

Co-production- Working together on research

Lisa Richardson, Steering group member



[@kssldcop](https://twitter.com/@kssldcop) [@LisaR_Psy](https://twitter.com/@LisaR_Psy)



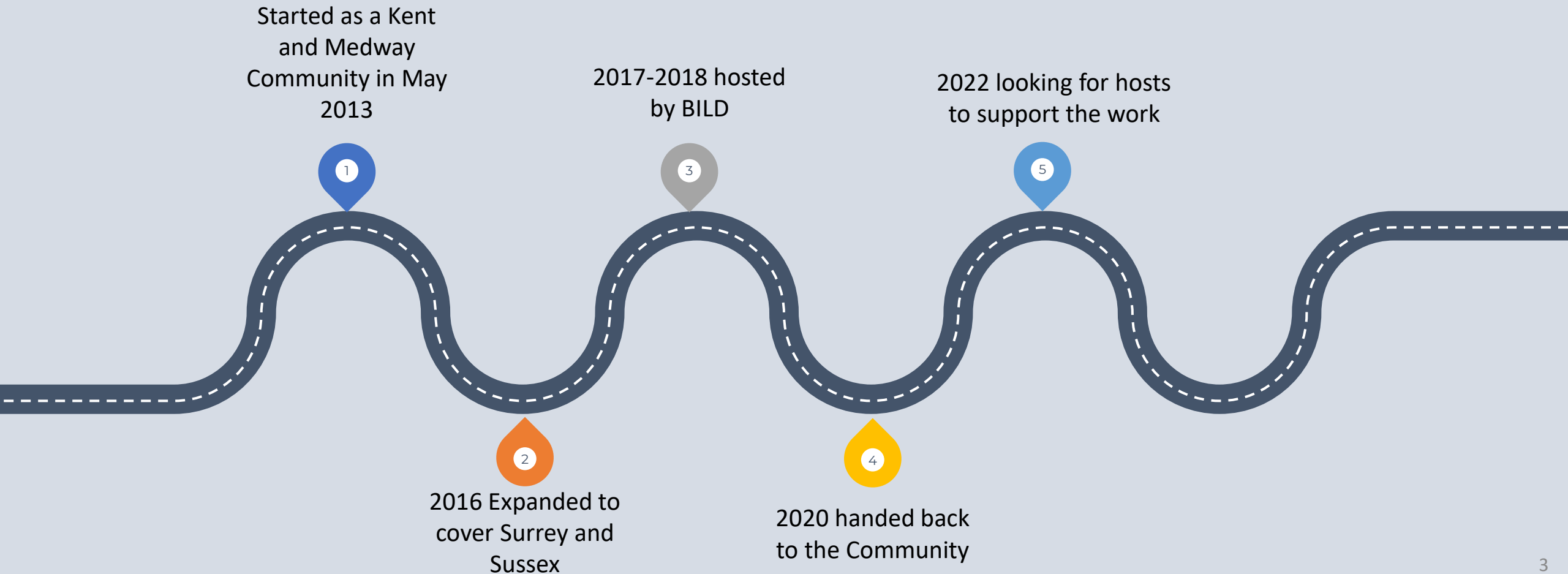
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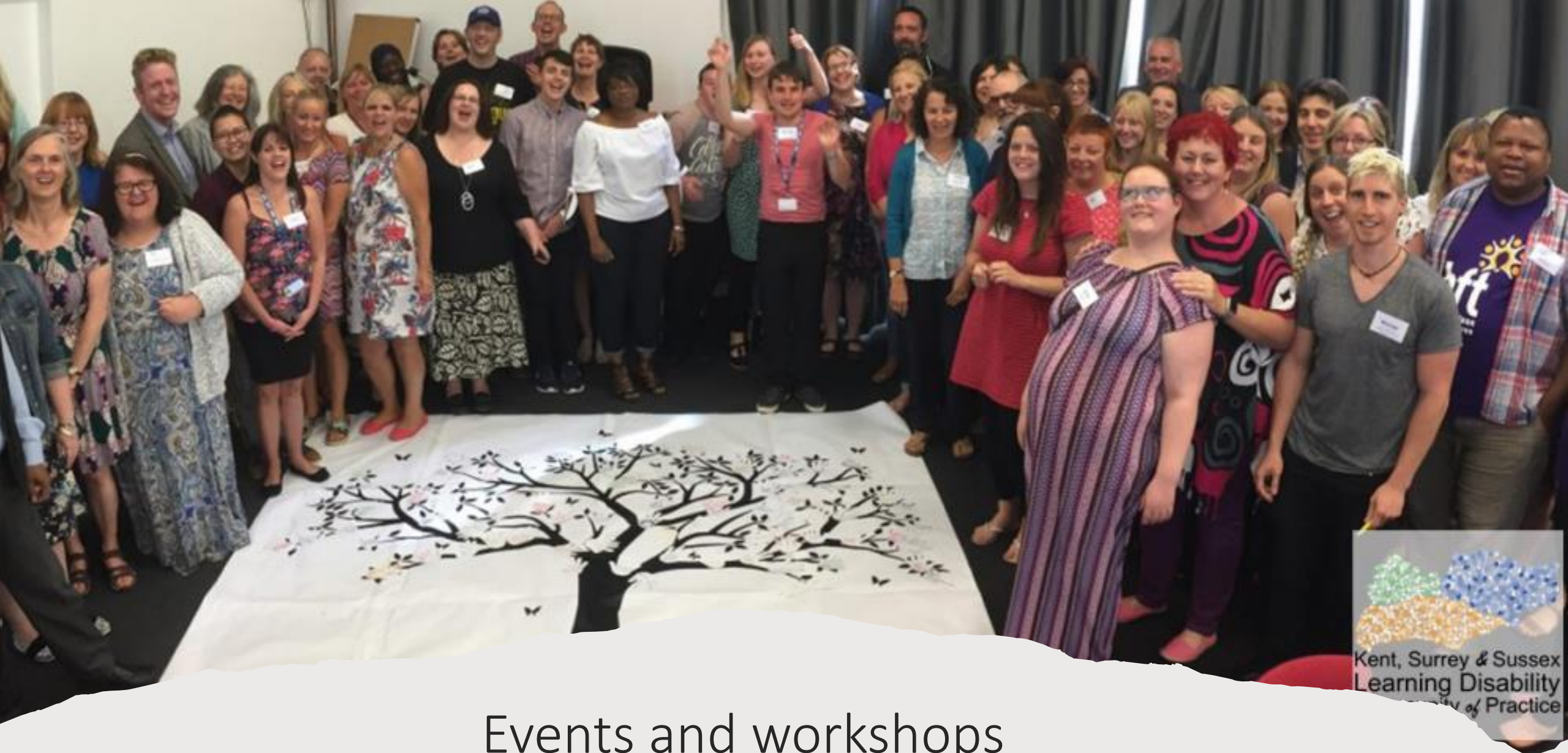




