

Welcome

Mental Health Matters

**CURATORS
OF CHANGE**

**SEE ME
More than
a diagnosis**



directors of
adass
adult social services
eastern region
connecting innovating improving

INFUSED WITH THE CAMERADOS PRINCIPLES



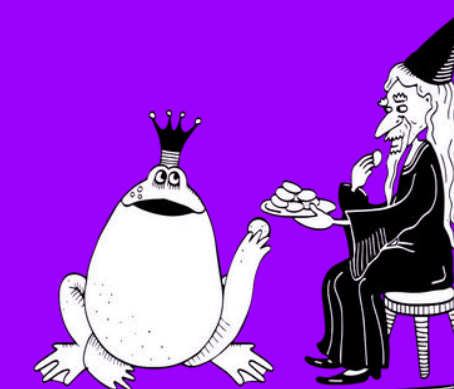
**MIX WITH PEOPLE WHO
ARE NOT LIKE YOU**



**ASK SOMEONE WHO IS
STRUGGLING TO HELP YOU**



**NO FIXING - JUST BE
ALONGSIDE ONE ANOTHER**



**IT'S OK TO DISAGREE
RESPECTFULLY**



**IT'S OKAY TO BE A BIT
RUBBISH SOMETIMES**



**TO BE SILLY IS TO
BE HUMAN**



What to expect from this session:

**An introduction to
the theme of
diagnosis.**

**To hear different
experiences of
diagnosis and the
impact on people**

**To be alongside
one another in a
difficult
conversation**

**To agree some
commitments as a
region to change
things.**

Brave Space

An Invitation to Brave Space
By Micky ScottBey Jones

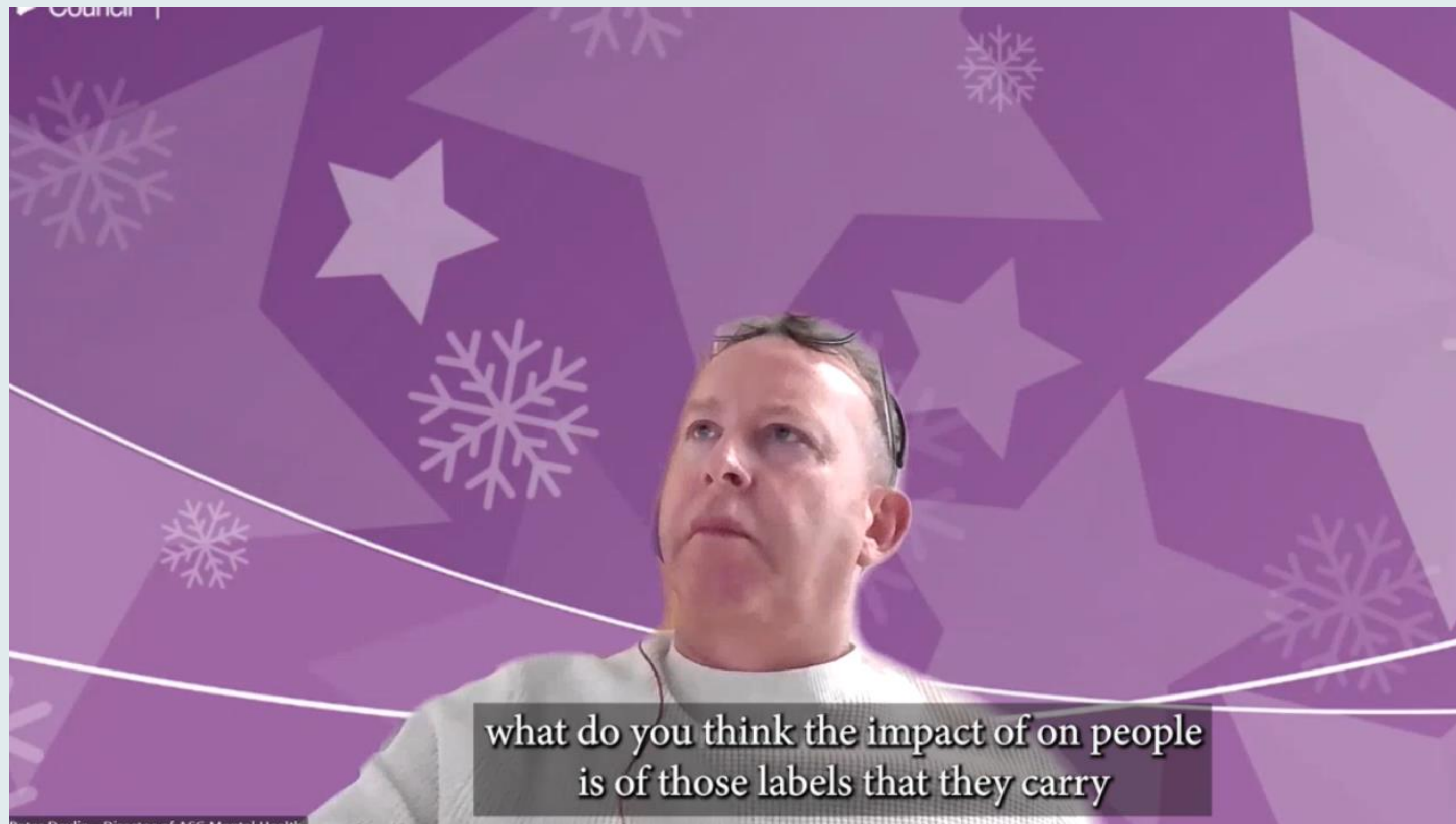
Together we will create brave space
Because there is no such thing as a "safe space"
We exist in the real world
We all carry scars and have all caused wounds
In this space
We seek to turn down the volume of the outside world,
We amplify the voices that fight to be heard elsewhere,
We call for each other to more truth and love
We have the right to start somewhere
and continue to grow.
We have the responsibility to examine
what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our brave space together
And
We will work on it side by side

Stories:

How does
listening to this
conversation
make you feel?

