



Over a Brew session - 21st Oct 2022

Putting co-production at the core of regional improvement.



**CURATORS
OF CHANGE**

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Over a Brew session - 21st October 2022

Putting co-production at the core of regional improvement.

30 people joined this call and we are impressed by and grateful for everyone's insights and ideas

"Reassured that I am not getting it wrong - we have a duty of care and we all have to contribute to doing coproduction."



"Fundamentally - in spite of our labels, positions etc we are all human! "



"It's always very moving to hear from people who are affected by things that go wrong on the system and acknowledge people giving up time and sharing personal details to help others humbled by the mix of lived and learned experience"





Recap on the themes / questions from the 1st session on the 23rd September 2022

**How can we make
change happen using
Co-production 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 ?**

Reflections

From the September session
&
Our experiences of Coproduction



Reflections



'some of us are on an early journey, but **impact and being more human and equitable** resonates'

'Power imbalance still prevalent'

'From conversations with social prescribers - we know that case **stories & honesty** ; 'the sweet spot' can unlock the energy - when we work together with common goals - eg mental health and housing'

we are 'post coproduction now'

'Safety and good care depends on the best user forums and involvement , where things have gone really bad these **safe places , trauma informed places** can provide the healing and help with the next blank sheet conversations.'

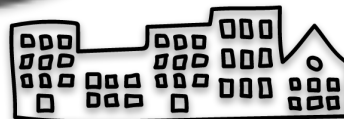
National or Local ?

'National examples are far better than local working with providers and commissioners '

'working with the SUN network- relooking at way things are delivered now and in the future . Powerful way to bring peoples voices - the significance is dawning on us'



Placed based commissioning is fundamental - its a developing area , we are growing our understanding .
..connecting into mental health networks - making sure people who are 'out on a limb' are included in these conversations





Key ideas & questions emerged ...



How do **we invest in people** - how do the **powerful open the door** and really listen to people speaking 'truth to power'?



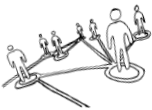
Can we close the gap here ,planting the seeds - **case studies with people with power to deliver solutions** ?



When people with experience come with ideas and a solution approach - it means people feel so much more able to engage. **People don't listen when they are in a panic** (e.g. in special measures).



Community groups can be brave to take on creative work - but this is so patchy across the geography.



Engagement in some places is overly controlled and so a **regional network** would help work against this.



We need **coproduction at different levels** , eg,specific areas of support involving people who are closest to the actual issue. Not one off events but sessions that work along the pathways from broad to specific.

Themes also emerged from workshop 2 which aligned with workshop 1
Workshop 2 uncovered themes and built on the initial ideas - shown on the following slides.



Theme : Commissioning , leadership and Mindsets

'Commissioners are an unusual crew - feeling stuck - not feeling free to be creative'

'It's all about trust'

'We do have more hope when we have 'certain' open minded people & commissioners to work with'

'The difference is about the receptiveness - and the sharing of power - some areas don't have the right culture and leadership'



Public sector innovators combine key attitudes and skills to successfully drive innovation in government and solve public problems

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Theme : **Accessibility ,Inclusion , Inequality & service design**

Inclusion

*Who is not in the room - visual disability etc ?
Accessibility , how do we coproduce
with the right people ?
And can we do that in simple ways?*

Next steps

The room spoke up to suggest collectively supporting
Kevin James around some east area mental health w

If there are any resources / capacity in Norfolk and
sure people with sight or hearing loss are properly
co-production please contact me paul@paulrack
Medequip want to improve and learn.

Inequality , lack of representation for some groups such as those with sensory disabilities is a gap in the designing of services.

*At best, the design of services can be life changing for
individuals and the community. At worst it can be deadly.*

*The more inaccessible the initial service design, however accidental – the
more costly it can be to put right, and the cost in terms of impact of people's
health and wellbeing is incalculable.*

*We would much rather meet with commissioners, designers and even
architects, than try to tackle issues when a provider is commissioned or a
build finished, and the money spent.*

*We want to help everyone get it right first time by making sure sensory
needs are represented.*



Theme : **Being human , community and collaboration**

"Being human : Having trust in relationships in the work we do is crucial . Policy and process do not match - they may stop the **connection with people** that will be the most needed thing !
Trust is fundamental to delivering the transformational changes required.
Policy and process have stopped people getting access to the personalised care they really need.

"How can people living in residential care still have a great life against backdrop of staff issues & cost of living crisis ?

How do we reach out and just talk to people - eg markets
And have structured approaches with integrated neighbourhood teams talking to people
More can be done in copro . Talking to people in general. Everyone coming from the same place - wanting to support people to live the best lives - in their own home, but also in residential care - as that is home too."

" the importance of **investing in the community and voluntary sector** - can offer so much.

Having good spaces to meet - top tips.
Ensuring communication - how do you get people interested - top tips.
Investment in coproduction (a decent budget)"

"Communication and collaboration is not good in many areas - desperately needed.

