

Co-SPACES

Co-Creation & Critique Workshop



Workshop 2 Agenda

11:00 –11:15	Arrival and coffee
11:15 –11:30	Recap of Co-SPACES aim and workflow
11:30 – 12:00	Results from workshop 1 Example resources from other studies / grey literature
12:00 – 12:30	Lunch
12:30 – 13:45	Task 1: Co-creation of resource content
13:45 – 14:00	Break
14:00 – 15:00	Task 2: Share, critique, and reflection session
15:00 – 15:30	Summing up and close

SPACES

A physical activity intervention integrated into NHS care co-developed with and for people with severe mental illness

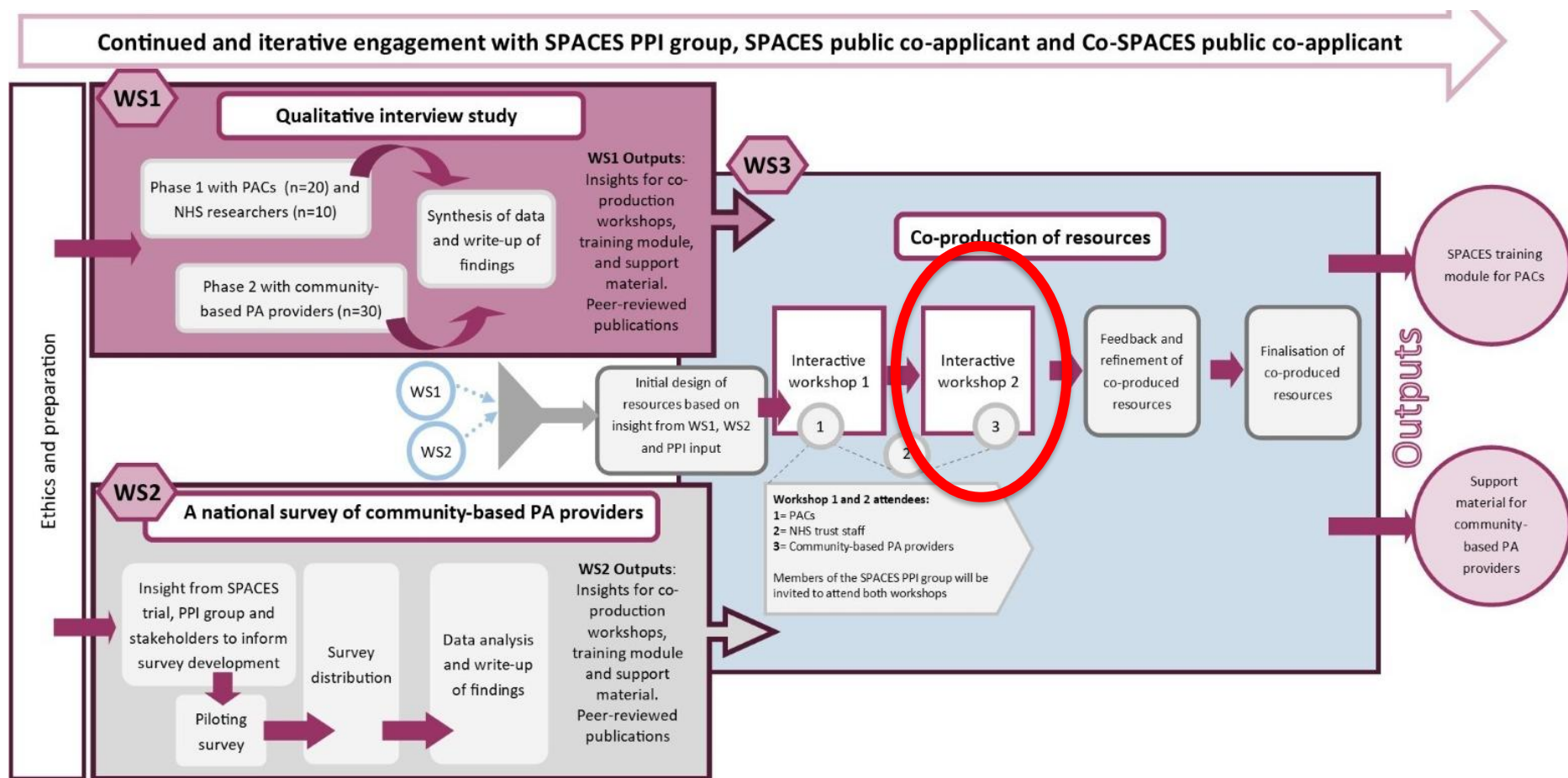


Co-SPACES

Exploring the community aspect of supporting those with severe mental illness to be physically active in their community