What
resonates

Any learnings?



Stories:

How they
make you feel

What
resonates

What can you
do differently
tomorrow?



Over A Brew – A Guide...



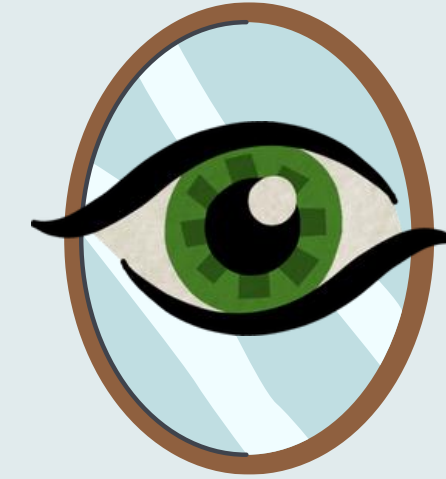
Guide

Grab a brew



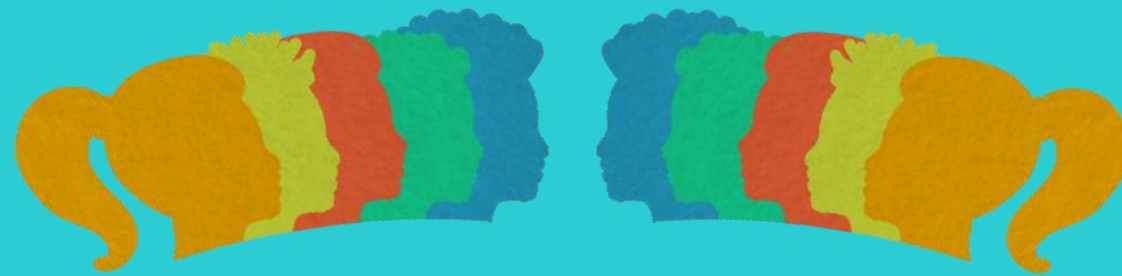
Once you have your brew,
ask someone to be the timer

Reflect



Each person has time to think
about the questions for ONE
minute

Have your say



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



Use the rest of the time to
reflect on what's been said
(no fixing)

Still got some time?



Talk about:
What struck you?
What are your lasting thoughts?

Over a Brew Time



- Time in small groups of 3-4 people
- Nominate someone with a timer
- 3 minutes to listen to each other
- After everyone has had their time then reflect openly

Prompt questions:

**What has
made you
laugh or smile
this week?**

**How did
watching the
video stories
make you
feel?**

**What stood
out to you
most?**

**What can you
take
responsibility
for changing?**



OVER A BREW

...and a call
to action

Putting people at the heart of care and support and growing coproduction

The Putting People at the Heart of Care and Support Working group across the East met with the “Over a Brew” coproduction members in September 2023 and from listening to feedback from people who access care and support committed to some initial actions which will help us grow coproduction in local areas

The 10 commitments are:



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...what is our
call to action
after today's
conversation?

**Putting people at the heart of care and
support and growing coproduction**

The Putting People at the Heart of Care and Support Working group across the East met with the “Over a Brew” coproduction members in September 2023 and from listening to feedback from people who access care and support committed to some initial actions which will help us grow coproduction in local areas

The 10 commitments are:

What commitments are we making to this as a group or as individuals in relation to Mental Health?

What do we want people to report back when we meet face to face on March 11th 2024 in Cambridge?

We will use this time to develop our commitments to mental health.

KBI's - Key Brew Indicator Challenge

More human conversations...

- What is your favourite biscuit?
- What has made you laugh or smile in the last week?

To have fun and
let go...!

It's ok to be human



And finally:

The importance of LETTING GO!



KEY BREW INDICATORS

			
Break the ice	Relationship building	Excited about	Where to next?

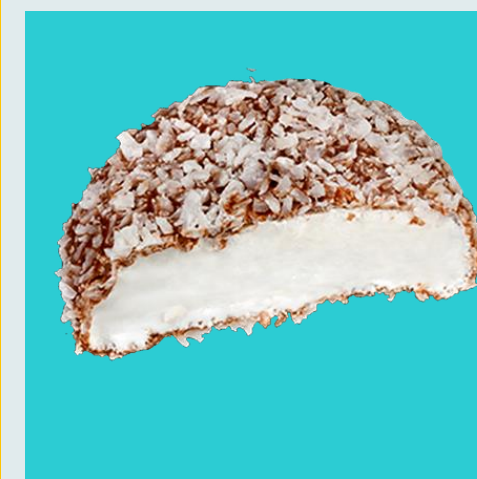
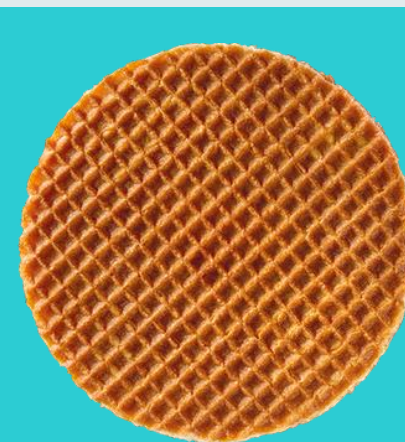
					
					
					

Each time you connect and have a brew with someone, draw a picture in a square and share with us on 'X' @curatorsofchange for the chance to win a prize!

THANK YOU.

Scan the QR code or follow the link to share your Top Tips for Coproduction via Gobby

What is YOUR favourite biscuit?



Scan the QR code and share your top tips after this Over A Brew...

