



# Co-production

Let's Work Together

# Welcome and Introductions

- Hi we are; Julie/Ali/Gail/Steve ....
- Round of introductions from participants (your name and what attracted you to attend today)

An important way of working together is agreeing some ground rules, we'll get you started with some examples.....

- Everyone's view is important
- There is no such thing as a silly question
- One person speaks at a time and everyone listens
  
- Now over to you .....
  
- (that was a simple example of co-production and user involvement)

# An Introduction to the County Durham Together Vision and the New Mental Health Alliance.

- The County Durham Vision 2035, which was developed together with partner organisations and the public, sets out what we would want the county to look like in 15 years' time. This vision is structured around three ambitions which are:
  - More and better jobs
  - People live long and independent lives
  - Connected communities

# The Mental Health Alliance.

- A new way of delivering services that can help people be where they want to be in **their** life.
- The alliance pulls together a number of providers that have lots of experience working with people to manage their mental health in a way that suits them.

The providers in the alliance are Waddington St, Richmond Fellowship, Home Group, St Margaret's, Creative Support, If U Care Share, Mental Health Matters and Durham County Council.

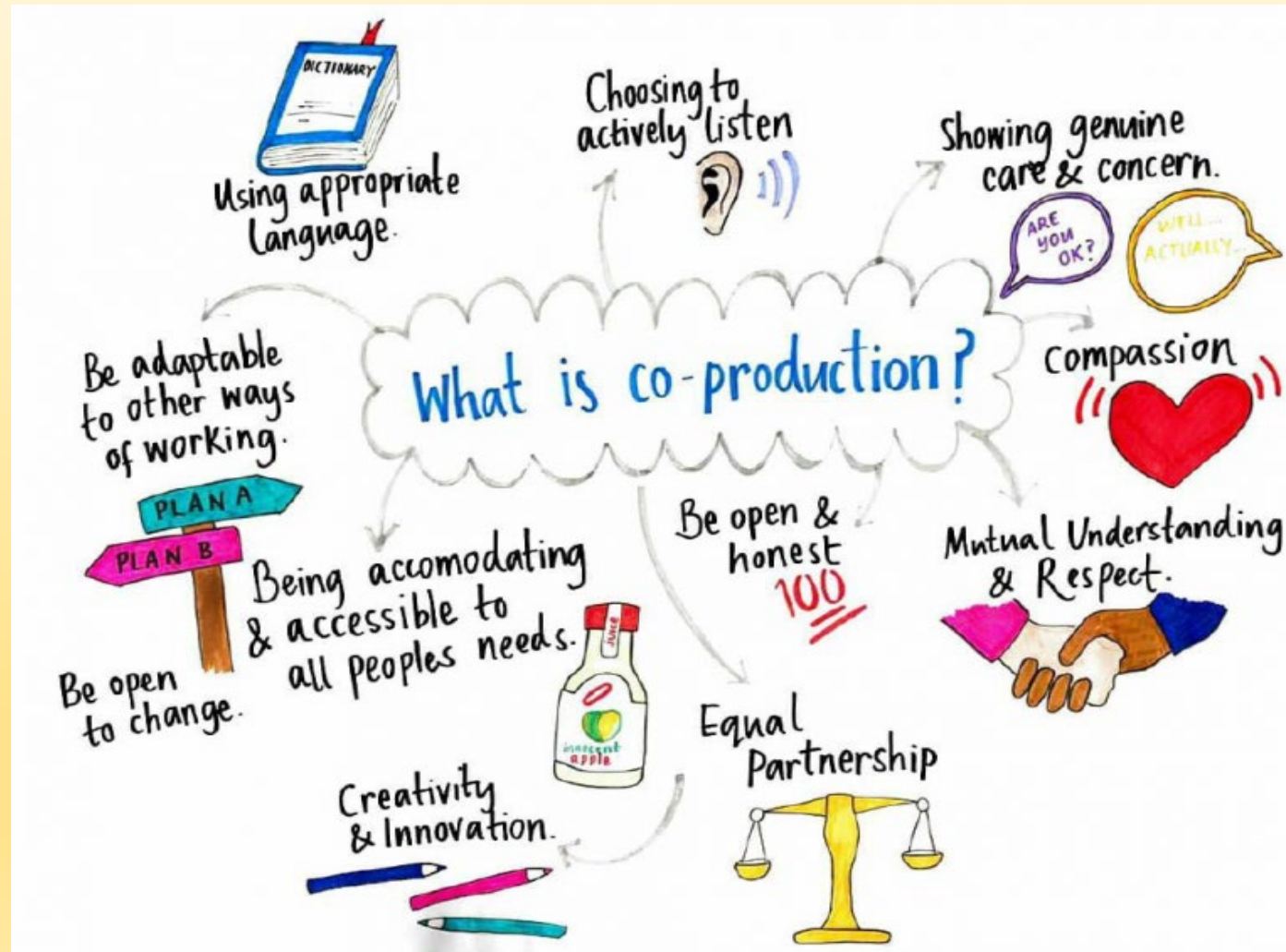
The alliance will also have several subcontractors that will add extra choice to the service offer.

