

CHANGING FUTURES IN ACTION: HOW LIVED EXPERIENCE IS LEADING REAL CHANGE

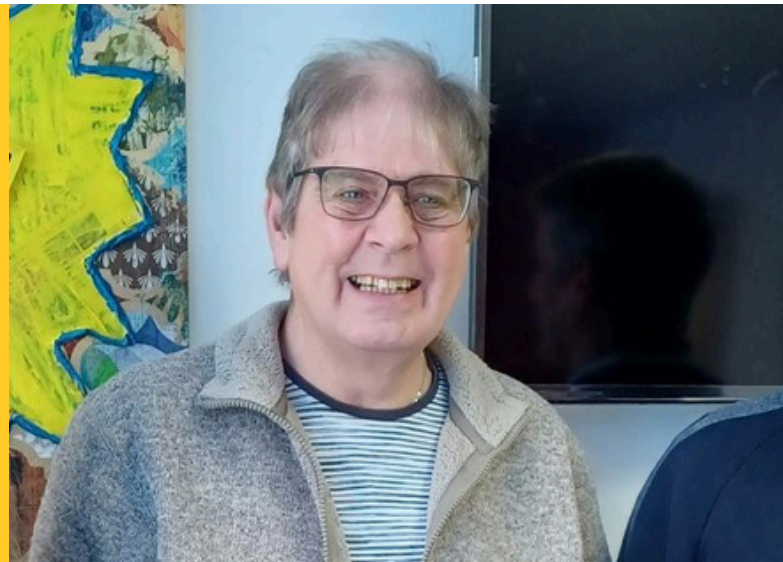
At Cambridgeshire Recovery Service, we believe your voice matters, not just in your own recovery, but in shaping the systems that support others too. That's why we've opened our doors to groups like **Changing Futures**, who join some of our Recovery Café sessions to listen, learn, and co-produce services alongside people with lived experience. Your lived experience is making real changes to the services that matter!

What is Changing Futures?

Changing Futures is a national programme working across Cambridgeshire and Peterborough to improve services for people facing multiple disadvantage — things like mental health issues, substance use, homelessness, and contact with the criminal justice system. At the heart of their work is co-production: the belief that services are better when they're designed with the people who use them, not just for them.

Co-production at Addenbrooke's Hospital

That belief came to life recently when one of our own CRS volunteers, Chris, joined a co-production project at Addenbrooke's Hospital. Alongside others in recovery, he helped design a new patient resource and staff guide for A&E departments supporting people with alcohol-related issues. "We more or less defined what should be in both documents and how it should be presented," Chris said. "It's been very rewarding." The NHS team welcomed their ideas with openness and respect.



The final version is now being prototyped for national use.

Your Experience is Expertise

This is what co-production looks like: not just being asked for feedback but having a real seat at the table. Whether it's through local projects like Changing Futures attending CRS Recovery Cafes or national ones like this, the message is clear - your experience is expertise. And at CRS, we're proud to support opportunities where recovery leads the way.

Whether you've been on your journey for years or you're just getting started, your voice matters. At CRS, we'll keep creating spaces where that voice is not just heard but acted on. Because together, we're not just recovering, we're rebuilding the systems that support us. *Keep an eye on our CRS timetable for the next Changing Futures pop up in Wisbech and Ely.*

For more information on how to change things for people where you live, contact:

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Changing Futures
Cambridgeshire & Peterborough



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