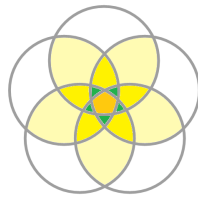


# Changing Futures

Cambridgeshire & Peterborough

Newsletter #7 July 2024

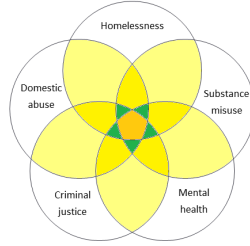


Welcome to our 7th newsletter — it's short & sweet with [links](#) to more detail. Depending on your device you can click a link, or press 'Ctrl' and click.



## What is Changing Futures?

Changing Futures is an ambitious programme where system partners work to transform how people facing multiple disadvantage are supported in Cambridgeshire & Peterborough. People with lived experience are at the heart of the how the programme is shaped. For a catch-up on progress and all our Newsletters visit our [webpages](#).



Multiple disadvantage: 5 petals

## Team Updates

We warmly welcome Mihaela Popa-Cirlig and Nick Sheppard to the Changing Futures programme.

Mihaela joined us in June and is dedicated to supporting people with multiple disadvantage in the Fenland area.

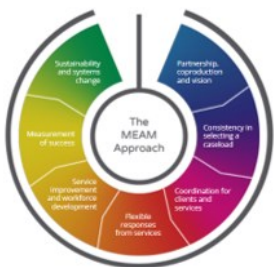
To connect with Mihaela please email [mihaela.popa-cirlig@cambridgeshire.gov.uk](mailto:mihaela.popa-cirlig@cambridgeshire.gov.uk).

Nick will be joining us later in July as our Lived Experience Facilitator. Nick will be facilitating our coproduction spaces across the county. We're looking forward to welcoming him.

## Systems Leadership

Changing Futures Cambridgeshire & Peterborough (shortened to CF C&P) is delighted to announce a partnership with MEAM (Making Every Adult Matter) to offer a programme of systems leadership training as part of the on-going commitment and support for systemic change around multiple disadvantage.

The 12-week programme will provide a solid introduction to the MEAM approach with principles and best practice at its core. It will be ideal for people interested in developing their skills in systems thinking and practice. The training is open to everyone across all sectors and across Cambridgeshire & Peterborough - front line workers, team leaders, operational and strategic leaders. There are 48 places with a number of cohorts starting in Autumn 2024.



If you have any questions, please email us at [changingfutures@cambridgeshire.gov.uk](mailto:changingfutures@cambridgeshire.gov.uk)

## System Enquiries Update

We'd like to hear if readers are aware of other pieces of work that are focusing on or related to the enquiries CF C&P are overseeing. Do you know of any services or individuals from your part of the system who may want to be involved and add to the success of these enquiries?

For more information about recent developments, [read our July 24 latest update](#). An overview:

- [Enquiry 1](#) Getting Information from the community to prison.
- [Enquiry 2](#) Improving the experience of A&E for people who face multiple disadvantage
- [Enquiry 3](#) Stigma in healthcare settings

You can [email](#) our Systems Leadership, Learning and Development Manager, Kyle Buckle-Hodgson for more information or to get involved.

## Systems Leader Group

CF C&P are looking for systems leaders in criminal justice, health and the voluntary sector to join our systems leader group. They would be a representative and decision-maker within their organisation and support a systemic change and partnership approach to tackling multiple disadvantage.

If you are or know someone who wants to be involved get in touch with [Tom Tallon](#) for more information.

At their 18 April 2023 meeting, System Leaders reflected on

- How to progress work on a trauma informed approach across the system: what are leaders' aspirations and what are the barriers, plus next steps to be taken.
- Good news about how embedding lived experience is happening more across the system
- A case study highlighting the importance of partnership working and how the system can look at the reputation of the person and not the individual themselves.

The group is next meeting on Thursday 18 July 1300 to 1600 in Ely and will focus on the **Learning Eco-system**. The Autumn meeting will be held on Thursday 17th October, venue TBC.

## Lived Experience

An event run in June 2024 by our local *Inclusion Health* team, which is part of the NHS brought together partners to coproduce a collective understanding of Inclusion Health and inequalities and the barriers facing those with high needs for healthcare. Linking with the aim of future planning and service improvement, Changing Futures offered the event an opportunity to hear from people with lived experience and their experiences of primary care services in our area.

