

Over a Brew session - 23rd September 2022

Putting co-production at the core of regional improvement.



**CURATORS
OF CHANGE**

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Over a Brew session - 23rd September 2022
Putting co-production at the core of regional improvement.

'really looking forward to today's session and hoping to get some good ideas about personalising safeguarding..'

20 people joined the call



'..Interested to understand expectations and hear what others are doing..'

'..Hoping to meet people and potentially make some good connections and interested in the discussions to be had..'

'..Could be a useful group to chat with people/organisations who are interested in collaborating to ensure people receive good quality information and communications in a way that works for them...'



We started with a quick grounding relaxation moment , led by Eleanor, one of the COCC coproducers

*I am grateful for that moment
as I have been running around
until the moment
I sat down for this.
Thank you*

*Thanks Eleanor, what a nice
and grounding way to start the
meeting...I have arrived
hurrying from other things, so it
is lovely to have a few minutes
of calm*

*I'm so glad I joined this
session....
just for that lovely moment.
Thanks Eleanor!*



Interconnected themes emerged



**How can we make
change happen using
Coproductioin and
involving people better ?**



**How can we
enable
collaboration ?**



**How can we create
more meaningful
impact ?**



**How can we unlock
local community
power & enterprise ?**



**How can we focus on ,
being more human
,equity and inclusion ?**

Conversations in depth



How can we enable collaboration ?

“There is no need for competition , so much different need ...but is system creating the conditions for competition”

“ Need much more 'togetherness' to support people”

“Often our values are aligned but the competition prevails”

“Competition is getting worse - Integrated systems , commissioners are using the same orgs that they have always used .. so micro orgs miss out and almost a 'survival of the fittest' is not helpful mentality”

“There should be room for everyone! There's certainly enough demand”

So much competition between micro enterprises - competing to be seen , heard and valued , rarely collaborative because they can be protective of the way they do things .

“My network of providers collaborate and support each other”

“How can we avoid the new problems that Integrated systems might make worse - true collaboration ?”

“Also need to break down silos between departments in large organisations (and between health and social care), so multidisciplinary teams sharing what they are doing and pooling resources”

“This would reduce the commissioning/procurement and tendering burden.”



How can we focus on being more human , equity and inclusion ?

“we all of us have need for care and support and provide care and support at different times - finding ways to remember how this feels because it can be so powerful. Not to lose sight of how terrifying , bewildering and anger-ing it can be to be needing support and trying to navigate.”

how dangerous words 'unskilled' can be (assoc with carers etc)- we all have lived experiences and we need to share all those unique skills - equality in every voice

“The pull between inclusion and people needing time with others like themselves.”

“There are definitely health inequalities within technological even within Mental health”

“... also at the primary level!”

“lots of work around health equity ,we can increase inequalities , with new tech etc if we're not careful.”



How can we create more meaningful impact ?

“focus on what makes people's lives better and how can we can do this”

“Providers need to be better at demonstrating impact - improved outcomes for the 'client'.

“ The idea that people don't want a building, they want inspiration...”



How can we unlock local power , community & enterprise ?

"..setting up community / micro enterprises, working with grassroots of community , a great way of getting to know people we could miss - contributions and employment . Include people early and all the way through."

"Choice - mostly people want many different types of support - not homogenous requirements. One size doesn't fit all , so perhaps micro enterprise can support this"

"...do commissioned services give people less choice/control than more organic services that exist in communities? "

"Do you create community or do you find it? "

"People want services round the corner"

*"I came here to 'network' as a micro enterprise
- I came here to collaborate"*



How can we make change happen using Coproduction and involving people better ?

“real value of coproduction - what does it really mean ? Sometimes it can be a tick box exercise . Are we really using the lived experience of people ? We see repeated work because we didn't get it right the 1st , 2 and 3rd time !

