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CUbe

30 mins

2. Problem Formulation

The Coventry University CUbe is a method used to generate, share and store ideas. It is portable - of no more than 30cm^3 - and can be passed between co-creators.

Constructed of card, CUbe is covered in a paper net for writing and illustration.

Everyone has the opportunity to make an impact on the CUbe surface and whilst it is passed around, ideas can be generated through facilitated, upbeat discussion.

Connections can be made from one idea to another regardless of which side of the CUbe they are noted upon.

Keep it rapid - 30 minutes. There are 3 typical phases when 'cubing': confusion, collaboration and clarity. Ask the group a question. Everyone can note anything and everything (about the question!) on the CUbe.

Try new locations - get away from your desks!

Get a facilitator to monitor the time, give interval prompts and keep CUbe moving.

The 3D CUbe can then be opened up to a removable 2D net format (see overleaf). Scan or take a photo of the 2D net to easily share with the group and beyond.

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CUbe net

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Story Cubes

3. Solution Formulation

The Story Cubes are an abstract method of creating shared narrative through an exploration of one's own and other people's perspectives in groups of 5-6. Choose one person to keep track of the time and one as a facilitator.

The story cubes feature a range of icons/pictures. Each person (including time keeper and facilitator) takes a turn throwing the story cubes, choosing 5 of the icons and using them to share perspectives with fellow group members.

A facilitator notes shared perspectives and lead the process of identifying themes. The group facilitator will write down your perspectives in headwords on sticky notes, one perspective on each note.

Once each member has had a turn, agree on a way to divide all the perspectives on the sticky notes into 4-5 overall themes. This part is led by the group facilitator.
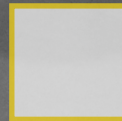
The agreed themes will be the basis of your shared narrative.

The next step is to agree on a way to present your shared narrative e.g. by making a Pecha Kucha presentation.
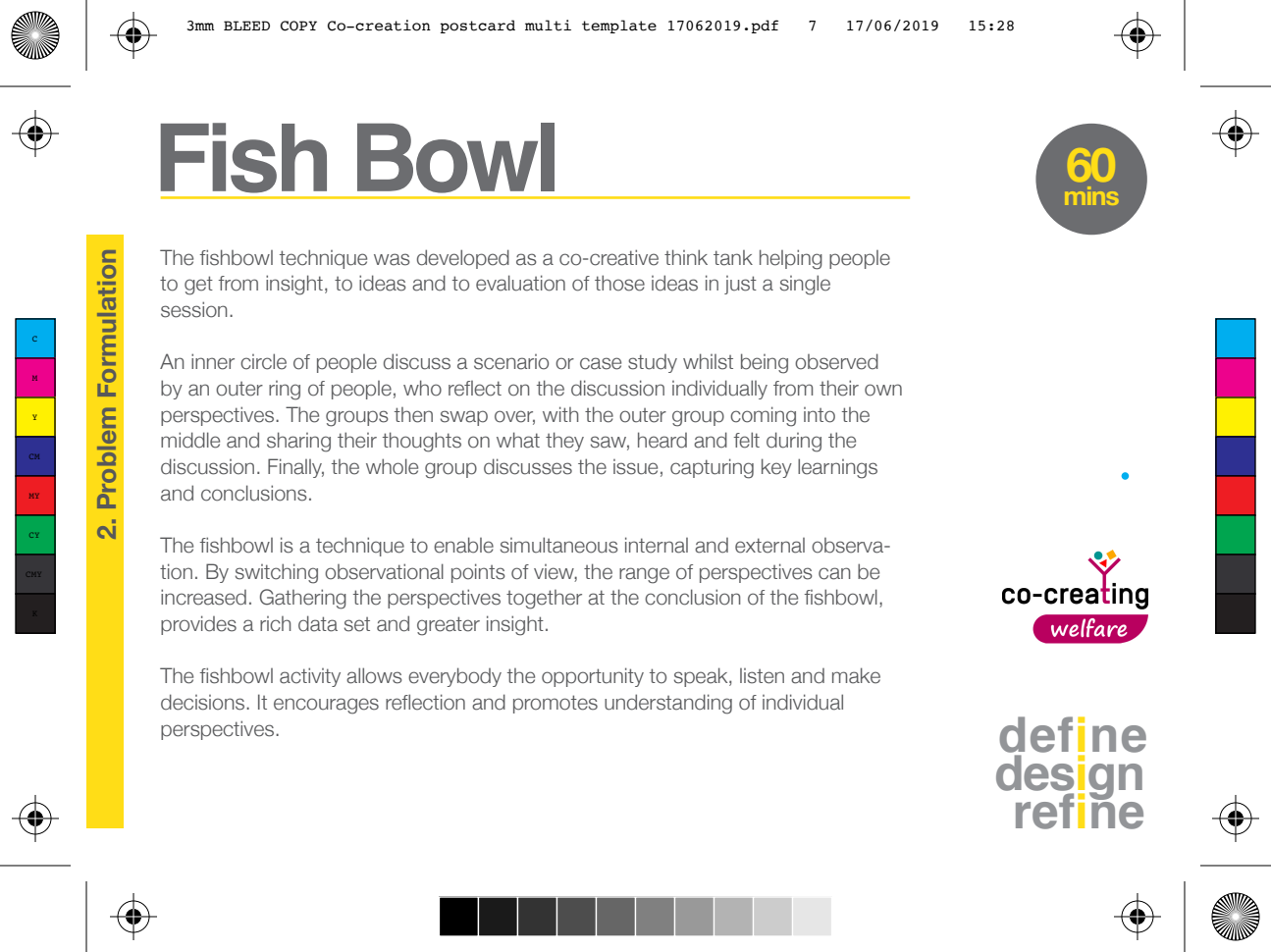
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Fish Bowl

60 mins

The fishbowl technique was developed as a co-creative think tank helping people to get from insight, to ideas and to evaluation of those ideas in just a single session.

