



### Co-production and Co-design progress and learning

Changing Futures aim to establish 5 Coproduction Hubs. The hubs will bring together people with lived experience of multiple disadvantage (experts) to identify systemic issues that are important to them. Having **framed** and selected some areas to work on, we will join with other stakeholders to **explore** the issue and see how we can **act** together for future improvements to people's experiences. We will then encourage a process of continuous **learning and evaluation** and ensure feedback loops are in place so that experts are able to see the impact of their input.

#### Hubs:

##### Cambridge & South (est. 2018)

Regular monthly meeting exploring a range of topics usually attended by up to 20 people. Some of these are services and the majority are experts. 6 areas of work currently open

##### Peterborough (started March 2023)

5 'drop-in' style workshops to date at various locations. Plenty of feedback that has been themed. First area selected to explore at initial stage.

##### East Cambs (started September 2023)

One meeting with 5 people in Ely, including two experts. Two further planned sessions in Littleport (October) and Ely (November) to further explore issues faced.

##### Wisbech (planning stages)

Planning meeting held with services in contact with experts. Proposed first drop-in style workshop likely to be early 2024

##### Huntingdon (pre-planning stages)

No firm plans for first session. Likely to move forward once a Coproduction Manager has been recruited. A number of experts in the locality have expressed interest.

#### Learning & feedback

As part of a reflection exercise we workshoped with representatives of the longest established group, Cambridge & South (including Huntingdonshire residents).

Page 2 shows the questions the group considered and the responses given.

Page 3 represents some of the ideas and suggestions from the workshop to be considered.

Page 3 also shows some thoughts and insights from those who have been facilitating coproduction meetings, workshops and drop-ins

Page 4 summarises the total feedback in word cloud form and suggests some questions we should consider

**What do you consider successful outcomes as a group?**

- Trauma informed approaches
- Working with the university on access to healthcare
- Trusted Person approach
- Changing Futures
- Digital inclusion
- Buddy System
- The logo
- Leaflets
- "Challenging Stigma" film
- Sum of parts / solidarity
- Networking
- Agreeing priorities
- Learning
- A catalyst for change
- Raising the profile of coproduction
- Connections
- Diversity
- Belief in change
- Demonstrating good practice in engaging with experts and not giving up
- Being a go to place for people to contribute
- The number of people and organisations who want to test their work with the group
- Consensus

**What do you consider to be successful outcomes as individuals?**

- Getting Out
- Structure
- Trying to improve things for people who come after me
- Development
- Help / tips with my own issues
- My experiences don't go to waste
- Increasing my network, connecting with other workers so helps me when I need it elsewhere
- Hearing different voices
- Power
- Keeping going
- A good opportunity to have a platform
- Keeping me off drink and crack
- Additional channel to be valued and influence
- I have valued having a place to come with others who have the same agenda. This work is tough and can be isolating
- Services are good. They work for many people

**Reflections from the Experts session  
'Enabling voices to heard' –  
September 2023****What has prevented the group coproducing?**

- Time
- Power
- Resources
- More people with lived experience
- Difficult to reach people with lived experience who are at the right time and space to reflect
- Frequency of meeting / capacity
- Not widely enough recognised / represented

**What has frustrated you?**

- Lack of feedback
- Lack of power / agency
- Not being able to do more
- People all focussing on their own issues and then no time for Coproduction
- The speed of the coproduction movement
- So much to do so little resource
- Not getting as much done as we could
- Clarity - layers to get through / reach
- It has been difficult to feedback to the group what has been achieved and progressed

**What is your message to senior leaders?**

- Listen and make time
- Talk to those with experience, listen to what they want and need
- Thank you for encouraging coproduction, let us do more!
- Trust in what we do
- There are none so blind as those that didn't listen
- How do you back us?
- Take on one commitment and take it through as a leader from start to action / progress / success. If

*Thank you for letting us do coproduction please help us do more*

## What can we do, what are the issues we face?

### Ideas / Suggestions

- We need to reach out
- Need to make sure organisations are aware of coproduction
- If it's not part of what needs to be delivered people don't find time
- The messaging of what coproduction is can be difficult
- People still need spaces / places to vent
- Need to provide people with education to reduce stigma
- Need to be supported to help each other
- May not be great at doing Coproduction but we are not giving up
- Services working flexibly to support those outside the system to come inside
- Partnership working - the opportunity is here, people are interested, CAPACITY prevents

## The experience of facilitating workshops, drop-ins and meetings

### Learning as facilitators

Harder to reach those who do not find regular meetings the best way to contribute

It is not really anyone's priority

Needs to be space for people to bring their own 'baggage'

Thinking about what has not worked can be upsetting

Shared spaces work best so it does not seem too 'meeting-y'

Must have support workers buy-in

Peer mentors or equivalent bring massive value - they have lived experience but also enable contributors to see the value of coproduction

There are many people further on their journey who could contribute but they may no longer be in services

