

C2 Communities: self-managing & self-caring

2 day learning programme for public health team

June 23/24 2015

University of Exeter, Streatham Campus – Queens Building LT7 1+2

'Giving communities back their self-belief by creating hopeful futures'



It has long been recognized that the NHS has a poor track record on primary prevention. We are now paying the price for under investment as the silent epidemic of chronic disease and health inequalities marches relentlessly on, threatening to overwhelm us.

By focusing on 'health creation' C2, short for Connecting Communities, offers not only an effective way of tackling poor health behaviours at population level, but of preventing them in the first place.

This 2-day programme is designed to be informal, fun and interactive. Opportunities for group work are in-built and our aim is to support new learning experientially by site visits.

'TIME TO DO THINGS DIFFERENTLY'

Day 1 Tuesday 23rd June

9.15 – 9.30 Coffee & welcome

Morning Session 9.30 – 12.30 C2....how does it work and why?

Meet the C2 team, introductions and the 'getting us all on same page' session:

- Overview of next 2 days
- What do you want from our 2 days together? 3 learning outcomes for you.
- C2: where it all started 20 years ago, Beacon DVD.
- Importance of language
- Social movement and leadership
- Introducing concept of 'problem' & 'possibility' space

11 00 coffee break

The 'behaviour change' session.

- 'Seeing' disadvantaged communities as complex adaptive systems
- New ways of thinking, working and behaving
- Who really makes people well?
- 7 steps 'road map' to strong self-managing & caring communities
- Group discussion

12.30 LUNCH

Afternoon Session

1.30 – 4.30C2: the 'what difference does it make?' session.

- Community self organization...why it's 'holy grail' of transformation
- Case studies – TR14ers/Operation Goodnight
- Tomorrow's site visits...what to expect and what to look for

6.00 Inspector Paul Morgan 'Sharing responsibility for community strengthening'

7.00 Evening meal and space to reflect on the day

Day 2 Wednesday 24th June. Theory to reality

9.15-Coach Departs for Teignmouth

10.15 Meet members of 'Hand in Hand' community partnership

Hear from key residents and partners how the partnership evolved and what it's achieved
Meet a group of self-organising Mums, tackling post-natal depression in a special way.
Q & A session

11.30 Depart Teignmouth for Falmouth, Beacon Partnership

1.30 -2.00 pm arrive at Beacon Resource Centre

Meet members of the Beacon Partnership and some supporters
Q & A session

Visit to Dracaena Centre to hear 'before and after' story

4pm Return to Exeter

Follow up webexdate TBC for reflective debrief from 2 days with C2 team