An inner circle of people discuss a scenario or case study whilst being observed by an outer ring of people, who reflect on the discussion individually from their own perspectives. The groups then swap over, with the outer group coming into the middle and sharing their thoughts on what they saw, heard and felt during the discussion. Finally, the whole group discusses the issue, capturing key learnings and conclusions.

The fishbowl is a technique to enable simultaneous internal and external observation. By switching observational points of view, the range of perspectives can be increased. Gathering the perspectives together at the conclusion of the fishbowl, provides a rich data set and greater insight.

The fishbowl activity allows everybody the opportunity to speak, listen and make decisions. It encourages reflection and promotes understanding of individual perspectives.

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active listening

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Pecha Kucha

4. Story telling

Pecha Kucha is a Japanese term, meaning 'chit chat'.

It is also a presentation style in which 20 slides are shown for 20 seconds each so a presentation only takes 6 minutes and 40 seconds.

This format keeps presentations concise and fast-paced, encouraging presenters to think more creatively about how to get messages across to the audience.

The exercise focuses on how personal enthusiasm can be transformed and made visible in the context of a larger organisation or group of people.

The presentation in Pecha Kucha can help to engage other people, share knowledge and explore other people's context through narrative, story-telling.

Stories are a useful tool in making change happen, and should be sought after as much as any other (health) outcome.

6 mins (+40 seconds)

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telling the story

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Photo Activity

30 mins

The Photograph Activity focusses on looking externally to ones own environment and using abstraction to explain personal interpretation.

Split the people taking part in this activity into groups.

Ask the groups to go out and have a look around, to find a picture that best represents the topic.

If you are repeating this task again ask attendees to find pictures of what they think best represents barriers and incentives.

Once they have their picture they can email it back to the facilitator, and they can upload them on to a PowerPoint.

At the end of the session, the facilitator shows the different pictures that were taken and each group explains to the room why they took their photos.

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Poster Activity

3. Solution Formulation

This activity will encourage participants to create an artefact that illustrates their understanding of Co-Creation. The poster activity celebrates the learned experience, it is not highlighting the shortfalls within an organisation but rather expressing a personal experience of it.

A poster; in essence, is a visual piece of art. Ultimately, co-creation requires an external perspective. The chance to share the poster is in keeping with the open collaborative and non-judgemental process that is co-creation. Sharing the poster and receiving feedback will help to galvanise its meaning and enable the participant to better explain it to others.

Encourage people not to worry about polished artefacts, but to care more about what the posters represent and the learning they get from creating them.

Split into groups, provide arts-based materials (e.g., paint, crayons, magazines and glue for collage) and poster paper (A3 minimum, A1 maximum).

Explain the topic to be explored (e.g. in groups, pick a barrier that has been discussed) and create a poster that shows how to solve that problem.

At the end, ask participants to give a 3 minute pitch of their poster to the others in the room and encourage them to relay short messages.

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Co-create rules

1. Getting everone on the same page

As a group, it is helpful to discuss and agree the rules that guide the way you want to work together. Arrange small groups of people to discuss their own ideas about rules and after 15 minutes, get those groups to share with the rest of the room. Organise ideas into themes to represent a number or working rules. Some example rules are listed below:

Make choices WITH people rather than making choices FOR them.

It is easy to forget Co-Creation values unless they are agreed at the start.

Reaching consensus is necessary but difficult unless working to rules.

Remember all ideas are valuable.

Remember to listen carefully.

It can be helpful to create a manifesto or rules, to keep referring to.

As a group be prepared to develop those initial rules.

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def**i**ne
des**i**gn
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how we want to work

listen to each other
what goes on in co-creation
team, stays in

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Co-creation process

Needs Identification Problem formulation Resources & conflict identification	**define**

Solution formulation Implementable action	**design**

Evaluation Iteration Dissemination and impact	**refine**

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**1: Getting everyone
on the same page**

**4:
Story telling**

**CCW Project's
4 Themes**

**2: Problem
Formulation**

**3: Solution
Formulation**

Things to consider

Co creation is about a belief in the way people should work together and make change.

It is not a one off method to hold off and only use for a special occasion.

Embed this as the way you do things with others, not an additional time consuming thing.

It's OK to be wrong. Get it wrong early on!

Think about the right sort of language to use and terms that people may not like.

Co-creation should be as inclusive as possible.

Creating a safe space is important.

Co-creators are anyone that can identify barriers or push forward solutions to the situation

Co-creation and can be initiated by anyone (it is not just about staff involving patients).

Importantly, have fun working together to achieve shared goals!

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Notes

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