Co-SPACES project flow diagram



PA = physical activity; PACs= SPACES Physical Activity Coordinators; PMG= Co-SPACES Programme Management Group; PPI= patient and public involvement group; WS= workstream

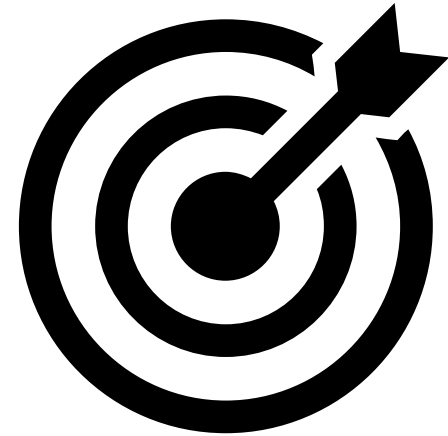
Workshop 1

Question 1:

Why might a PAC struggle to identify and engage with community-based physical activity providers?

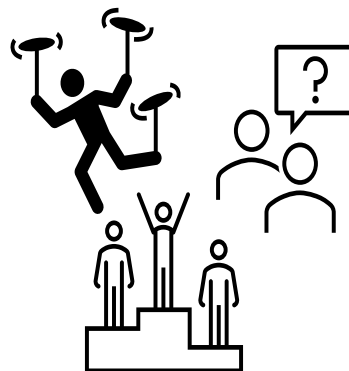
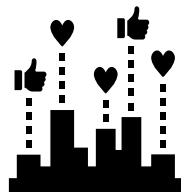
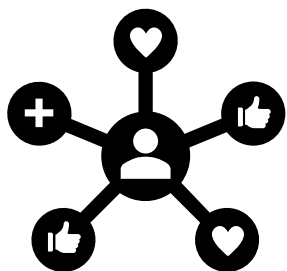
Question 2:

What issues do physical activity providers in the community face, when trying to engage people with SMI into their physical activity provision?



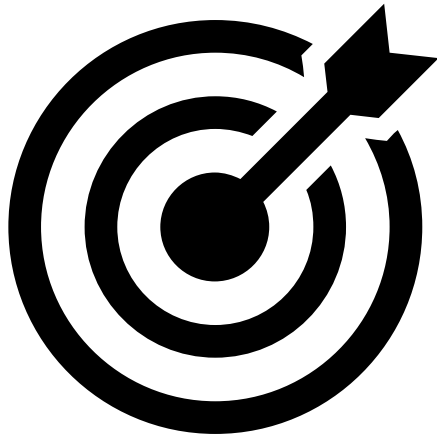
Co-SPACES aim:
How can we help them?

Results from workshop 1



Update PAC training	Infographic Venue use and circumnavigating challenges	Infographic What is SMI, adaptations to PA sessions for CAPs	Video case studies + infographic applied aspects of delivering intervention at venue
Aimed at PACs	Aimed at PACs and CAPs	Aimed at CAPs and those with lived experience	Aimed at PACs, CAPs and those with lived experience
PACs updated 10th June and training slides updated ✓	Group A	Group B	Requires more time

Aim of Today's Workshop



Co-SPACES aim:
How can we help
them?

Group A: Creating SMI friendly venues

- Infographic
- Example venues and how different spaces have been used (e.g., green spaces).
- How to circumnavigate challenges,
- Case study of what's worked in the past

Group B: What is SMI & adapting your physical activity session to be SMI friendly

- Infographic for providers of what SMI is and how to adapt sessions etc.,
- Sign-post to existing training, list of MH training courses (e.g., Mind)

Example resources



Mural's create a dementia friendly env...
findmemorycare.co.uk

Local Dementia Friendly Cafe...
www.shwp.org.uk

Dementia Friend...
safecarehomesupp...



