

STORY

EVERYONE HAS VALUE

FREDA PRINCIPLES  
 \*FREEDOM  
 \*RESPECT  
 \*EQUALITY  
 \*DIGNITY  
 \*AUTONOMY  
 Times what would FREDA say?

WORLD CAFE  
 knowledge in the room

TIME ABOUT  
 TIME BANKING

!G\*?!G\*?  
 CONVERSATIONS  
 NEEDS HAVE THEM, BE BRAVE

"WE ARE ALL VERY DIFFERENT & RESPECT THAT"

VIEW PEOPLE AS ASSETS!

WORK WITH  
 IN OUR HEARTS HAVE TO GIVE + TAKE

RECIPROCALITY - TO MAKE IT WORK

The **BIG**  
 North Wales Co-Production  
 Meet-up: 'Skills, stories and  
 sharing what works'



**Parc Eirias, Colwyn Bay,  
 Conwy, North Wales**  
**8 July 2014, 10.00am - 5.00pm**  
**Open event: All welcome**

A day of stories to inspire, come to listen, share and learn about co-production, and people working with each other to achieve what matters to them. The BIG meet-up has been designed in sections, so people can come for part or all of the day.

**THE 'BIG MEET-UP' MORNING PROGRAMME**

**10.00am Arrivals and refreshments** - sponsored by 1000 Lives Improvement

**11.00am Introduction to the BIG Meet-up and Co-production**  
 Pam Luckock & Fran O'Hara, Directors 'Working With Not To'  
**Warm-up: Laughing Yoga** – Well-being and energising

**11.30am Theme 1: People doing things together in new ways – to achieve what matters to them**

**Story 1: 'Communities of all ages which include everyone'**

Panel of citizen stories and interviews

**Theme 1 'World Café' style group discussion: 'What matters to you? How can people do things better together, in new ways, to live the lives they want?'**

Better conversations at the co-production table: discussions will be captured and shared as part of the 'The Wales We Want' national conversation.



**Story 2: Changing our approach – Life after stroke**

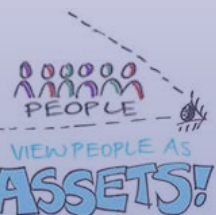
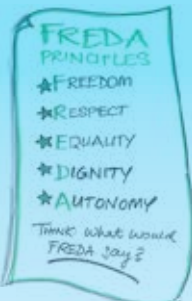
How NHS Wales involved people in the redesign of their after stroke care service. Michelle Graham, Stroke Programme Manager, 1000 Lives Improvement, NHS Wales.

**12.50am Lunch** - sponsored by 'Good Practice Wales' website/Wales Audit Office

**During lunch people can visit the conversation spaces with stalls and stands. There will be a well-being area with places for people to meet and connect.**



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## 'BIG MEET-UP' AFTERNOON PROGRAMME

### Theme 2: Sharing stories about our tools and assets - using what we have

**1.45pm Travelling conversations... Stalls conversations, table discussions and workshops - some workshops will be repeated in this time:**

- Co-Production and schools – how far is it possible?
- Co-Production and Place-Making - Cynefin Anglesey & Wrexham
- Co-Production and Direct Payments (Flintshire C.C.)
- Co-Production and Time-Banking - Timebanking Wales & Interlink RCT
- Co-production and Prudent Health Care – how can you get involved?
- Co-Producing knowledge and solutions – café conversations
- Co-Production and bottom-up citizen-driven innovation in public services and technology
- 'Transforming' Co-production - breaking through the traditional barriers and protocols!
- Co-Production & 1 person's journey: Andrea Hughes



**3.15pm Refreshments - sponsored by 1000 Lives Improvement**

**3.40pm Story 4: Geoff Thomas, Time Banking Wales and Bethan Williams, Mantell Gwynedd**

Geoff and Bethan will tell the story of how they are working together setting up a Time-Bank in Gwynedd.

**4.10pm Theme 2 Discussion: Your stories, if people involved in receiving the services had more of a voice, what would that look like?**

Themed 'open space' areas are set-up in the main room, people can choose which they would like to join the discussion in.

**4.45pm Reflection, action plan, thanks and close.**

**Networking opportunities are built in, so you leave with new connections, ideas and inspired!**

- We would like 50% of attendees to be citizens.
- We would like to cover the expenses and some fees for some people not in paid employment or self-employed, for giving up their time and sharing their knowledge.
- This is a training event, we will be issuing CPD certificates.
- We will be charging a separate fee for stalls.
- We'd like to create a post-event 'Co-Production Story Book' as an interactive pdf.

For those with a budget we would like to charge £15.00 for a morning ticket and £30.00 for an afternoon ticket, £45.00 for the whole event. For those without a budget, the event is free. There is also a dinner on 07.07.14 in Llandudno. To book/more information:

**www.WorkingWithNotTo.com** email: [workingwithnotto@gmail.com](mailto:workingwithnotto@gmail.com)

Book at eventbrite: [tinyurl.com/p4mocyq](http://tinyurl.com/p4mocyq)

Thanks also to our sponsors:



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Thanks to everyone for sharing the meet-ups, and your valued contributions to co-produce them.