person-centred services that empower clients and challenge stigma, generating insights and impact data through research.



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> It's given me a second chance to create a career. I've just qualified as a social worker and doing the Peer Advisor programme opened up that door. I've now been offered a job as a community care officer.

Doug, trained as a Peer Advisor in our Yorkshire Team

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Systemic Environment

Using insight from lived experience to influence policy, redefine expertise, and drive innovation.



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This framework is not aspirational.

It is grounded in the reality of what already exists at St Giles.

Our goal is to deliver these levels consistently and coherently, ensuring that lived experience continues to shape our culture, inform our strategy, and drive equity across the organisation and beyond.



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> It's really good training of a high standard. It helps people to understand listening skills, boundaries and supports their personal and professional development.
>
> It also really helps them to understand how organisations work which is so helpful.
>
> *Partner organisation who hosted St Giles Peer Advisors*

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For help and information regarding our Lived Experience Ecosystem, please contact us:

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