

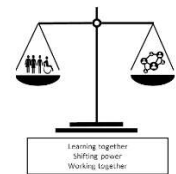


# Co-producing co-production

**A conference in Brighton**  
**Wednesday 15 March, 10am-4pm**



Possability  
People





## Housekeeping

- Make yourself comfortable
- Feel free to get up and help yourself to refreshments
- Breakout space in café area
- Mental Health First Aiders – Red, Tasha and Alison
- Photo consent – completed?
- Conference booklet – how to use it
- Fidget toys
- Fire exits
- Bathrooms
- Visual artist – Heidi



# AGENDA

10.00-10.30am	Refreshments, registration and networking
10.30-10.45am	Welcome and housekeeping, introduction to the conference and aims
10.45-11.05am	Ice breaker - Co-production in real life
11.05-11.25am	Co-Production Quiz and an Introduction to Co-production
11.25-12.45pm	Session 1 - Co-production examples from partners across Sussex
12.45-1.30pm	Lunch and networking
1.30-2.30pm	Session 2 - Creating Co-production values
2.30-2.50pm	Refreshment break and networking
2.50-3.00pm	Co-production Q&A panel
3.00-4.00pm	Next steps, pledges, feedback and networking
4.00pm	Close of conference



# Sussex Co-producing Co-production

## Start with a blank sheet

### **Conference Aims:**

- To share good practice and values for working in co-production across Sussex.
- To encourage networking and strengthen communication between people working in co-production across Sussex.

### **Thank you to the conference planning group:**

Alison (SCALE/Capital), Andree (Changing Futures Sussex), Chloe (B&H LEAG), Jenny (SCALE/Capital), Lorraine (East Sussex LEAG), Red (Possability People), Tasha (Possability People)

## Ice breaker - Co-production in real life





# Co-Production Quiz

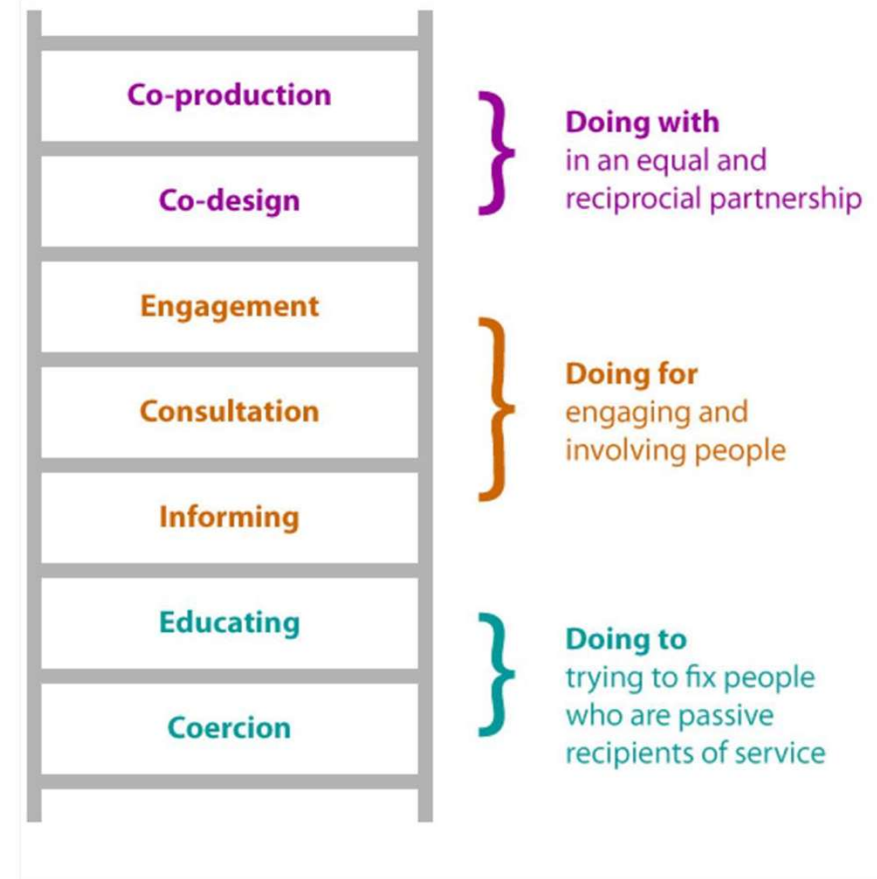
## Is this co-production? Yes/No?

