

# **Co-production lunch and learn**

## **Background**

Our lunch and learn format is an energising mix of theory and practice, with informative interactive activities. Lunch and learn one hour events are a flexible and convenient way to learn new skills. Delivered online over the lunchtime slot, people can learn new skills while enjoying their lunch.



## **Training sessions**

Our two part co-production and design lunch and learn training sessions cover both the theory and history of co-production and design, while covering much of the practical knowledge needed to make it successful.

#### Topics include:

#### Theory

- Understanding the language of involvement
- Definitions and the spectrum of involvement
- The pillars and essential elements and what this means in practice.

#### **Practice**

- Embedding inclusion in your work
- The barriers
- Accessible working
- Rewards and recognition for involvement.

### What people say

"This series has been really fantastic and help me learn so much more about co-production."

"I will directly draw on this in a few areas of my work in involving people in areas of governance (so not co-production just yet, but many of the tips and principles are very useful for good quality and authentic practice more broadly). For example, in making sure I plan well for recruitment and support for people as members of new governance groups in our organisation."

"An amazing presentation that shed a light on the challenges of co-production but also lots of ideas and strategies for success when coproducing work."