# Quick exercise (1)

What springs to mind when you hear the phrases 'user engagement' and 'coproduction'?

Please don't worry if you haven't heard of these, that's what today is for.

What is Coproduction and why is it important to get involved? Basically it's a posh way of saying working together in equal partnership.

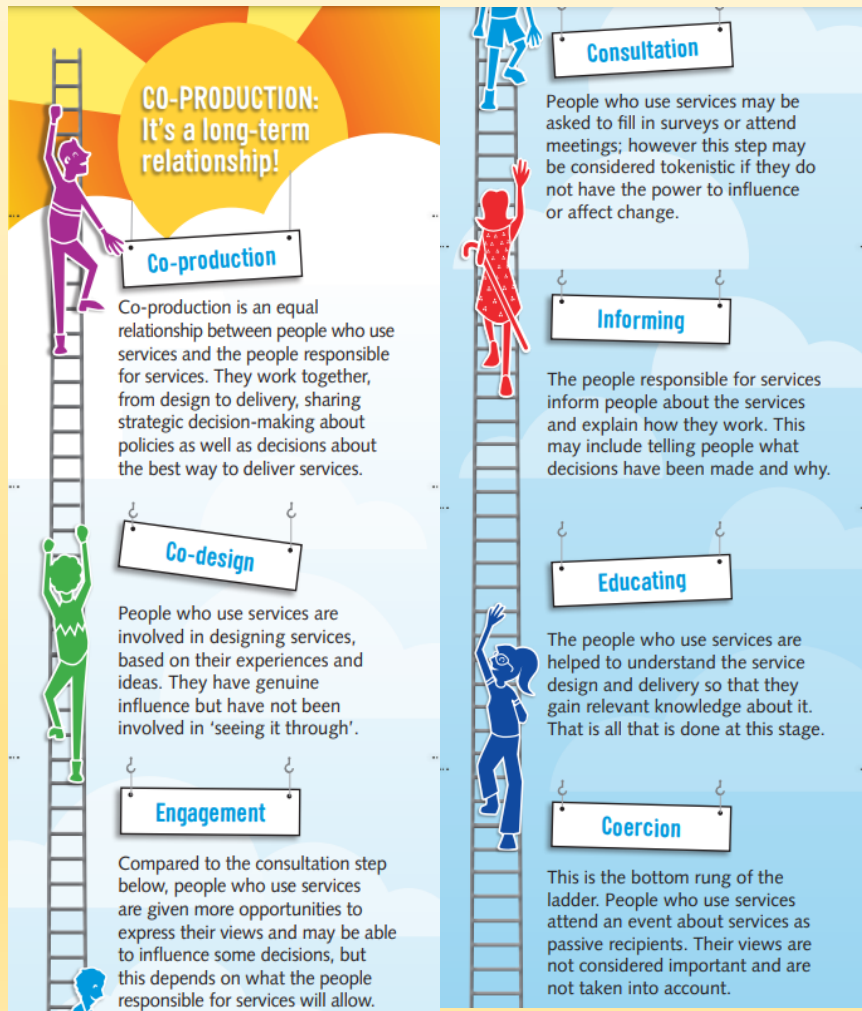


# Why do services and the people who use them need to work together as a team.

- Teams are made up of lots of different skills. There is no point if everyone has the same skills.
- People who use services (service users, patients, customers, people with lived experience) have many skills, experiences and knowledge to share. They also understand what is like to live with mental health needs and which services work or don't work
- People who manage and create services have their skills too but they often don't have first hand experience of living with mental health needs or accessing services themselves.
- By working together we can combine the best of everyone's skills and knowledge to make something really good and which works.



