

Co-producing a Community of Practice, 2023-24

*Transforming wellbeing inequalities by building
community assets*



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Research dissemination outputs

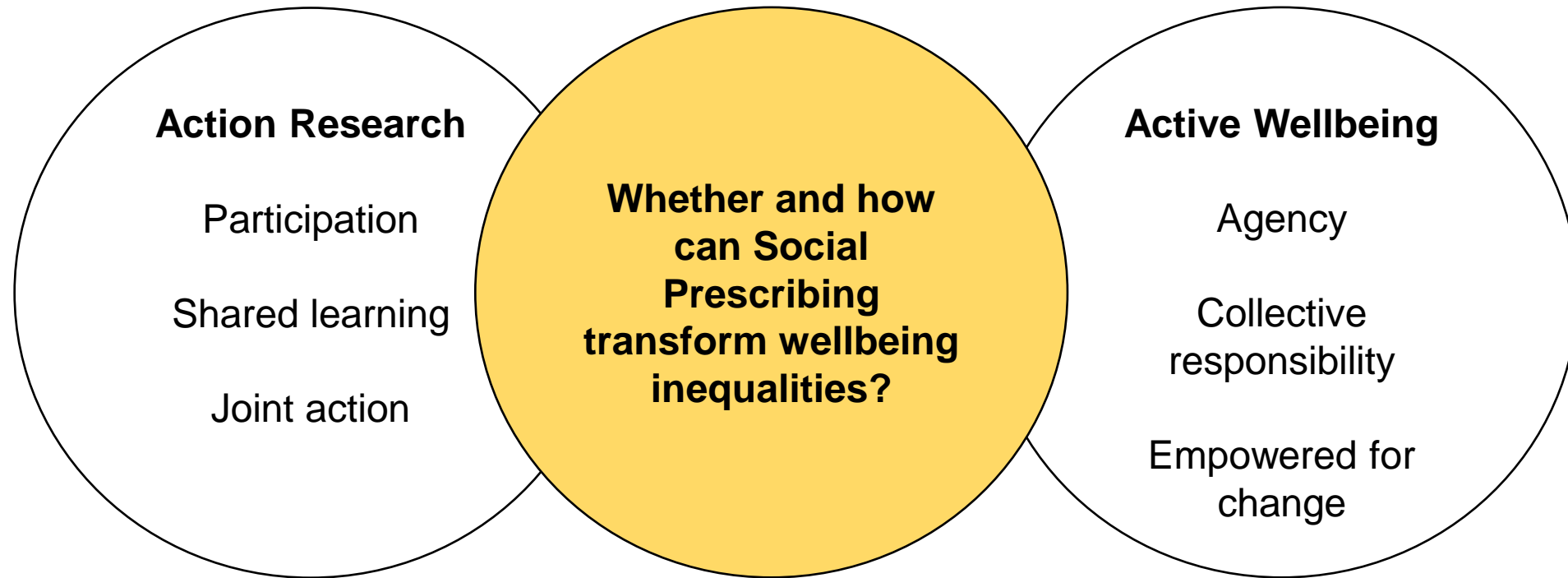


1. Slide deck
2. Policy Briefing
3. Conference presentation*
4. Journal paper*



*planned outputs

Combining asset-based approaches to research and practice



Why a community of practice?

Assets-based community development

ABCD approaches can enhance social justice (capabilities) by sustaining civic activism and advocacy
Ward, 2019

Systems thinking

Systems change requires a multi-stakeholder process to create a place-based ecosystem
Cretu, 2020

Asset-based Social Prescribing

Co-production in SP requires inclusion of diverse professionals and local communities
Cepiku et al, 2021

Collaboration

Collaborative governance needs new roles and relationships to change power
Thierry et al, 2021

Community engagement

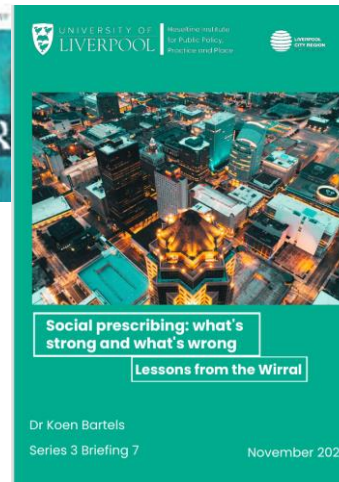
Partnership development needs a place-based 'situated' approach
Dallimore et al, 2019

A relational *and* critical community of practice

Relational

Dialogue
Joint projects
Shared language

Wenger 1998



Critical

Ethical reflexivity
Critical reflection
Reciprocity

Woodcock 2022

Research design

Critical case study

- Careful choice of research partners and participants to create a critical case study with relevance to multiple wider stakeholders