Everyone says they want to work collaboratively - and is doing great stuff - but the groups we visit are often not talking to each other...!

How can we encourage people to share space more and collaborate more naturally rather than working in isolation!

In Essex we have quadrants and one area seems not to talk to each other"





Theme : How do we design interconnected systems that make sense , and work for people ?

"like to see a system whereby everyone talks to each other so its not stressful for individuals."

"How to make having a voice worthwhile ?"



"The problem with the ICS system is there is still no lead from them for Autism which we have mentioned at Essex CC and also myself so they just aren't talking to us!"

"Local authority split into chunks and there is not good communication across - for example living in the north and needing to speak to a specialist in the south makes it very difficult - there are boundaries in place that maybe don't need to be. Feels like a hidden agenda and that we don't want information to get through."

"(Essex)' the whole quadrant thing is nuts!'- needs to be much better focus in the strategic plan about how we work collaboratively across organisations (health and social care etc) - If you want to consult with people - its not just about money - its about the support people need, the care they need at home - people need to feel its worthwhile! Not just a nice treat - BUT THAT their voice will translate into action."

There is a fear aspect from some organisations due to funding which makes it harder to genuinely collaborate - fear of the unknown or moving away from the ways we have always done things. Can we move into a space where we can genuinely help each other. Be proactive about getting involved not wait to be asked or for the right conditions!

"..very thought provoking and see the vision of a unified pool of mental health resources / assets across the east. in terms of knowledge"

Discussion on the MH Network for East of England

*A Regional network is needed - with equal footing -
Can we explore that regional idea through this work.*

*Need to invest time in healing relationships in order to
build coproduction and better support.*

Is ReThink in that space in Norfolk & Waveney?

*Independent voice is key. Communication is so
important understanding what's happening, key to
reduce isolation/silo working :)*

*As well as paying people -
it's all about investing in
the people who are coming
from a lived experience
perspective , but about
training , minutes in plenty
of time.*

*Need to focus better information and advice, and want to develop a network for people to
come together and coproduce that is independent and not provided by a provider or
organisation.*

*Needs investment in terms of money - but also in terms of valuing peoples time and
contribution - being clear about why you are engaging!*

*The regional MH Network will start up again but we need to get it right
and it's not right at the moment.*

It needs more investment and leadership



Notice board



Event for carers

[Virtual East of England Carers Event - The Importance of Connection, Purpose and Meaning - EELGA](#)

New peer to peer support project in Essex for families with someone (18+) with LD or who is autistic. Please contact me for more info gabby.horecka@fifessex.org.uk and spread the word

14th Nov - Whose safety is it anyway!

<https://www.eventbrite.co.uk/e/adass-east-mental-health-network-whose-safety-is-it-anyway-tickets-439117160247>

Next #OverABrew sessions

18 November 2022

16 December 2022

13 January 2023

10 February 2023

To register for any of the above sessions use this link

https://us02web.zoom.us/join/zoom/register/tZ0ldOitqz0oHdY9q4_oSFWiE_X_elqFwXAY

A confirmation with Zoom link will be sent to you after registration.

If you wish to contact anyone about the sessions, please email: Hello@curatorsofchange.com

Good practice

"I heard a presentation a few years ago from the Chief Exec at Navigo the Grimsby MH service which I think is a community Interest Company. Their model of support such as their Tukes day/employment service, to me seems phenomenal"

[Tukes Employment and Training :: NAViGO](#)





Appreciations and takeaways



It's always very moving to hear from people who are affected by things that go wrong on the system and acknowledge people giving up time and sharing personal details to help others humbled by the mix of lived and learned experience. 😊

Integration and communication and better working together to achieve change Communication is key, taking ownership! Good to hear from you all, many thanks 🌸

we were actually doing live co-production - thanks to kevin being clear on the what was and the others in the group helping him work through the how. 🌸

Moving to hear from people first hand from people who experience these things from the system - acknowledge the people giving their time to share their experience. The mix of people is humbling - lived and learned! Learning from each other is important! 🌸

Thanks so much for today - first of these sessions and I have learned so much. Reassuring to know people have challenges around coproduction - and to hear other peoples experiences, and to be reassured that coproduction is not a tick box exercise - it needs to run through everything. It affects me in my personal life too in relation to my health! Thank you, an interesting session.

Really touched by how generous people are in sharing their experiences. This was my first session. Thank you for today, I found it very interesting and engaging. 🌸

Faye's passion re sensory services and I will pledge to raise this gap with my commissioning colleagues to ensure that people with sensory needs are included and heard going forward.

Reassured that I am not getting it wrong - we have a duty of care and we all have to contribute to doing coproduction. Thank you for todays session. Happy to help anyone with anything sensory! (FH) 😊

Fundamentally - in spite of our labels, positions etc we are all human! Now need to give ourselves space to let the brain settle and reflect! Thanks a much better Friday talking to people than sat behind a desk writing reports 🌸

'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