# There are lots of stages in Coproduction.



This is the ladder of Coproduction. It describes different ways people who use services can get involved. It's Okay for people to join in with whatever they feel comfortable with but we hope that we'll all aim towards the top of the ladder which is: Co-Design and Coproduction.

Q> Have you been involved with any of the stages described by this ladder? Were your experiences good or bad? If you are comfortable, please share with the group. If you don't like speaking in a group, we can write them down.

**“Alone we can do so little, together we can do so much.” —  
Helen Keller**

**“Coming together is a beginning. Keeping together is  
progress. Working together is a success.” – Henry Ford**

**“None of us is as smart as all of us.” —Ken Blanchard**



## Quick Exercise (2)

Please tell us what might stop you from getting involved?

What can we do to change this?

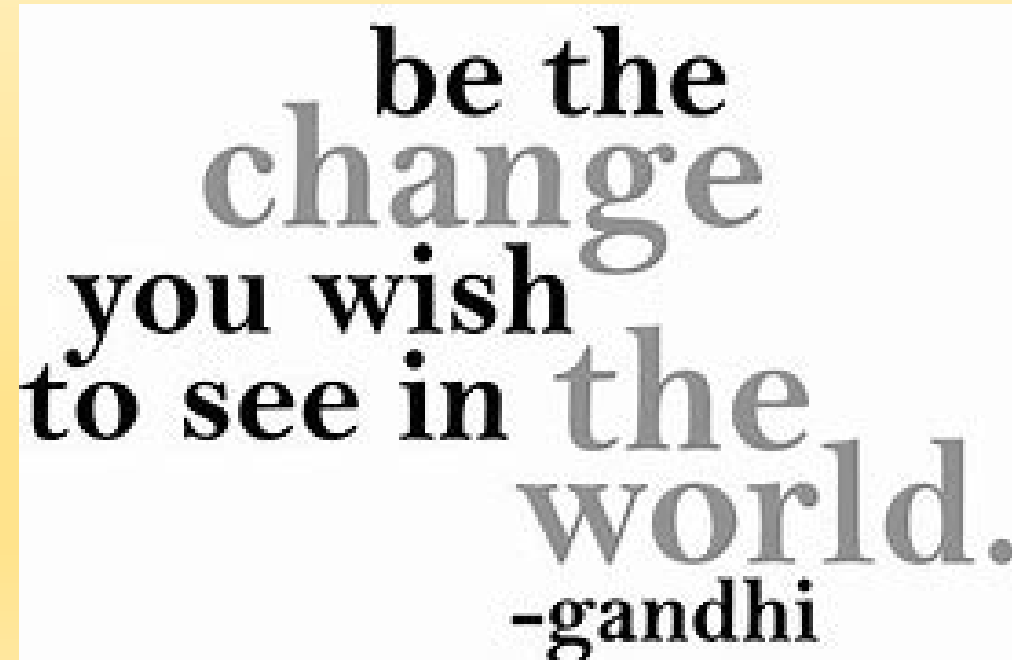
We really need the help of people with mental health lived experience. You might be a service user, a carer, a volunteer or a worker. If you want to get involved, we really want to work with you.

As part of the new Durham Alliance we will be training all staff (from potentially 13 organisations) in Coproduction. This is so we will all be committed to it. We'd love to hear from you if you would be interested in helping us to deliver this training. You can let us know today or we can share our contact details if you need some time to think.

Some other ways you can help us in the future are; sharing artwork to be used in Alliance publicity, helping us to plan and review new and existing services, helping us to create policies and procedures, being part of interview panels when we recruit new staff, attending meetings and focus groups, helping us to create staff training on mental health awareness.....

The last part of the meeting is for questions you may have and further discussions.

Thank you so much for joining us and we'll leave you with some wisdom from Gandhi.....



**be the  
change  
you wish  
to see in the  
world.  
-gandhi**