Qualitative data

- Collection of qualitative data to understand the reasons behind people's experiences, perspectives, opinions and emotions

Hyper-local

- Focussed on a single location (Stechford, East Birmingham) to understand the interactions between individuals and their neighbourhood

In-depth

- Engaged with a single Social Prescribing activity (Walking Wednesdays group) and small numbers of participants to gain in-depth understanding of their experiences and perspectives

Data sources

Social Prescribing activities

- Participant-observation and walking interviews with 8 Walking Wednesdays group activities

Participatory workshops

- Joint facilitation of 4 workshops to create a Community of Practice

Interviews

- 14 individual interviews
- 4 group interviews

Participant-observation

- 2 External stakeholder meetings observed as a participant

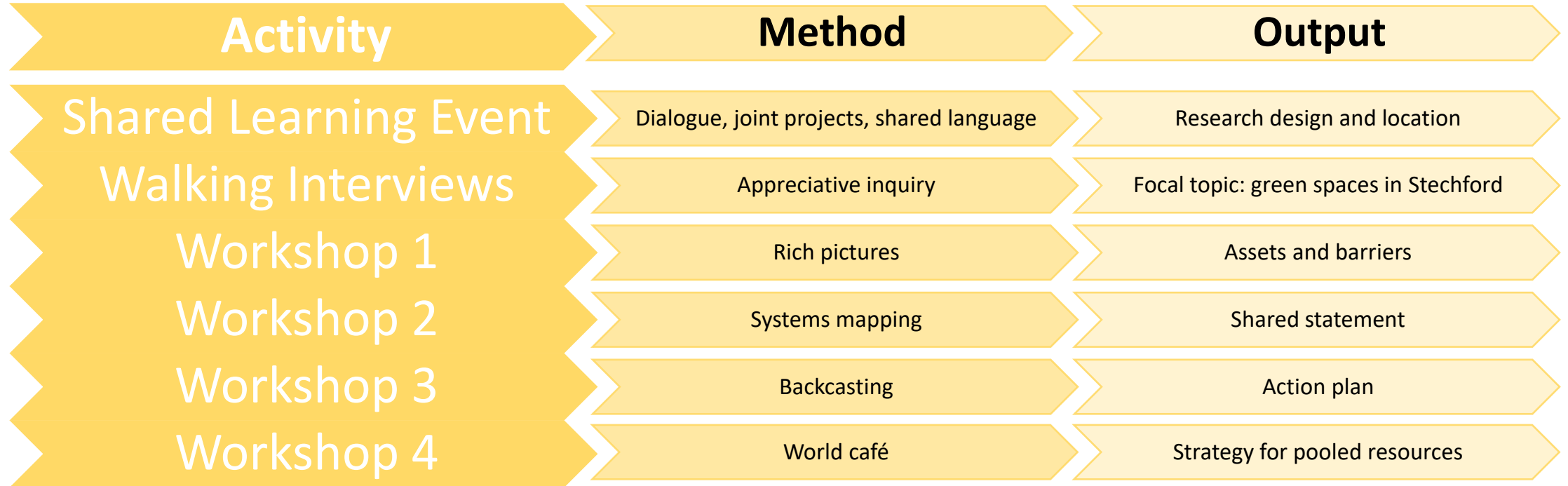
Total participants

- 8 Social Prescribing participants from Stechford neighbourhood
- 23 organizational representatives

Core Research Team

- 5 practitioner researchers from The Active Wellbeing Society
- 3 academic researchers from University of Birmingham

Research activities and outputs



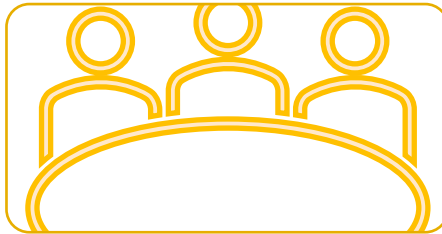
June 2023

A Shared Learning Event – creating a core research team



Who?

- 2 researchers from the [Centre for Urban Wellbeing](#), University of Birmingham
- 6 researchers and practitioners from [The Active Wellbeing Society](#)
- 3 representatives from the [SPARC](#) network



Where?

- We met in-person at TAWS, Hay Hall, Tyseley in the central hall



What?

- Dialogue – to get to know each other's approaches to research and practice
- Joint projects – working together to plan the first research workshop
- Shared language – understanding the meaning of 'asset-based' research and practice

June 2023

A Shared Learning Event – planning research workshops



Summer 2023

Identifying ‘what matters’

Where?