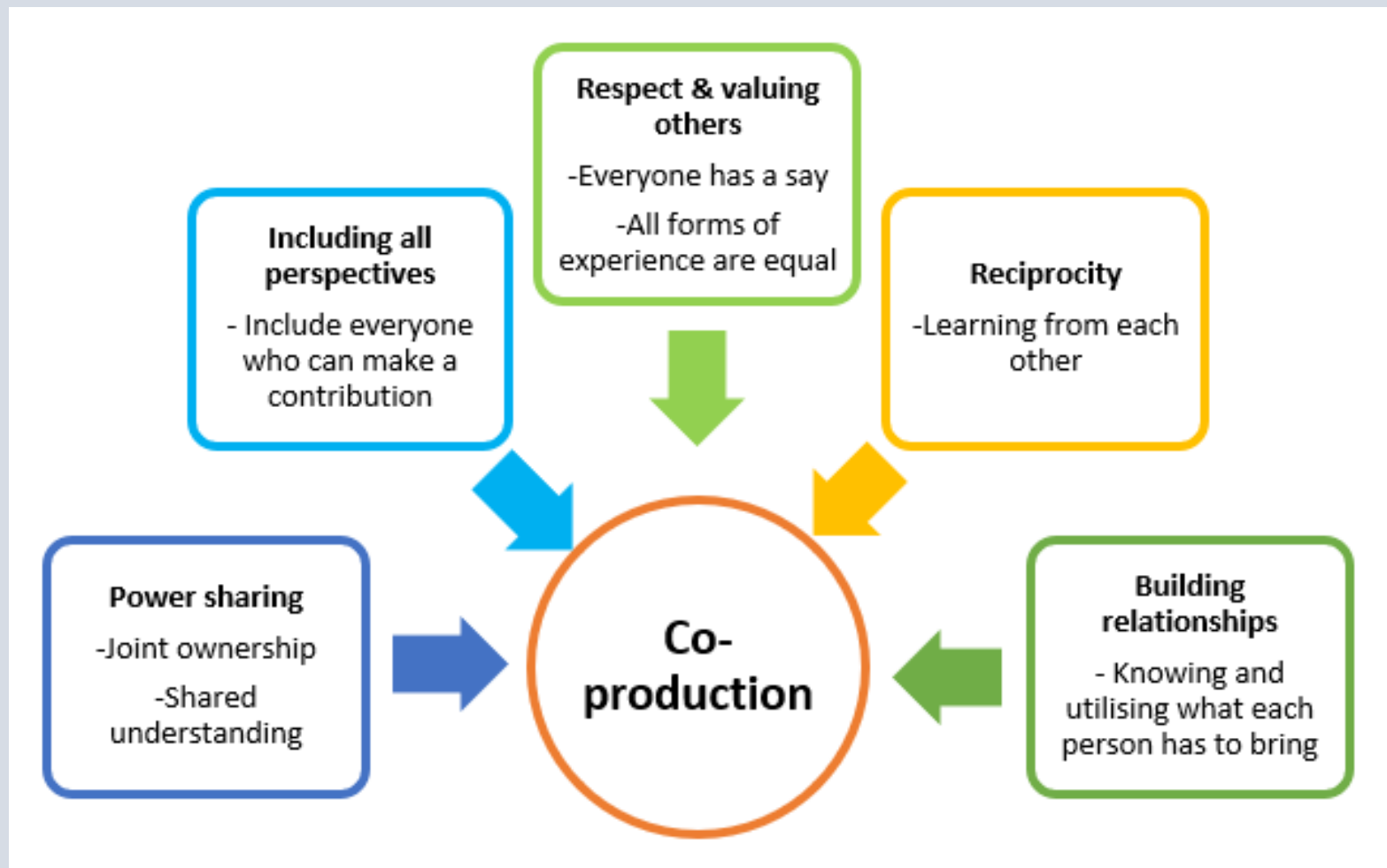
Enable people with learning disabilities and their allies to live **healthy, safe and fulfilled lives**

