

## Coproduction Planning Workshop

### Meeting 2 19.1.22

Attendees:

**Philip Morgan** Lead for Recovery and Social Inclusion

**Sarah Rose** DHC Mental Health Services

**Amanda Wathen** Trustee - Parent carer foundation

**Peter Phillips** (Parents Carers Together)

Apologies: **Claire Webb SEND Improvement Programme Manager** BCP

Key Issues from our discussion summarised below:

SR and PM summarised previous discussion around their co production experiences in mental health from our initial meeting in October 21. They have offered to support as needed with the co-production work ongoing in the BCP area. At last meeting it was proposed to consider how they can support with workshops for Parent carers and staff as required but on reflection this may not yet be the right time.

PP shared his role within PCT and that his work has primarily been with the SEND team and BCP.

AW and PP discussed the increasing partnership between parent/carer groups and the importance of working together rather than competing. Wider representation and the benefits of accessing lived experience and depth of knowledge

SR- acknowledged there are parallel workstreams to consider, both regarding the partnership alliance, co-production and the necessary cultural changes as well as the pending co production and participation roles. Need to identify what learning is required to support all stakeholders. Creating safe space is important to allow vulnerability and to acknowledge this may be needed.

AW - The 'trauma' response that can be triggered by participants may be one of the biggest challenges to overcome - it is important to find creative solutions to bring things together and then move forward

Transparency is key!

Various range of options discussed about next steps discussed in relationship to the new posts being created: eg core principles of co-production/ do we create a safe space for initial discussions/ perspective of parent carers and BCP/staff workshops within BCP

It has been raised since last meeting that it may be too premature to progress to workshops at this stage until some of these issues have been addressed.

Phil and Sarah are willing to support in any meaningful way they can and will be guided by us.

Issues to consider:

- We need to understand and identify what is working well, where barriers and issues are and what pre work may be required before progressing to the workshop stages.
- Does everyone understand co production and if so are they committed?
- Where are people emotionally?
- Do they have the emotional resilience at current time?
- New roles- opportunity to lead and inspire/chair via workshops and training
- Trauma response that has been observed and reported from previous difficulties that may be triggered by certain meetings/settings and how we support participants to engage as they want to – discussion around clear expectations and roles, ensuring people feel heard and listened to, discussion, partnership agreements.
- Some of this may be best met with individual/more targeted work outside of the co-production work.
- Representation from BCP needs to be identified as key partners for this work
- Core to co-production is shared agreement about shared values, actions if people feel uncomfortable, mutual trust
- Raised that the new alliance may want an additional workshop/discussion to explore and agreed that this can be requested with a clear direction and expectation and support from all stakeholders as needed.
- Phil and Sarah are happy to share their experience and knowledge as needed with clarity and clear expectations from us about what will be of most value

#### Actions:

PM will share Trauma paper

SR will come up with some suggestions

Discuss next steps with Alliance and BCP

SR and PM are happy to support as required – suggest further meeting with all stakeholders in 1-2 months