

## HSRUK workshop summary

### **Creative approaches workshop**

This workshop co-led by individuals with diverse experience in design, theatre, clinical practice, knowledge mobilisation and co-producing health services research ([Daniel.Wolstenholme@sth.nhs.uk](mailto:Daniel.Wolstenholme@sth.nhs.uk), [J.Langley@shu.ac.uk](mailto:J.Langley@shu.ac.uk), [Kate2.Beckett@uwe.ac.uk](mailto:Kate2.Beckett@uwe.ac.uk), [Tony\\_McBride@hotmail.co.uk](mailto:Tony_McBride@hotmail.co.uk)) gave attendees a taster of co-production using one of two creative practices: Lego Serious Play Methodology and Image Theatre. We split into two groups who used either Lego or their peers to model 'their experience of the reality of co-production'. This exercise was initially conducted individually in silence so that the models were informed by and portrayed personal experience. Individual models were subsequently shared, described and interpreted by the group who attributed their own meaning. We finally invited the group to blend or alter models to collectively improve the situation depicted, create shared meaning and experience what could change and how. This phase was facilitated to enable the group to collectively effect the desired outcome. Lego and Image theatre groups jointly reflected on the different mediums, how/if such creative practices address known challenges of co-production and what people had learnt. The following ideas emerged:

### **Creative mediums such as Image Theatre and Lego Serious Play methodology:**

- Provide a medium for expression which is universal, equitable and able to access and convey multiple levels of meaning
- Enables people to share and 'see' (or even 'feel', experience) from different perspectives
- Do not favour particular voices or traditional means of expression
- Enable knowledge to be tangible, dynamic, multifaceted and malleable
- Helps to elicit (or 'nudge to the surface') tacit, unconscious and less explicit forms of knowledge
- Combining models allows participants to enact the process of co-production, manage and observe what happens to their own voice within the process
- Participants are active and equal contributors in the process of blending and change

### **Other outcomes or what we as workshop co-ordinators observed:**

- Individuals who were at first reticent subsequently freely engaged
- Some of the solutions to improve models were surprising but they worked!
- Many attendees expressed a desire to use these creative practices in their future work
- It would have been better if we'd had more time
- Facilitation is key