1. Holding a focus group to discuss a new strategy.
2. Having lived experience representatives in meetings.
3. Working alongside people with lived experience to regularly advise and oversee the developments of a service.
4. Inviting, supporting and resourcing people who are affected by services/will be using the services to lead the process of service re-design.
5. Sending out a survey to service users to get feedback.
6. Invite people with lived experience to join interview panels for staff.
7. Holding an event to inform people about services and the changes that are being made.
8. Involve people at the beginning of planning.
9. Having staff with lived experience in meetings.
10. Employing peer mentors and support workers.

# What is Co-production?

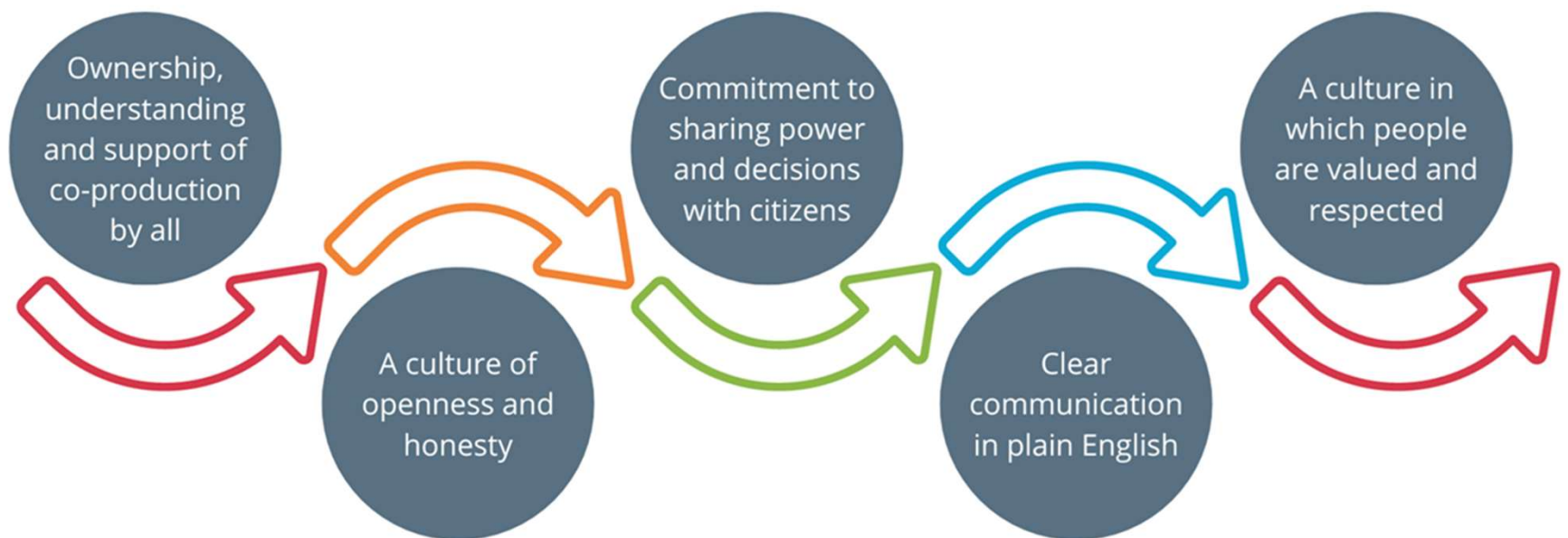
“Co-production is not just a word, it’s not just a concept, it is **a meeting of minds coming together to find a shared solution.**” (SCIE 2022)

“Co-production is a way of working that involves people who use health and care service, carers and communities in **equal partnership**; and which **engages groups of people at the earliest stages of service design, development and evaluation.** Co-production acknowledges that people with ‘lived experience’ of a particular condition or healthcare pathway are often best placed to advise on what support and services will make a positive difference to their lives.” (Coalition for personalised care)



# Co-production model

(Coalition for personalised care)







## Co-production examples from partners across Sussex

- Supporting co-production in the Community Mental Health Transformation Programme and the Commissioner's perspective.
- Fully co-produced recruitment, including a demonstration of an interview panel.
- Using co-production to create groups and drop ins, for people with serious mental illness who are not accessing services.