Meallmore plans to raise demen...
www.laingbuissonnews.com

Dementia Caf...
www.thefoxand...



Dementia and Alzheimer Infograp...
www.vecteezy.com



Dementia Friendly Cafe - UBC IDEA...
idea.nursing.ubc.ca

Stages o...
dementiae...

Dementia Friendly P...
www.dementiafriendly...



UK Gov supports plan to create Dementi...
www.miragenews.com



Dementia Cafe - The Fox and Castle Pu...
www.thefoxandcastleoldwindsor.com

Dementia Friendl...
somesetcarers.org

Infographic: Do's and Don'ts: Commun...
www.nia.nih.gov

Making Kidsg...
www.goodnews...

Dementia Frie...
www.gerascentre...

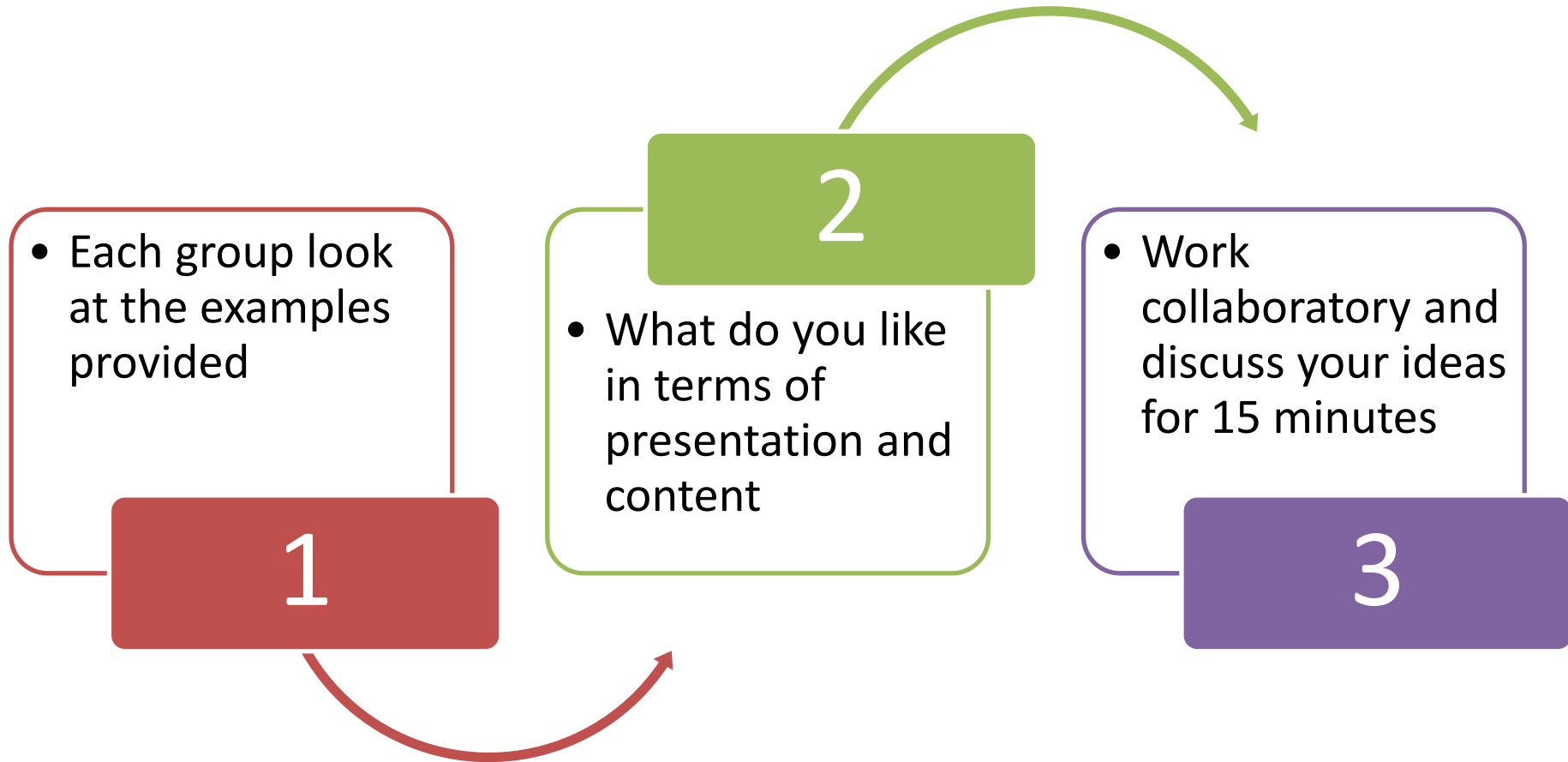
Psychiatry.org - What Is Mild Cognitiv...
www.psychiatry.org