Need specialist support to tackle systems issues

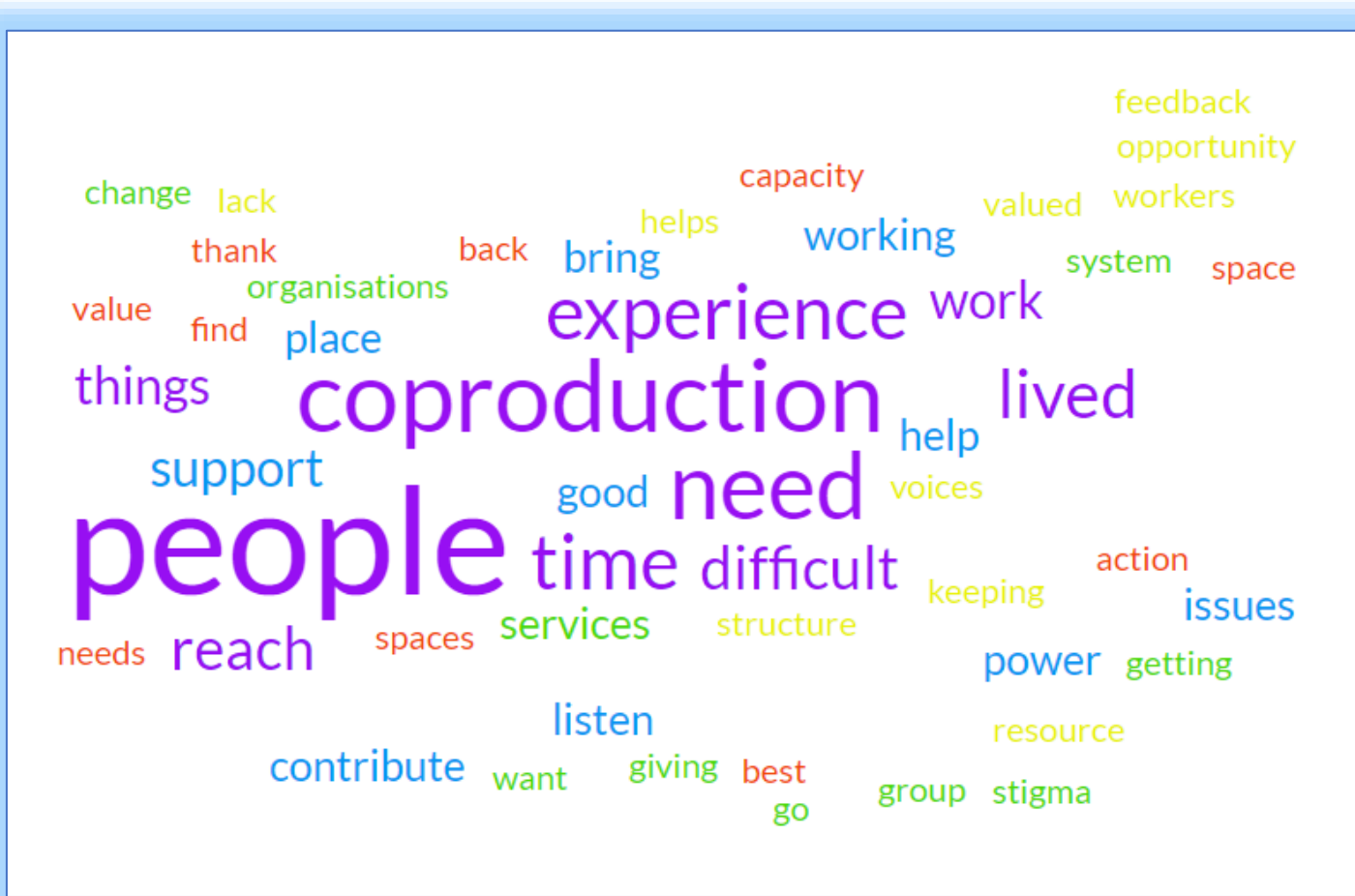
Food / social element helps to make for a more relaxed environment

Feeding back is not easy as often things are not tangible or can take a long time

It takes time and resource

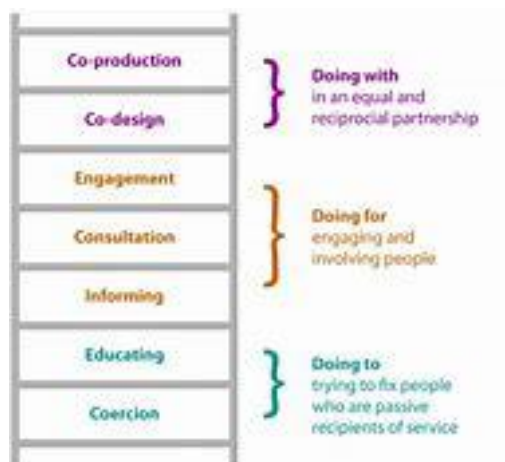
Need support and input from staff, volunteers and people with lived experience

## Total feedback in word cloud form



### To consider:

The 'Ladder of Participation' shows different levels of involvement and sharing decision making power with communities, citizens, residents and service users:



1. Which level of the ladder is closest to the current practice in the way you/your service/sector works with people to design and introduce changes to the system and how it operates?
2. What is your response to the feedback from the coproduction workshop?
3. How can you use your influence to encourage your sector to take the next step up the coproduction ladder?