



North Wales Co-Production 'Meet-up' 2 Event Report

How can Co-Production be used to create
self-empowered and resilient communities?

Produced by Pam Luckock and Fran O'Hara,
The 'Working With Not To' Co-Production Project

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let us know. We have this document as word .doc files, to enable type to be
reformatted more accessibly. email: studioscarletdesign@gmail.com

Hello,

We have pleasure sharing the materials from Meet-up 2, please feel free to share and use these to grow Co-Production. Event videos are available via our website.



Our project started in May and since then our Co-Production community has increased to 200+ people and growing daily. Some come to events, some promote us within their organisation, some use the materials and others have extended invitations for us to make presentations and work with them. We continue to focus on working from the grassroots up, while having conversations and working with people at all levels who are have similar aims.

Our experience has reinforced the need and energy for Co-Production, and also for a community to learn from each other, and to support each other in these difficult, changing times. We have been looking for ways to 'use what we have', how to run the project, and resources for joint initiatives or collaborations. Many people have this as part of their priority, or 'get it' but do not have the time or tools to make it happen - looking for new ways of doing things.

En route we have been grateful for our 'gate-openers' and supporters who have generously given time to help map out the landscape, signpost and cheer-lead - all vital skills when starting any project. Ways forward are emerging, we are identifying resources, and will share those at Meet-up 3, on our website www.WorkingWithNotTo.com and @workingwithnot2.

In our process we have been aiming to model coproduction. We have asked for help, asked questions and asked people if they have anything to contribute. At times it has felt like we were doing a giant jigsaw without the picture on the box! There are no model, as what we are all doing is new; so we have embraced feeling uncomfortable, thinking differently and going out of our comfort zones. We're really starting to see a coherent and powerful picture emerging from the pieces of information and resources together.

As a priority we also want to make all our materials bilingual and more accessible, and are sourcing ways to achieve this. We will continue to grow our community, run the meet-ups, and are planning a larger event in 2014. Diolch and thank you to everyone, please contact us if you have any ideas or would like to arrange a meeting or presentation - we'd love to hear from you.

Pam Luckock and Fran O'Hara

Directors, 'Working With Not To' Co-Production Project



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'How can Co-production be used to create self-empowered and resilient communities?' Meet-up 2, September 23, 2013

TODAY...

10.00 – 10.30: Refreshments & Connecting
Session 1: Co-Production, what it is, starting & real life stories

- Pam Luckock – What is Co-Production, why does it work?
- Fran O'Hara – The 'How' Co-Production in action
- Ally Cameron - 'Patient leader and active citizen'
- Penderels Trust – Penderels Trust and Co-Production

11.30 – 11.40: Refreshments

- Interactive participant activities: (1) template-mapping and planning co-production projects (2) reviewing projects and identifying groups (3) creating support/learning teams
- What next? – Future conversations, shaping, who to invite

12.45 – 1.30pm: Lunch & Connecting

Session 2: Using Co-Production to improve older people's lives

- Simona Florio - 'Healthy Living Club' Lambeth case study
- Sharon Ombler-Spain - Starting and co-delivering a Co-Production with older people project for the Kings Fund, and other co-production projects from across the UK
- Interactive participant activities: (1) Older People in N Wales and Wales-wide co-production landscape mapping (2) Asset-mapping (3) World café 'how can Co-Production be used to improve older people's lives?'
- Action-planning - the way forwards, using visual templates.

3.45 – 4.14pm: Refreshments & Connecting

Session 1

'Co-Production: What is it, how it can be used, starting Co-Production.' Speakers and interactive sessions

- **Pam Luckock:** Director, 'Working With Not To' Co-Production Project
- **Alison Cameron:** Patient Leader and Active Citizen
- **Steph Walsh:** Independent Living Adviser, Penderls Trust
- **Fran O'Hara,** Director 'Working With Not To' Co-Production Project, and Scarlet Design.
 - Interactive participant activities: (1) template-mapping and planning co-production projects (2) reviewing projects and identifying groups (3) creating support/learning teams.
 - What next? Future conversations, shaping, who to invite