Walking Wednesdays social prescribing group
Stechford, East Birmingham

When?

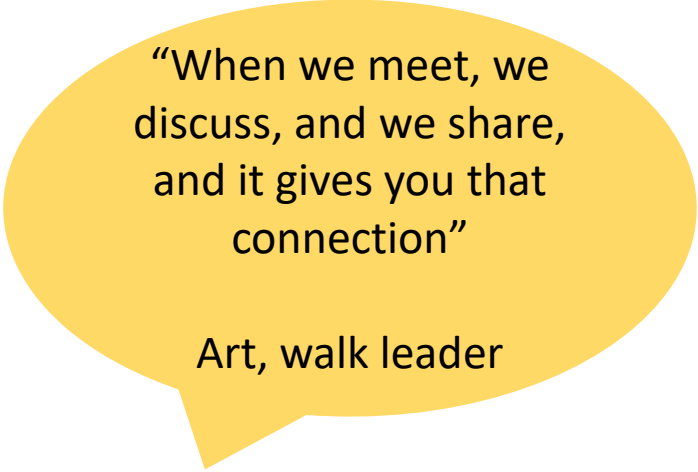
3 Wednesdays throughout July & August

What?

Walk & talk with the group

Who?

In this small group throughout the research project there were usually between 3 and 5 participants
Many TAWS volunteers and other staff also joined in



“When we meet, we discuss, and we share, and it gives you that connection”

Art, walk leader

Summer 2023

A focus on green space



The various attributes of green spaces hold different meanings for different people, affecting how they can use the spaces

September 2023

1st community of practice workshop

Where?

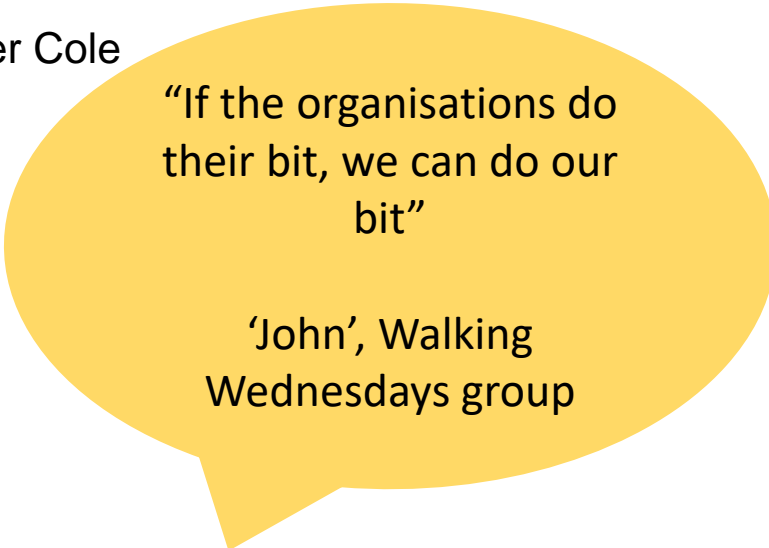
Walking Wednesdays group walk from Iridium Health Centre along the River Cole
Exploration, lunch and workshop at EcoPark, Hob Moor Road.

Who?

3 social prescribing participants, 3 TAWS workers
1 University researcher, 1 EcoPark worker

What?