Dementia Friendly - Retail - YouTube
www.youtube.com

RES Home Care | Gu...
www.reshomecarell.com

[Explore the web for inspiration](#)

Pre-task work: Design ideas – what do you like?



Prompts to get going

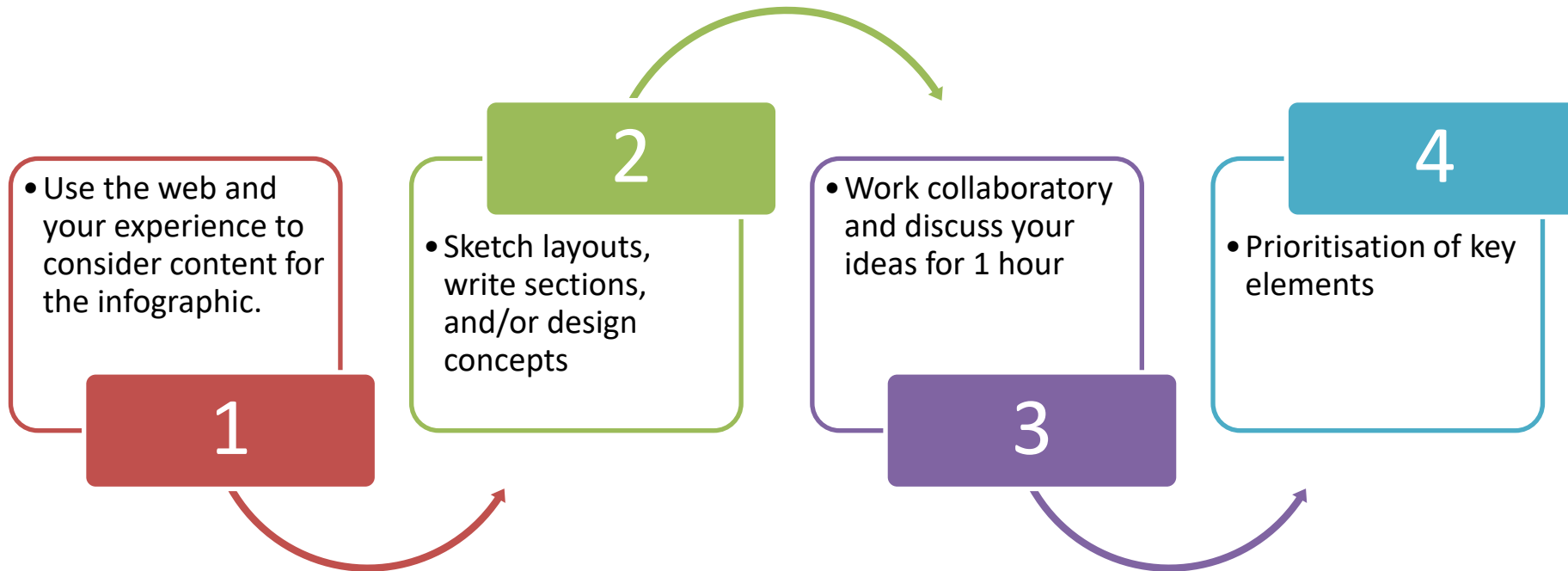
- Take 10–15 minutes to explore the resources.
- Use the handout or sticky notes to jot down feedback.
- Prompt suggestions:
 - 'I like...'
 - 'I wish...'
 - 'What if...'

