

MARCH 2024 | 1ST ISSUE

CO-CREATING WELLBEING

An Erasmus+ Project about co-creation in wellbeing



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WHERE HAS THIS PROJECT COME FROM?

A short history of the
project

The current Co-Creating Wellbeing project is a follow on from the Erasmus+ funded Co-Creating Welfare project that ran from 2016-2019. Here are key outputs from that project:

- The Co-Creating Welfare [website](#).
- A summary of the Co-Creating Welfare course and the methods taught has been published in this [e-book](#).
- A [publication](#) on promoting co-creation in communities and the competencies needed.
- A [publication](#) about the definition of co-creation.
- A [pre-print published](#) on the use of our co-creation framework (the three Co's framework) to co-create a health intervention.
- Dr Gemma Pearce's [keynote](#) talk on co-creation at the Co-Creating Welfare event hosted by Coventry University.
- A [talk](#) about how NHS England has built the Co-Creating Welfare training into their organisation.

The project partners are UCL ERHVERVSAKADEMI & PROFESSIONSHOJSKOLE SI, UNIVERSIDADE DO MINHO, LEGO: L'INCHIOSTRO E GIOVANI OFFICINA SOCIALE, UNIVERSITE LYON 1 CLAUDE BERNARD, COVENTRY UNIVERSITY.

HOW WE CO-CREATED THIS COURSE

Learn about the philosophy and structure of our course

The partners have developed a training course that aims to support new and old users of the co-creation approach. For each cohort of the course, we asked attendees to complete a Needs Analysis questionnaire to examine experience levels and identify any worries they have about co-creation so that we could tailor the course to address these.

Module 1 - Introduction to Co-creation

This module aims to introduce the definition, underpinning theory (including Participatory Action Research, Design Thinking, and Evidence-Based Co-Design), benefits, structure, barriers with solutions, competencies and top tips for co-creation. Accompanying activities will also ask course attendees to start developing an idea to try applying the co-creation approach in practice. This module will also examine the competencies useful for mediating co-creation and includes facilitator reflections with top tips (co-creation setting, managing group dynamics, and sharing responsibility for sustainability).

Module 2 - The three Co's framework

This module aims to examine how to apply co-creation processes through the structure of the three co's framework of co-define, co-design and co-refine, including exploring collaborative problem formulation, co-design approaches, high and low fidelity prototyping, iterative development, and co-evaluation and dissemination.

Module 3 - The Co-creation toolkit

This module aims to provide tools to support the application of co-creation in practice, including examples from case studies, activities that can be used, and an evaluation framework.

Evaluation framework

During the Co-Creating Wellbeing project (2022-2024), activities exploring how to carry out evaluation of co-creation will be examined in depth to develop an evaluation framework. This will then be provided in the final version of the course materials, and available to those who helped us to co-create it.



PILOT IN UK

Work Package 3 in Coventry

The UK partners hosted the first cohort of their Co-Creating Wellbeing course in June & July 2023. 40 participants took part in the course from all over the UK, from backgrounds including health & social care, academia, charity, & members of the public. The course was made up of three online modules & a face-to-face day where participants could come together to try out co-creation techniques, as well as having the opportunity to network with other people interested in using co-creation in their work & life.

Here are some things that our participants had to say about the Co-Creating Wellbeing course:

"I would definitely recommend this course. There was a perfect blend on online learning with great quality content & an in-person workshop which enabled reflection of different activities to use in practice. A really welcoming course team that made the online learning & workshop day very enjoyable."

"It was the best training I have been to, and materials on co-creation were brought together in an easy to understand way - & it was free!"

"It was a brilliant opportunity to learn in depth about the theory of co-creation & also experience key techniques & processes first hand."



PILOT IN PORTUGAL

Work Package 3 in Braga

The University of Minho received 15 education professionals from four kindergartens and three basic schools who participated in a b-learning training course in Co-Creating Wellbeing. The course was rooted in social constructivism to allow participants to innovate and discover and explore different perspectives and perceptions of practice in co-creating wellbeing solutions in collaboration with students and local stakeholders.

The course applied several innovative tools and methods to bring the three Co (co-define, co-plan, co-refine)'s approach into the teachers' practices with the use of participatory tools for sharing stories, generating ideas and experience how to involve the entire group to prototype a new solution together, using, for example the Lego activity.

Between training sessions, participants put their learning into practice in their schools planning, implementing and evaluating participatory and action-oriented co-created projects to promote students' wellbeing. For example, the Cube was used as a way of identifying students' perspectives regarding their wellbeing and how to promote it.

The sharing of narratives regarding cases from participants' own practice throughout the in-service teacher training course was considered by teachers an added value to their professional development.





THE NEXT STEPS: PILOT IN DENMARK AND FRANCE

Work Package 3 in Odense

The planned collaboration with six municipalities in Jutland and Funen was cancelled by the municipalities just before the actual training was due to start. Four of the six municipalities had various problems in the strategic top management, which meant that the project was postponed. Instead, we got in touch with Kold College, which trains chefs. They wanted to do a co-creation project with their students on how to equip their training kitchens. In addition, we have run a small programme for three other partners, they have attended a day's training, and we will continue working on their projects at some point. One of the partners is a maritime school that wants to co-create with their students to create better wellbeing. Another partner is an upper secondary school that wants to co-create a better way to avoid dropout together with their students.

PILOT IN ITALY

Work Package 3 in Italy

Our Italian partner LeGO, a social enterprise based in Montevarchi, Tuscany, piloted the training program between June and November 2024. A group of about 15 people among whom project managers and workers in the social, cultural, education, territorial planning fields were involved. The objective of the training session was to introduce good practices, strategies and tools to work within co-creation processes.

The course was mainly made up of face-to-face sessions, each focussing on a specific topic: the phases of co-creation, power and relations among co-creators, how to creatively handle conflicts, design thinking.

Here are some of the feedback from the participants about the most important things that they learned:

- *New tools and techniques for co-creating in groups, but also ideas for self-evaluating your own work.*
- *How to handle stereotypes and prejudices that cloud teamwork.*
- *Opportunities to see things from new points of view.*
- *Work on how other people see us.*
- *Group work on co-designing.*
- *Learning while having fun.*



Work Package 3 in Lyon

The Co-Creating Wellbeing course will start in April 2024. The three modules (1.Introduction to co-creation, 2.The three co's framework and 3.The co-creation toolkit) will be provided on the Moodle LMS and will include resources (digital teaching material) and activities (quizzes, forums, etc.). Synchronous online sessions will be scheduled within the various modules. The partners invited are people interested in using co-creation in their work & studies: public health students, design schools students, researchers working in the field of wellbeing, teacher trainers and professionals from the health, social and education sectors.