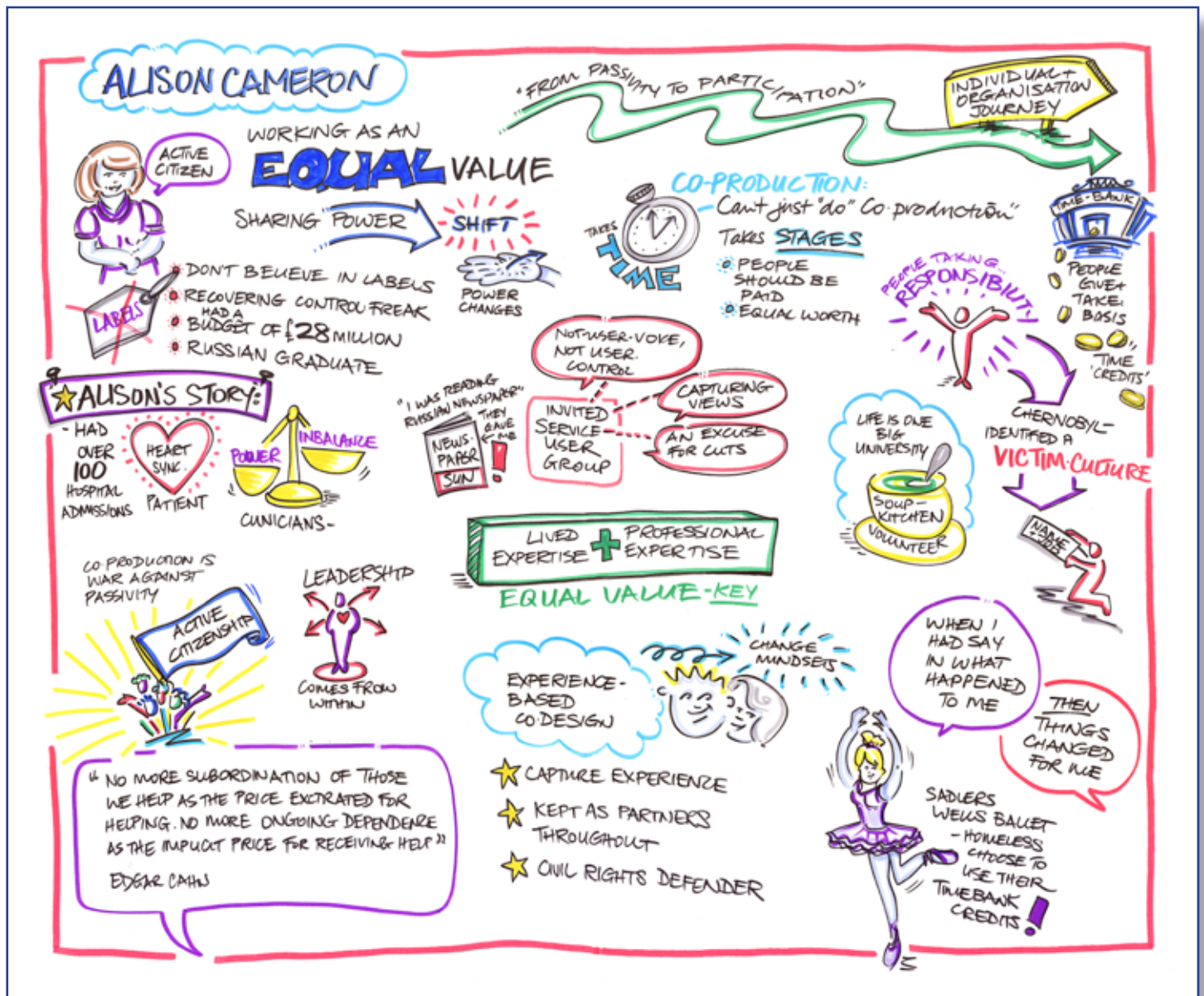
Many thanks to all our speakers for travelling to Llanwrst and making enlightening and inspiring presentations.



Introduction to the event and Co-production presentation:
Pam Luckock, Director 'Working With Not To' Co-Production Project.

A video of this presentation is on our website from 11/11/13:
www.WorkingWithNotTo.com

Visual minutes: by Fran O'Hara



Alison Cameron presentation - Patient Leader and Active Citizen

Visual minutes: by Fran O'Hara

A video of this presentation is on our website from 11/11/13:
www.WorkingWithNotTo.com



Photos from our Penderels Trust / Flintshire C.C. / Wrexham C.C Co-production Workshop case study which Steph presented.

Steph Walsh - Independent Living Adviser, Penderels Trust

Visual minutes: by Fran O'Hara

A video of this presentation is on our website from 11/11/13:
www.WorkingWithNotTo.com

Fran O'Hara - Director 'Working With Not To' Co-Production Project, and Scarlet Design, led four Interactive participant activities.

