

What we mean – our definitions

Lived Experience

The experience of people(s) on whom a social or a combination of issues has had a direct, personal impact.

(p.5 [The Value of Lived Experience in Social Change](#) – Baljeet Sandhu)

Learned Experience –

The experience gained through training and education and for example through employment and professional activity.

Co-production

A way of working together underpinned by principles that support inclusion, equity, shared decisions and ownership for what is produced and the impact it has at all levels especially strategically. For more information we recommend [Nesta](#) publications

Strategic Co-Production

A way of working at a strategic level that enables decisions to be made with people with Lived Experience to influence, policy, service design, delivery and evaluation and resource allocation.

[Useful Link](#)