Kent, Surrey and Sussex Learning Disability Community of Practice





Events and workshops



Learning to work together

Four things to support working in co-production-

1. Take time to get to know each other- personal profiles
2. Take time to understand shared values- co-production profile
3. Take time to check how things are going
4. Shared space for work

Lisa¹



What people like and admire about me

I am friendly and caring

I am determined and work hard

My dance moves (sometimes)

I can be sensible and funny

What's important to me?

I value fairness.

It is important that I have time with people and time alone (this is true at home and at work).

I love/ enjoy crafting, walking, dancing, music and the odd gin and tonic.

I like to be by water (sea, lakes, rivers, streams, puddles even).

How to support me well at work (ways of working that work/don't work for me)

I need a plan to work to, with deadlines.

I like to hear other peoples ideas and points of view and working with people who have different skills.

I like when I am supported to take the lead and develop.

I need quiet to concentrate.

I prefer when people are honest and direct with me.

I don't like wasting time or not knowing what I should be doing.

Personal profiles

What people like and admire about me

What is important to me?

How to support me well at work?

Our Co-production profile

What we are doing

What we are about- our values

How we work together

Our Co-production profile



What we are doing

We are working together to come up with a research idea and plan.

We will try to find funding to do the research.

What we are about- our values

- Our shared purpose- enable people with learning disabilities and their allies to live **healthy, safe and fulfilled lives**
- Working towards a shared outcome
- Working together as equals, with everyone having an equal say
- Honesty- recognise who is/ is not involved
- Co-operating and decide together
- Value different people, **experience** and ways of being part of the work
- Sharing our different experiences and skills
- Learning from each other
- Be prepared that it might be 'messy' or difficult at times

Our team is 'greater than the sum of its parts'

How we work together

- Record our meetings and keep notes
- Talk slowly and clearly
- Be honest about what we can do and what we need help with
- Check if anyone needs help
- Take turns to talk
- Be focused, have a structure
- Check we understand the same things
- Challenge ideas and discuss differences- be critical friends
- Be clear about things that need to be done and plan ahead
- Have fun along the way!
- Be reminded of these things at the start of the meeting



How is it going?

- What has gone well?

I liked the fact that everyone listened to everyone else, and that all contributions were valued.

- What could be done differently?

Time was tight between meetings to get everything done

Shared space for work- the Padlet

Research co-production
A space to share information and ideas

Our profiles +

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DOCX Co-production group

Profiles Booklet

Other useful things +

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Co-production leaflet

Co-production- Together we are better
A leaflet for the public

What we mean by co-production

Co-production is a way of working, where professionals and the public work together on an equal basis from the start to the end of a project. Together they share the work and reach decisions. For the Applied Research Collaboration Kent, Surrey and Sussex this means co-producing research or services in health and social care.

The starting point is valuing the experience of people who access health and social care services and their families. They are best placed to know what works. We can't get our research or services right without them.

Co-design We will seek to find a shared vision for the future.

Co-decision making Making the vision a reality will mean everybody involved having an equal voice. We can discuss what and how much you would like to do.

DOCX

About our work +

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Our co-production profile

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different people, experience and ways of being part of the work

our different experiences and skills

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Ideas (please add an comment) +

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Learning Disability Engla Good Lives Full version

GOOD LIVES:

What next?

GOOD LIVES:
BUILDING
CHANGE
TOGETHER