“value the people you are asking to coproduce . in whatever way makes sense”

“so many systems are designed without the end user in mind and just missed the conversations with the right people”

*“it doesn't work when systems and processes are invested in services to provide support - rather than **people having good lives** - driven by people who need the support”*

“Putting people first for us means “true co-production rather than consultation” and ideally a place-based approach (bottom up from the grass roots in communities)”

“we need to get with it - communication , definitions of how we include people - have them at the core, using buzz words like coproduction, avoid reinventing the wheel, by getting outside the silos. Starting conversations with other people”

“..frustration that organisations design systems as processes and not from the human/person who draws on services point of view..”

Topics & ideas for future sessions

future sessions...

ADASS-E could connect the regional groups that are focused on different themes - would be helpful that their questions could be fed into these chats. Opportunity to feedback the things that come up here in response to the questions to that regional level

I would like to explore how services can provide spaces for the community groups to use freely that allows them to interact and reduce competition, to jointly signpost people in their communities. To allow peer groups to meet, etc.

I think that could be great - the more different 'heads' think about things the more likely you are to get lightbulb moments and if we talk with people who are living the experience it's more likely services will get things right in future.

A forum that the wider networks and other forums can bring questions, issues etc too for some open conversation... Maybe even some of the sticky/knotty things that people are wrestling with?

future sessions...

“we recognise that there is power held in system but also want to be able to describe the constraints we are working in”

In coproduction - how much space is allowed for us in the system to express our frustrations, challenges and limitations ? I can't imagine there is any doctor, carer, pharmacist, social worker, nurse, etc, etc, that does the job to work within the budgetary challenges, bureaucracy and serious challenges. they care because they care.

I think coproduction should be about putting heads together to figure things out, within the constraints - but we will highlight where there are pointless constraints perhaps. There are many tough questions but it will always be better to answer them together.

I would be insulted if we didn't hear your constraints (family carer) . I want us to help you question those constraints

Transparency and honesty is helpful

How can we have a more human - non defensive response

There are many, many questions that need to be aired in a safe space.

What is a sufficiently diverse co-production team?

How can we deliver on the Care Act 2014?

What training is required for people with lived experience and for staff? Skills analysis.



BTW, Anna rocks... and Community Catalysts too! :)

*absolutely agree ...
all big up the Community Catalysts*

I have really appreciated this feeling like such a safe and well provided space: I have really appreciated the warmth and sense of collaboration, so many thanks for getting this started, and I look forward to joining in October :)



Thank you everyone, I've really valued this conversation and for those who understand my son got the job!



I have so much enjoyed today and will certainly be trying to join as many of the planned sessions as possible! Thanks so much to everyone involved for setting up and supporting this space!



I'm going to try and do some more meditation, it was exactly what I needed today

'Over A Brew' guide



Grab a brew

Once you have your brew, ask someone to be the timer



Reflect

Each person reflects on the questions in the zoom chat for one minute



Have your say

Each take it in turns to say your response (3mins each)



Go round again,

reflecting on what's been said (no fixing)

Try the Camerados principles



PRINCIPLE #1 If we see someone struggling...we ask them to help us.*

PRINCIPLE #2 No fixing each other's lives...we are just alongside each other.

PRINCIPLE #3 It's ok to be a bit rubbish...we share our failures without worrying.

PRINCIPLE #4 We mix with people...who don't look and think like us.

PRINCIPLE #5 Remember to have fun...it keeps things human.

PRINCIPLE #6 When we disagree...level with each other respectfully.

* Creates purpose, self-worth and gets people out of their own worries.

Still got some time?

Go round once more-
What's not been said? What are your lasting thoughts?



Over a brew...

We are interested in what your experience is to date of receiving or looking for adult social care and support. Come and join likeminded people over a brew!

Who: The sessions are for anyone receiving or looking for adult social care and support, people working in adult social care and related services

Where: Zoom (online)

Time: 12.00 - 1.30pm

Dates:

- Friday 23 September 2022
- Friday 21 October 2022
- Friday 18 November 2022
- Friday 16 December 2022
- Friday 13 January 2023
- Friday 10 February 2023



To register for any of the above sessions, please click this link - [Meeting Registration - Zoom](#) . A confirmation email will then be sent to you with the Zoom link.

Further detail, please see here: <https://adasseast.org.uk/download/1846/>

For more information please email: hello@curatorsofchange.com