- (1) template-mapping and planning co-production projects
- (2) reviewing projects and identifying groups, action-planning
- (3) creating support/learning teams



(4) Our Co-production Community: Asset Mapping



Growing our Co-Production Community...

- Q1 - Who's here today? (orange postits)
- Q2 - Who is part of our network? (yellow postits)
- Q3 - Who do you want to invite to be part of the conversation, join our community? (green postits)

Who do you want to invite to be part of the conversation, join our community? (green postits)

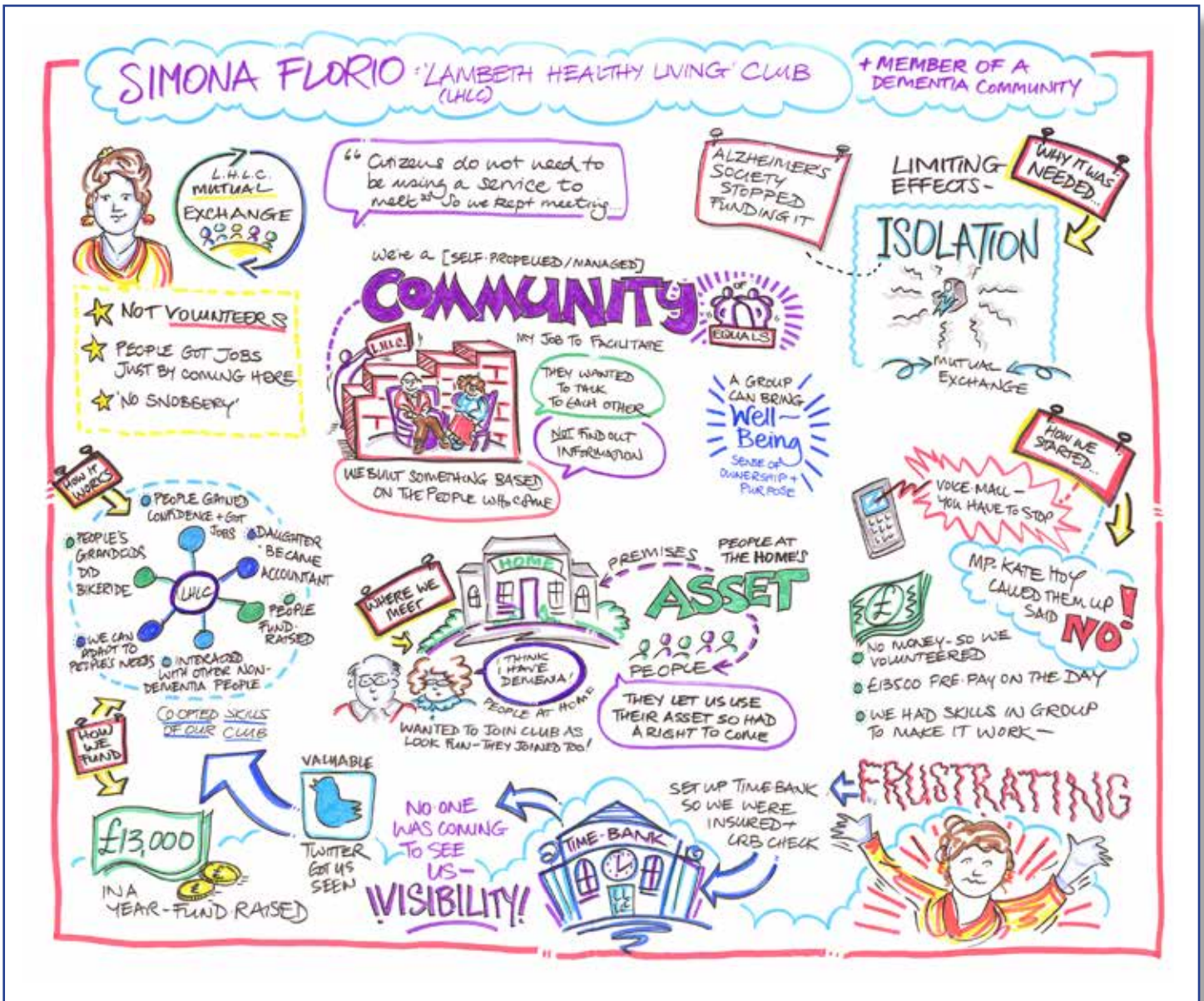
- FLVC Flintshire Voluntary Council
- Unllais
- Department for Work & Pensions
- Local Authority's
- Stroke Association
- NEWCIS
- ReActivate
- Kim-Inspire
- Gareth Coves
- Commissioning, WCVA
- Emergency Services - Police, Fire, Ambulance
- Community Wardens
- Blind Veterans UK
- Communities 1st
- Menter Iaith
- Service Commissioners, Conwy Finance Team
- Shan Ashton, Community Development, Bangor University
- Sylfaen
- Tristan Pritchard, Gwynedd CC
- Community 3rd sector
- Welsh Government
- WLGA
- Chief Officers LAs
- Marley Field (Supported Living)
- University / College Students
- Royal British Legion
- NEWCIS
- Community 3rd sectors
- Students from Universities & Colleges
- WCBC - Gary Brown & Paul Tincello
- LSB Reps
- DWP
- Commissioners
- Anglesey Energy Island Team
- Loads of Older People's Services
- Community Mental Health Team representatives
- Voluntary Service Councils

