

Become a Leader with your Lived Experience

What is lived experience leadership?

Being the driving wheel and identifying priorities and working on those priorities. When you're experiencing something, you understand the issues and the challenges, and from that you can work towards the solutions.

"I think the more people with lived experience that are willing to get out there and organise, the more the policy makers will take notice."

Staff member with lived experience

How can you get involved?

Give feedback on services you have received (good and bad) | Volunteer | Join a user group
| Work in a charity | Become a trustee

Why get involved?

You will gain work experience in the UK and gain skills and knowledge

You may also make friends and connections

You can use your experience to influence campaigning and advocacy

You can help shape services for refugees and asylum seekers

You can be part of positive change



What you don't have to do

You don't need to represent everyone, just use your lived experience to give an informed opinion to a charity. You do not need to share your personal experience if you are not comfortable doing so.

How can you stay safe?

Be clear about what you can and can't offer. Ask for support if you need it and take time out for your wellbeing. Although you cannot work whilst claiming asylum, you can volunteer.

How do you get started?

Contact organisations you know or want to work with, look online for adverts for paid staff and find opportunities to support campaigns or groups.

Contact us on enquiries@togethernow.org.uk



"With all due respect, you will not be able to understand before you have experienced it. You can have an idea but not an understanding."

Board member with lived experience

Glossary

'lived experience' – this is the experience you gain through your life

'board of trustees' – a group of people who lead a charity and make decisions about the organisation
'volunteer' – someone who helps in a charity or organisation for free

'trustee' – someone who sits on the board governing a charity, they are usually a volunteer