# **Supporting co-production in the Community Mental Health Transformation Programme and the Commissioner's perspective**

Presenters:

Tasha Barefield, Lived Experience Coordinator,  
Possability People

&

Kenny Mackay – Adult Social Care, Strategic  
Commissioning Manager (Mental Health) Strategy, East  
Sussex County Council



## How do Possability People and SCALE engage and support people with lived experience?

- We facilitate **Lived Experience Advisory Groups** across Sussex for people to share their experiences and opinions about mental health services.
- We support the **attendance of people in strategic meetings** when they have had lived experience of those specific services/themes.
- We offer **check-ins with people before, during and after meetings** to check their well-being and understanding.
- We offer **reimbursement** of people's time for their involvement.
- **Mentoring and peer support opportunities** are encouraged within the groups.
- We arrange **social meet-ups** for the groups and support making connections across the group.
- Offering regular opportunities for people to meet with the facilitators to discuss their **support needs and personal development**.



## Doing co-production in the Community Mental Health Transformation Programme

- We work **closely with commissioners and leads of services** to ensure that people we work with can have meaningful involvement opportunities and have timely feedback as a result of their input.
- We have supported people with lived experience to be involved in the **planning, facilitation and evaluation of Sussex-wide workshops** to feed into the Community Mental Health Transformation Programme and the ongoing development of delivery planning for each area.
- We undertake **community outreach and communications** with smaller voluntary groups, organisations and events supporting unrepresented people in our services.
- We **support the coordination and sharing of the co-production** work being undertaken across the NHS Sussex Integrated Care System (ICS), Sussex Partnership Foundation Trust (SPFT) and Voluntary, Community and Social Enterprise networks (VCSE).



## Co-production examples from partners across Sussex

Reflections:

What were the benefits of using co production in this example?

What particularly stood out for you?

What surprised you?

What could you take back to the work or activities you do?

Is there anything else you'd like to know?



## **Fully co-produced recruitment, including a demonstration of an interview panel**

Presenters:

Maureen, Maria, Josh, Diane, Andy and Keeley  
from

West Sussex County Council,  
Directly Provided Services





## Co-production examples from partners across Sussex

Reflections:

What were the benefits of using co production in this example?

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Is there anything else you'd like to know?





# **Using co-production to create groups and drop ins, for people with serious mental illness who are not accessing services**

Presenters:

Sara Shepherd - Peer Hub Coordinator

Heather Pettman - Peer Support Worker

Lianne Mitchel - client of Peer Hub

West Sussex MIND

# Peer Hub



Coproduced and led by peers

West Sussex  mind

## What is it?

Peers coproducing and cofacilitating groups based on their specific diagnosis or difficulty

## Who is it for?

Adults with serious mental illness who cannot or do not want to access mainstream services



# How did it start?

The project originally started out as an outreach project in 2022 to find people who were not accessing services and the reasons why

From the outset the project was designed, led and produced by peers

There was collaboration between peers from West Sussex Mind and EBEs from NHS to discuss what was needed and wanted from the start





# What groups are currently running?

Complex Emotions

For Personality disorders  
and bipolar

PTSD & Trauma

ADHD Autism & Neurodivergency  
For Adults and their carers

Multiple disadvantaged  
Held at the Turning Tides Hub



Supporting people who are rough sleeping, suffering with substance misuse, domestic abuse and mental illness

## Why don't our clients access mainstream services?

Mistrust of services

Our clients do not want extensive paper work  
Peers have co-designed a one-page agency  
or self referral form

Risk assessments can be triggering, we are only  
concerned about risk to the group

Once our clients have experienced the power of peer  
groups they often don't feel the need for clinical support