Session 2

Co-Production and older people, using Co-Production to improve older people's lives.

- **Simona Florino:** Co-ordinator, Lambeth Healthy Living Club and member of a dementia community
- **Andrew Hinchliff,** Councillor at Conwy County Borough Council, Older People's Champion, We are Cymru LGBT
- **Sharon Ombler-Spain:** Associate Scarlet Design, and Director TwoVisualThinkers

Many thanks to all our speakers for travelling to Llanwrst and making enlightening and inspiring presentations.



Simona Florio presentation - Lambeth Healthy Living Club

Visual minutes: by Fran O'Hara

A video of Simona's presentation is on our website from 11/11/13:
www.WorkingWithNotTo.com

Sharon Ombler-Spain led a great session on co-production with a postcard group activity.

Many thanks to Sharon for travelling to Llanwrst and for a valuable session.



Fran O'Hara led a World Café asking: How can co-production be used to improve the lives of older people?

Table 1: Responses

- Sharing interests
- Joint working
- Make it fun
- Listen
- Ownership of clubs
- Time--banking
- Develop new identity
- Choice
- Communication
- Positive approach
- Increase self-worth
- Allowing diversity
- Feel listened to
- Taster sessions of activities
- Provide relevant information
- Tap into skills for community and create a purpose
- Learn from old schooled individuals
- Go into sheltered housing or communities for older people and ask what they want, if anything.



World Café: How can co-production be used to improve the lives of older people?

Table 2: Responses

- Think as a community – intergenerational
- Old people as an asset in time-banking – don't forget the skills they bring
- Ask older people what they need
- Develop solutions with them
- Ask older people to run activities – the community is intergenerational, coproduce with all assets therefore reduce average age
- Be less ageist
- 'age is bonkers'
- Don't label according to age
- 6 s the new 60
- Wider social networks and community support
- No 'them' and 'us' - 'we'
- Ask. Map out what out there. Stop thinking in boxes
- 'people are people'



World Café: How can co-production be used to improve the lives of older people?

Table 3: Responses

- Community transport
- Flexibility to ensure financial sustainability
- Services creating fatigue
- Time is precious – do older people have more time?
- Co-produce with over 50 clubs
- Inability to coproduce due to the severity of the recession
- Set-down the ideas but be realistic re expected outcomes

Table 4: Responses

- Not about persuasion or endorsement
- Honesty
- Engaged at start



World Café: How can co-production be used to improve the lives of older people?

SUMMARY MAP

For older people time is precious.

- Are they as interested in coproduction as young people?
- Inability to do coproduction (resource wise), manage expectations.
- It's an opportunity.

Coproduction – honesty

- talk to older people.

Coproduction can help someone develop new identity

- Exclusion by choice.
- Letting people be part of the solution.
- Encouragement.

Develop solutions with

- Service-led rather than age led.
- Intergenerational.
- People assume things, creating age bracket culture.



Have a realistic approach, to manage expectations.

Management has to sign up to this, built into regime.

Feedback: What worked...

What worked for you today, what did you like?

- Presentations, great quality, moving inspirational and enlightening
- Coming together of diverse organisations to problem solve.
- Meeting people I should have known already.
- Variety of speakers and formats, wonderful networking, great mixture of attendees.
- Environment/artwork/Simona's project.
- Meeting different people from different orgs and how they see coproduction working.
- The opportunity to meet people with similar goals.
- The variety of people present on the day, exchange of viewpoints inspiring real life stories.
- Everything.
- Ally Cameron.
- Inspiring stories such as Ally Cameron and Simona Fiorno.
- Talks especially Ally Cameron, came from the heart.
- Presenters inspired! Liked exercise to set out a project.