*Inclusion health describes people who are socially excluded, who typically experience multiple interacting risk factors for poor health, such as stigma, discrimination, poverty, violence, and complex trauma.*



CF at the Inclusion Health event

## Our Coproduction Partnerships

Changing Futures C&P continues to develop partnerships across the county to expand lived experience and coproduction opportunities. CGL, The Sun Network and CF C&P are leading on 'Stigma in Healthcare' with a group coming together in August to start exploring this more.

We are working in partnership with the C&P Domestic Abuse and Sexual Violence Partnership Board and Office of Police and Crime Commissioner to create the role of Domestic Abuse Coproduction Facilitator. The role will create spaces for survivors of domestic abuse to set their own priorities and link them with parts of the system so they can coproduce systems change. If you are interested in the post or getting involved, [email us](mailto:tom.tallon@cambridgeshire.gov.uk) for more information. After looking at similar schemes, Cambridge Coproduction sub group focusing on container homes is working on a proposal for initial homes.

Everyone is welcome to coproduction. For more information contact [tom.tallon@cambridgeshire.gov.uk](mailto:tom.tallon@cambridgeshire.gov.uk)

## Evaluation of CF

Earlier in the year Changing Futures C&P looked to find a partner to provide us with a monitoring and evaluation framework that will capture and evidence the programme's successes, challenges and opportunities. This month we can announce the contract has been awarded to Cordis Bright & MEAM. The evaluation framework will focus on

- How Changing Futures influences the way the system thinks and operates
- Measuring the impact of these activities on the system and the people within it
- The contribution of Changing Futures to improving support, experiences and outcomes for people experiencing multiple disadvantage, and
- Preventing other people from experiencing multiple disadvantage in the future.

Cordis Bright are also the evaluation partners to the nationwide Changing Futures Programme.

## Healthcheck

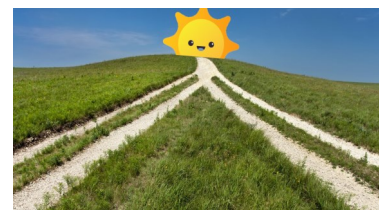
Many thanks to everyone who completed the Changing Futures C&P Healthcheck survey which helps measure awareness of the programme's work and principles across the system. Your feedback is invaluable. A draft write-up of the results of the survey can be found [here](#). These are a few observations.

- The voluntary sector has already made significant progress in embedding coproduction.
- Systems change is recognised as complex with some organisations more able to engage. Those with statutory and legal responsibilities face more barriers.
- There is often a will but not a clear way for a more system-wide approach. Funding models are yet to adapt, to support this way of working.

## A more trauma informed system

The outputs from our first two workshops Oct '23 and May '24 formed what has become known as "**the four pathways to the sun**" - to:

- ◆ Form an alliance or network.
- ◆ Make sure co-production is at the heart of the work.
- ◆ Set up a framework for our trauma informed approach across the system.
- ◆ Explore the staff support needed to implement.



Four pathways to the sun

A core group including members of CF and MEAM has been created to help set up a network and building a framework with a high-level of coproduction and support staff input. **The third workshop is on 16 July 24 from 10am-1pm at Hinchingsbrooke Country Park.**

The work of CF in this area sparked a senior level Trauma Informed round-table, which took place in May '24. It was hosted by the Mental Health, Learning Disability and Autism partnership with Changing Futures; and was seeking buy-in at the highest level to continue this work across the whole system, not restricted to multiple disadvantage only. As a result, a steering group chaired by Elaine Deazley-Morgan from the Integrated Care Systems, made up of senior level bespoke members has been set up. **To get involved, please email the [Changing Futures team](#)**

## Trusted person approach

Our work on the Trusted Person approach has been recognised by MEAM as a valuable approach to systemic change. In May '24 Changing Futures C&P was invited to share our learning at MEAM's National Multiple Disadvantage conference for a workshop called "Change in Action: what operational approaches support systems change".

This fabulous recognition began as an insightful reflection shared in a coproduction space, and has been shaped and grown by people with Lived Experience to become a 'way of being' ensuring the flow of information throughout the system.



Tom Tallon and Paul Knight presenting at the national MEAM conference

## Get in touch...

You can now:

- E-mail the Changing Futures team at [changingfutures@cambridgeshire.gov.uk](mailto:changingfutures@cambridgeshire.gov.uk)
- Visit our Cambridgeshire Insight [web page](#).
- Visit the [Making Every Adult Matter](#) website.

