

chances4change

improving health and well-being for people in the South East England

Connections 2 Partnerships Event 4th September 2008, London

The 4th September saw the chances4change Connections 2 event being delivered in London. The event focused on Partnerships and over 40 practitioners from across the south east attended the day.

The day was developed to provide an opportunity to build on existing partnerships and identify new ones along with exploring what partnership working actually means.

*'thank you, it was a good day, practical activity/interaction was great'***

We invited some of the national wellbeing portfolios to the event to present, specifically focusing on the work being delivered in the southeast. The portfolios that presented were: Time to Change (Formerly Moving People), School Food Trust, Fit as a Fiddle, MEND & Food for Life Partnership. Speaker's presentations can be found on the Wellbeing Southeast website :

(www.wellbeingsoutheast.org.uk/chances4change/resource_area).



The day started with a networking activity giving attendees the opportunity to have allocated time and space to make links and continue to network throughout the day.

*'have made useful connections with national programmes'***

The chances4change section of the wellbeing southeast website was officially launched as an exciting resource for the south east encouraging practitioners to register onto the site.

(www.chances4change@org.uk)



The afternoon saw 3 workshops based on the 3 chances4change health strands. The workshops were facilitated by key partners – Fresh Ideas Network, South East Public Health Group, South East Coast SHA & Time to Change. Each workshop had identified key issues and actions which are listed below.

Actions from Connections 2 workshops

Physical Activity (2012)

- Funding opportunities to support projects in 2012
- Case studies of how 2012 is being incorporated into chances4change projects
- Marketing for projects and transmitting the news

Healthy Eating (Peer mentoring/Support)

- Electronic/virtual buddy system
- Clustering issues and addressing peer groups
- Signposting to information, resources and good practice

Mental Wellbeing (Stigma & Discrimination)

- Map chances4change projects focusing on mental wellbeing and link to policy drivers.
- Pilot campaign to be developed for March 2009 with a bigger campaign for Oct 2009.
- Campaign to look at different themes.

Oct 2008
Issue 2

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* Event Evaluation

Connections 2 – Partnerships Model

These were the 5 Partnership Models developed by participants from our Connections 2 event.

The Love Village



Characteristics: Communities and businesses are part of the same village with Big Lottery at the centre. By working together and making effective links we can unlock the beauty from within. Making the links is vital, we need to nurture networking, think out of the box and be creative in developing our relationships. We need to understand that there some potential links to be made across sectors who are working towards to same goal.

Result: Love flows; funding flows.

Characteristics: Working in partnerships can enable us to reach for the sky. To ensure this we need to have a purpose for our partnership, good communication, strong leadership and connections. The ribbons represent how partnerships can be intertwined and tension caused by partnerships may put the model at risk. We also need to be in touch with the external environment.

Result: Ambitious & Colourful.

The Cosmic Energy Model



Characteristics: Partnerships can be chaotic and evolve over time and sometimes develop organically. Essential elements for partnerships need to be finance, communication, common goal, sense of humour and diversity. At the heart of effective partnerships are the relationships which exist. Maintaining those relations is key in developing good outcomes. Being aware of this can be difficult but essential!

Result: Energy flows, Partnership grows.

Characteristics: We need to work in synergy, overcome challenges and negative relationships and unlock the potential. Identifying the common goal is essential in forming effective partnerships along with identifying the resources to achieve the aim!

Result: Moving together.

The Flying Car



Characteristics: The car carries key elements of partnership working such as people, communication, resources etc, however external obstacles can sometimes make the wheels come off the car and therefore working together we act as glue to put the wheels back on.

Result: We rise above and fly over the obstacles.

The Flying Ambition



The Synergy Model



Portfolio Management

Welcome to both the new leads and staff of chances4change projects. We hope that you will enjoy being part of the family. Our values are partnership working, sharing learning and best practice, involving users and building evidence.

Time flies - we are already 10 months into the portfolio. All but 1 project has started. If we imagine chances4change as building a house, we have laid the foundation and building infrastructure with funding agreements, a system of payments and reporting, a website, network and learning events, evaluation plan and a rich network of partners.

The next 12 months we are in a phase of furnishing the house with curtains, pictures, gadgets etc. These furnishings are stories from your projects.

At portfolio, we will be looking at ways to sell your projects and it would be of enormous help if you can send us images of your activities. If you can share those images, please e-mail to Jo at Joanne.wiltshire@southeastcoast.nhs.uk

We look forward to meeting you and learning about your work. Please do not hesitate to contact myself, Jo W, Jane, Jo B and Em if you require help.

Mary Shek
(Programme Manager)

Get Involved

Would you like to submit an article for the newsletter?

Please contact Em Rahman for further details:
em.rahman@portsmouthcc.gov.uk

Building Blocks Update

Em Rahman, Networks & Learning Manager

Thank you to all those who took the time to complete the Learning Needs Assessment, this has been of great benefit in informing the learning plan for the next year or so. Two learning events have been planned in for this year already which will be focusing on project management and project evaluation. We are also planning social marketing training for projects in the spring.

I am also exploring some ideas on how we want to network within the portfolio and am asking projects to take part in the discussion forum on the website to provide me with information on what projects want.

As you are aware the wellbeing southeast website is now live (www.chances4change.org.uk or www.wellbeingsoutheast.org.uk). This is a fantastic resource for practitioners across the southeast and I would urge projects to register if you have not done so yet and also start thinking about submitting case studies giving you the opportunity to raise awareness of your work locally and regionally.

If you would like to contact me with any learning/support needs you may have or are interested in submitting information to the website, please do email me at em.rahman@portsmouthcc.gov.uk or call 07535 694 741.

Jo Belcher, Research & Evaluation Manager

I've been working with projects on the key information BIG and chances4change need. I've produced individual advice for each project, as each is unique in its own way! If you haven't yet replied, or don't seem to have the information for your project, please contact me ASAP. All projects will need to begin reporting on their outcomes for the end of year report, which is due on 4th December. You will receive a template and further information in October about completing this report. I have information and resources to support all projects and am happy to work with you on an individual basis to tackle any evaluation nightmares you have! For example, current 1-1 work with projects involves providing practical advice on:

- Measuring the immediate impact of physical activity on mental wellbeing;
- Supporting people with learning disabilities to be involved in accessible evaluations;
- Getting away from questionnaires – using Big Brother diary rooms and alternatives;
- Measuring baselines with projects that have no natural 'start' and 'end' point;
- Getting the most out of training evaluations; and
- Capturing small but significant changes for groups of people who face serious barriers to having a healthy lifestyle.

All chances4change projects can contact me for advice and support around research and evaluation at jo.belcher@portsmouthcc.gov.uk or on 07535 694740. Remember, you're not alone!