Feedback: Making a difference...

Which learnings or actions will you take from today, what difference has it made?

- Feel people either get it or they don't, need to be a people person to truly make a difference.
- Find out about time-banking, particularly in a rural context.
- Excellent use of pictures and graphics and facilitation techniques.
- Great day – opportunity for LA and Community to interact to support community empowerment.
- Will be looking into coproduction in more depth.
- Networking, has been great, made new contacts that will help develop work I do in Wrexham.
- Not to be put off by red tape and be more persistent.
- Illustrations are so accessible!
- Inspired to set up foodcyle with timebanking in mind.
- Reciprocity, our difficulties in asking for or receiving help.
- Easy to map goals on template.
- To continue to personally work as co-productively as possible and suggest actions to others where I can.
- Join twitter community.
- Twitter.
- Healthy living club story + structure ie not a service no volunteers etc.

Feedback: Next steps...

What would you like to see more of?

- Localised events.
- Love visual facilitation. Would like to do more using social networking.
- More coproduction workshops in Anglesey, especially with an emphasis on Wylfa & other large-scale developments.
- More coproduction projects that have been running for more than 6 months.
- Whole group discussion.
- Case studies, may be as exercises, opportunity for networking with key contacts (officials), maybe a potential pilot scheme for groups to sign up for.
- Actual working coproduction.
- Case studies, consultation techniques.
- More examples of how to make things happen.
- Grassroots initiatives taking off.
- A practical session that gives you the courage to get everyone together.
- Case studies.
- Making more of inclusion, specially with users and carers.
- In 3 hours I made 5 connections, which will help me driving improvements in Denbighshire.

About 'Working With Not To' Co-Production Project

The 'Working With Not To' Co-Production Project is being run by Pam Luckock and Fran O'Hara. It is an independent, self-financing project offering resources, training and events to grow co-production. We started the project in North Wales and are now working with organisations across Wales.

We view ourselves as learning partners, and catalysts for connecting people and organisations, so together we can find ways to think differently and navigate the new landscape. We were part of the team co-designing and delivering the Communities Can 2012 conference, which started the momentum for this work.

About the website

It is a mix of sharing the learnings from our work showing examples of practice, With examples of work, resources and connections that could support our Co-production community's work. Help us to build a valuable and active online learning space. Please tell us what you would like or need to see on the website, to grow Co-production knowledge, activity and ACTIONS...

To make it a valuable resource we really want to include YOUR co-production references, stories and models. Please email us your suggestions. We are still building it, many areas are incomplete and are also working towards making all our materials bilingual and more accessible and appreciate your patience with this.

"I love the fact that, whenever people get together with good will, all sorts of spin-offs & ideas & help appears – like magic! Thank you both again for your hard work & effort in spreading a very important idea at a time when co-production has never been so badly needed."

- quote from meet-up Attendee

North Wales Co-Production Meet-up 3:

Co-Production in Action, Now!

WHAT?

An interactive event led by Pam Luckock and Fran O'Hara, designed to connect people with information, tools, processes and people to help them grow Co-production. We will use visual-led methods and share the outcomes and videos on our website www.WorkingWithNotTo.com.

WHERE?

Conwy Business Centre, Junction Way, Llandudno Junction LL31 9XX, N. Wales.

WHEN?

27 November 2013, Morning Session: 10.00am - 1.00pm, Afternoon 1.30 - 3.00pm

10.00 - 10.30am Refreshments & Connecting/Networking

10.30am Session 1: Co-Production in action, now! - Across Wales...

Session 2: 'Thinking differently' Gwynedd Council & new service delivery models using Co-Production

Refreshments

Session 3: Using Co-Production to drive change? Creating community transport solutions

Session 4: Co-Production - tools and future events

1.00 - 1.30pm Lunch - bring your own, tea/coffee will be provided. Thanks to Conwy Business Centre for enabling participants to bring lunch.

1.30 - 3.00pm **Open for participant-led sessions.** Current possibilities:
Time-banking, Social Enterprise (led by Anne Collis/Barod),
Commissioning Co-production.

WHO?

Anyone interested in Co-Production - those delivering and those receiving services.

COST?

Free of charge, or for those able to pay donations of £15.00 are requested to cover costs, this is a training event and we will be issuing CPD certificates.

To book/more information visit:
www.WorkingWithNotTo.com
email: **studioscarletdesign@gmail.com**
or eventbrite:
<http://tinyurl.com/oooq5dg>