LUNCH

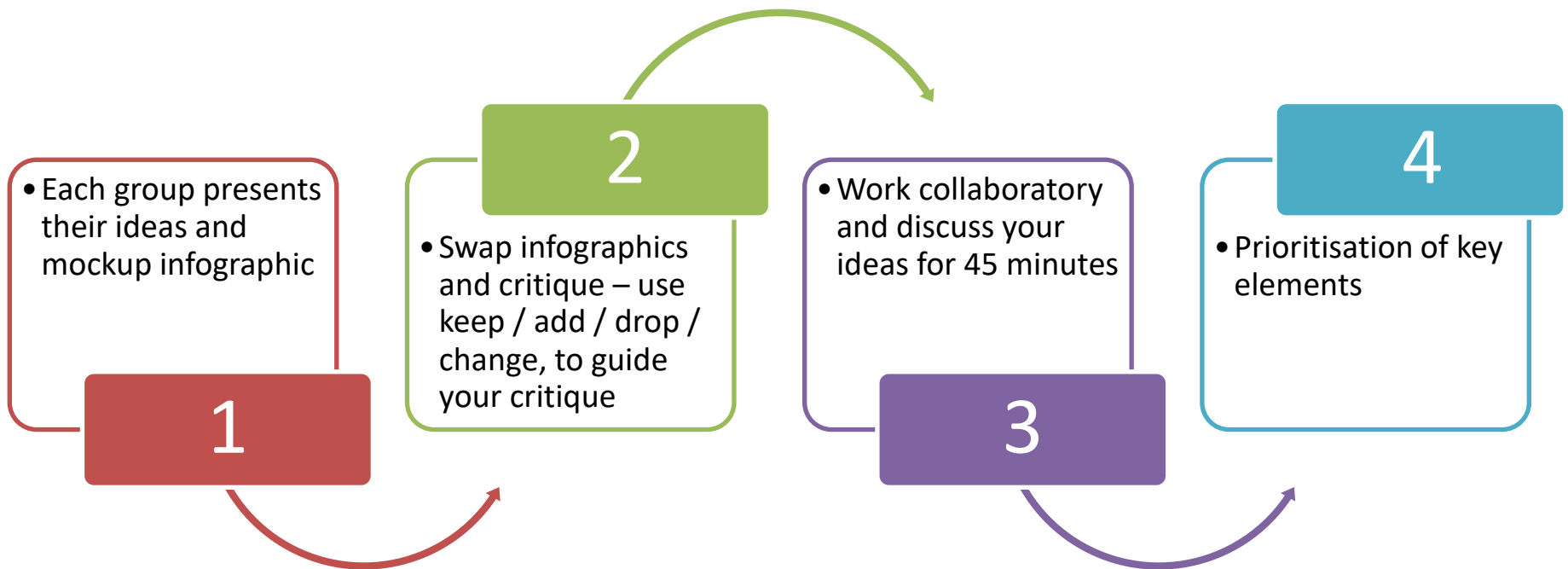


Task 1: Co-creation of resource content

In your groups...



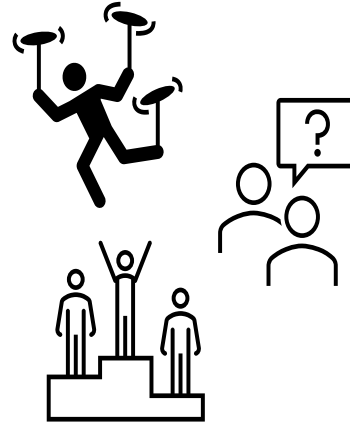
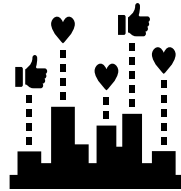
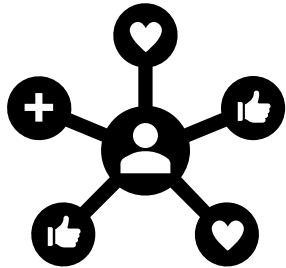
Task 2: Share, critique, and revise



