

Co-producing Research and Policy

Votes	What is your key principle	Tell us why it's important	How do you do it?
14	Having the time, principles and relationships to build trust	<ul style="list-style-type: none"> • Value of the particular networks and trust building capacities of individuals from specific communities • Bringing people together from different groups/communities can be challenging in terms of trust and understanding building • Differences are respected and not judged within participating groups 	<ul style="list-style-type: none"> • Time /space and resources for commissioners to learn from people with lived experience. • Ensure enough time is invested for people to build understanding of other participants • Letting go of roles – letting go of professional ego or ego as someone with lived experience. • Honest, non-judgemental communication • Control timing, so there isn't only one opportunity to feed in, and no one voice dominates • Co-facilitate with people with lived experience (and remunerate) • Good ground rules – remember to revisit throughout the process • A good chair helps! • Make discussion and refinement an ongoing process • Check in/check out to enhance wellbeing • Taking the time to build trust, take it forward, listen
3	A collaborative approach – including with politicians and businesses	<ul style="list-style-type: none"> • Everybody in society has assets and influencing power to make change happen, from individuals, to businesses, to the third sector and politicians 	<ul style="list-style-type: none"> • First Love Foundation
11	Valuing the diversity, experience and time that everyone brings	<ul style="list-style-type: none"> • It ensure the service/policy addressing a problem provides optimum user experience • Enhances understanding of the exact aspirations of people • Helps articulate a problem better 	<ul style="list-style-type: none"> • By ensuring the active participation of the public (the target audience). Taking the problems from them and understanding their aspirations. • Citizens advice reimburse for interviews with vouchers • First Love Foundation gave the gift of a laptop (investment in the future) <p>Erika</p>

Co-producing Research and Policy

		<ul style="list-style-type: none"> • Payment rewards for what's due: expertise and knowledge of people with lived experience. An expert, qualified person would be paid the going rate for their time and expertise, so this should extend to all experts by lived experience, Including possible recovery time/wellbeing support required if retelling a story that risks re-traumatisation 	
16	Co-production principles must be imbedded at the beginning of the process for a considered rather than an opportunistic approach	<ul style="list-style-type: none"> • Recognising the unique strengths of co-produced research • Prevalence/danger of consultation fatigue and cynicism • People in power need to understand people's real life experiences • Should avoid becoming a tick boxing exercise (like consultations) • People involved feel the co-production is genuine 	<ul style="list-style-type: none"> - Co-produced and embedded over multiple stages - Online surveys disseminated widely beyond core group of usual suspects - Be led by issues that people really face/ don't make assumptions about what people need - Co-production of bids for funding will improve the direction of the project itself
	A commitment and emphasis on self-reflection and learning together	<ul style="list-style-type: none"> • What co-production is and how it works should also be co-produced 	<ul style="list-style-type: none"> • Co-produced and embedded over multiple stages
12	Opportunities and support to speak truth to power using a collective voice	<ul style="list-style-type: none"> • They (decision makers) have sometimes never spoken to people in power, and this is 	<ul style="list-style-type: none"> • Members of the house of lords came to visit near Crisp Street Market and spoke to someone using a food bank. The young person didn't want to visit the House of

Co-producing Research and Policy

		necessary to increase their understanding. Everybody deserves to be an important part of their community	Lords, but was happy for his case study to be put forward. (First Love Foundation) <ul style="list-style-type: none"> Friendly and approachable setting is important Fear of DWP can make people scared to speak out.
4	Safe space and environment	<ul style="list-style-type: none"> People must be given the support to join in and speak out without it having a negative impact on them and consent and development of good boundaries are key 	<ul style="list-style-type: none"> A charity helping people with domestic violence supported people with lived experience to talk to an All Party Parliamentary Group and many reported that it was a transformative experience Iterative processes can be useful, building relationships with people, feedback, being accountable. It's good to go where people are (Healthwatch, Ana) People should be able to share experience in a safe space without being scared of repercussions (Commission on Social Security) Sharing a safe space with politicians also needs to be done through creation of a safe space for everyone
13	Community members should be given requisite support to develop and strengthen their confidence, skills and tools to participate	<ul style="list-style-type: none"> Avoid tokenistic or non-self sustained co-production People affected by issues should not feel exploited by the coproduction process/many who participate may be particularly vulnerable Don't take power away, help and support 	<ul style="list-style-type: none"> - Video link for those who can't attend - Transport - Travel buddy - In – setting support (eg reading and writing) - Child care - Consult people on what they want in terms of remunerations - Everyone should be getting value from building skills, support, not extracting knowledge/experience - All docs, including policy docs, should be in easy read. - Jargon free is good!
3	Language is important – Avoid them and us – should reflect commitment to working <u>with</u>	<ul style="list-style-type: none"> Language can entrench rather than dismantle power dynamics that co-production challenges 	<ul style="list-style-type: none"> Awareness that people may currently be living through issues being abstractly discussed and addressed in the long term.
10	Flexibility and willingness to change aims/pre-conceptions/principles	<ul style="list-style-type: none"> Making assumption can be damaging to both the quality of projects' 	<ul style="list-style-type: none"> Supported environment to allow people to gain confidence

Co-producing Research and Policy

		findings and to the participants	<ul style="list-style-type: none"> • Proactively seek funding for specific support needs (travel expenses, support workers, translators) • Openness to challenge and difficult conversations • To not be scared to lose control over aims and objectives
2	<p>Responsibility to our community to accurately reflect views</p> <p>-To make sure we have the views of all communities, refugee, domestic violence, prisoners, disabled.</p>		<ul style="list-style-type: none"> - Mentoring new members or people who want to get involved - Support supervision/ create a safe space - Giving questions but answering in their own time when they are ready - Hear each other's point of view and come to an agreement - Training social workers on carers need - Transparent feedback – after project review and debrief
4	<p>Speaking openly and honestly as a team and as equals</p> <p>-Accepting that people are doing the best they can, and have the best intention</p>	<ul style="list-style-type: none"> • Treated and valued as human beings • To make the world more inclusive for all • Not perpetually 'us' and 'them' in the room – all people on the same level 	<ul style="list-style-type: none"> - No one has to tell their 'story' in order to contribute ideas or suggestions - Slow communication down - Tune into peer support structure - 30 minutes check in and 15 minutes check out - Use creative ways and material to find common ground - Challenging governance of public sector and showing what good practice looks like - Not being exploitative, giving equal time to speak - Supporting honesty as a team - Letting go of roles – letting go of professional ego or ego as someone with lived experience.