# What do we offer?



A warm safe space

Signposting and support to access financial, housing, domestic abuse agencies  
and support with substance and alcohol misuse

Refreshments

Respect, understanding and non-judgement to all

A place to really share

A place where people can use their own lived experience to help others  
and to grow and progress on their own journey



# Progression

When peers are noted as progressing in their recovery journey they are encouraged to get involved and cofacilitate

If peers would like to get involved, they are interviewed by peers and given training to run the group usually based on their own diagnosis

Peers can then move on to leading groups

Peers can then go on to find full- or part-time positions

Example: one peer running our dual diagnosis group has now gone on to find full-time work with Turning Tides



# What our clients say

"I don't feel so alone anymore. I have been going for about 2 months now. All the dealings I have had with any staff have been first class, and xxx is very good to talk to. I have not always felt very comfortable talking about private issues with a group of others, but the way things are conducted by the staff makes it all so much easier. Also got to know some people and go for teas or coffees afterwards, and other times too. I really lacked any kind of social activities with anyone (I lived elsewhere most of my life), so that really is making a difference. For the first time in a long time, I am starting to feel a lot more hopeful about the future."

Mike

# Inter agency working

- Turning Tides
- Community wardens
- The food bank
- Sussex Partnership Foundation Trust (EBES)
- DWP/Benefits
- GPs
- Social Prescribers
- Social workers



# Things to bear in mind

Budget enough money to pay your peers to facilitate groups

Budget extra time to ensure peers are given time  
to think of what is wanted and needed

Trust in your peers to coproduce ideas and solutions  
They are the experts by experience

Peers are in recovery and will need regular supervision and support





## Co-production examples from partners across Sussex

Reflections:

What were the benefits of using co production in this example?

What particularly stood out for you?

What surprised you?

What could you take back to the work or activities you do?

Is there anything else you'd like to know?

# LUNCH & NETWORKING





## Creating our co-production values

Bring together the learning from this morning to create a shared set of co-production values:

- Write on the flipchart any words related to co-production
  - ❖ reflection on what you've heard so far
  - ❖ how does it feel being part of this process today?
- Use the words to help to create together some sentences about what we want our co-production values to be
- Feedback from each table – share 2 values each (choose different ones from what has been said before if possible)
- Put all the lists on the walls and in the break please go around and add your stickers to the ones you like/agree with



**BREAK**





## Questions and answers session

### **Panel:**

Tasha Barefield – Lived Experience Coordinator,  
Possability People

Red Fletcher – Lived Experience Facilitator, Possability  
People

Andree Ralph – Lived Experience Coordinator,  
Changing Futures Sussex

Jenny Kolda – Lived Experience SCALE

Lorraine Quinn-Stokes – Lived Experience East  
Sussex LEAG





## Pledges

Write on a post-it note a pledge that you can make from attending today's conference:

- something you will take away to think about,
  - implement in your work,
  - an action you can plan for.

There is also space in your workbooks to write out your pledge so you can come back to it later.



## Feedback from co-production values session

What are the top 5 values voted for by you?

Involve everyone in every stage in a real and honest way.

Listening, hearing, and responding to all voices as equal partners.

We will include people with lived experience in the design, delivery and review of all our systems and services and make sure they have the skills, knowledge and support in place to be able to take full advantage of any opportunities to coproduce what we offer.

Creating a culture of inclusivity by being human, open and honest.

Working in an inclusive, transparent way that leads to a meaningful culture shift which becomes embedded and kind.



## Next steps

- Conference evaluation
- Sharing the notes from today and the shared co-production values
- Possible follow-up online co-production sessions – let us know what you would like?
- Take the time now at the end to note people's contact details in your booklet



## **END OF CONFERENCE**

**We hope you enjoyed today, made new connections and learnt something new you can take back to your work/life**

**Safe travels home!**

**Speak to Tasha or Andree if you have any questions**

**[natasha@possabilitypeople.org.uk](mailto:natasha@possabilitypeople.org.uk)  
[Andree.Ralph@westsussex.gov.uk](mailto:Andree.Ralph@westsussex.gov.uk)**