Task 2: Reshare and reflect

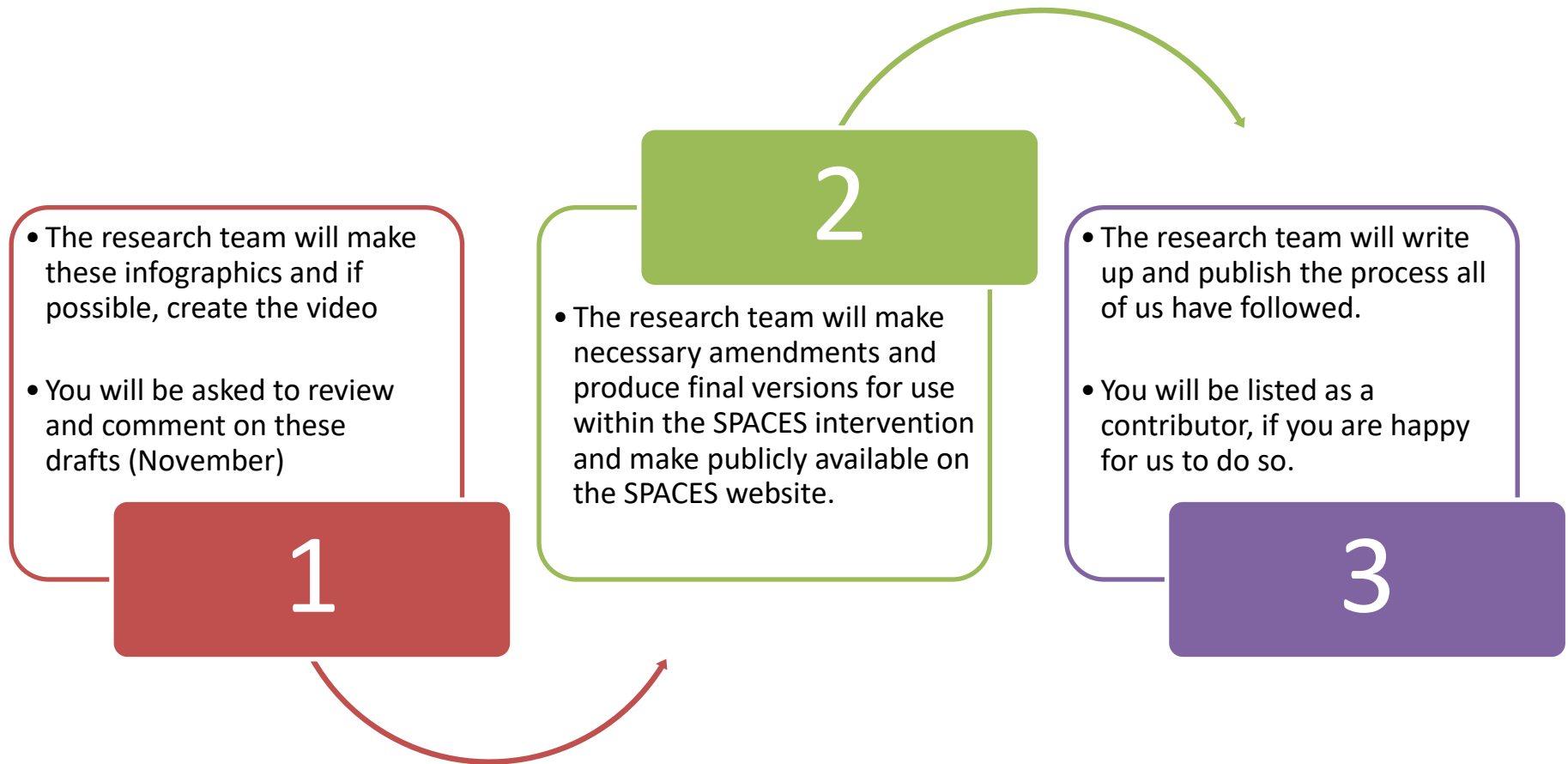
- Each group presents revised versions or improvement ideas.
- Share for 5-10 minutes per group.
- Use your dots to prioritise key elements

Summing up



<p>Recommendation Find networks not just CAPs</p>	<p>Infographic Venue use and circumnavigating challenges</p>	<p>Infographic What is SMI, adaptations to PA sessions for CAPs</p>	<p>Awareness video of case studies + infographic applied aspects of delivering intervention at venue</p>
<p>PAC training update delivered 10th June and training slides updated ✓</p>	<p>Group A ✓</p>	<p>Group B ✓</p>	<p>Requires more time</p>

What happens next?



Co-SPACES

Thank you for all your time, effort,
and invaluable input.