Appreciative enquiry and rich pictures of local green assets

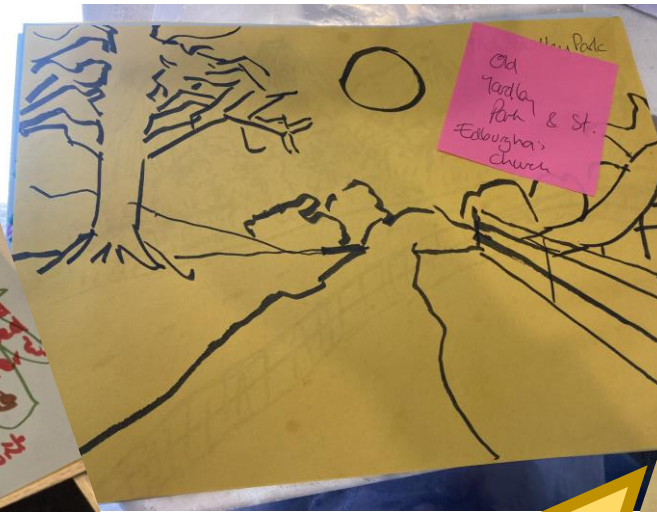
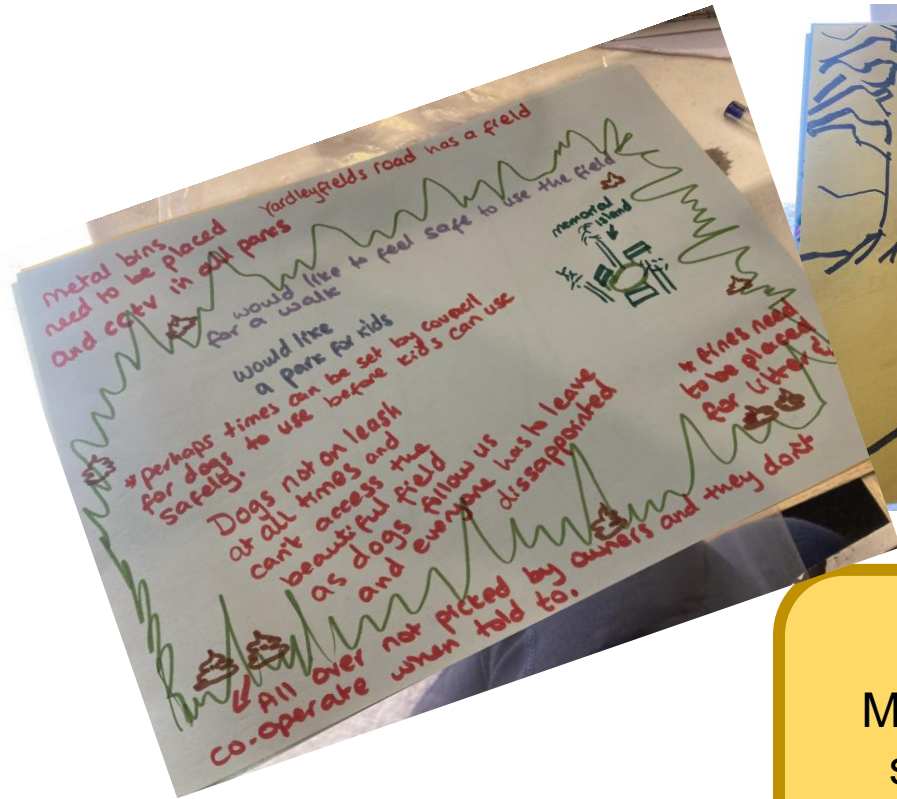


“If the organisations do
their bit, we can do our
bit”

‘John’, Walking
Wednesdays group

September 2023

Rich pictures



Multiple meanings of green space create assets and barriers

November 2023

2nd community of practice workshop

Where?

Walking Wednesdays group walk along the River Cole

Exploration, lunch and workshop at EcoPark, Hob Moor Road.

Who?

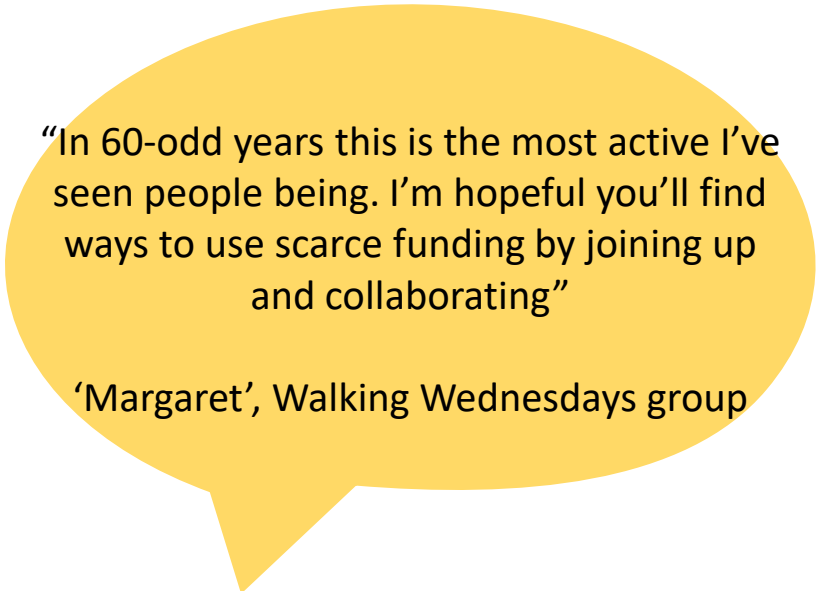
5 social prescribing participants, 4 TAWS workers, 2 University researchers

1 EcoPark worker, 5 Public Health officers, 1 Tiny Forests researcher, 1 Community researcher

What?

Walk and talk

Systems mapping a shared statement

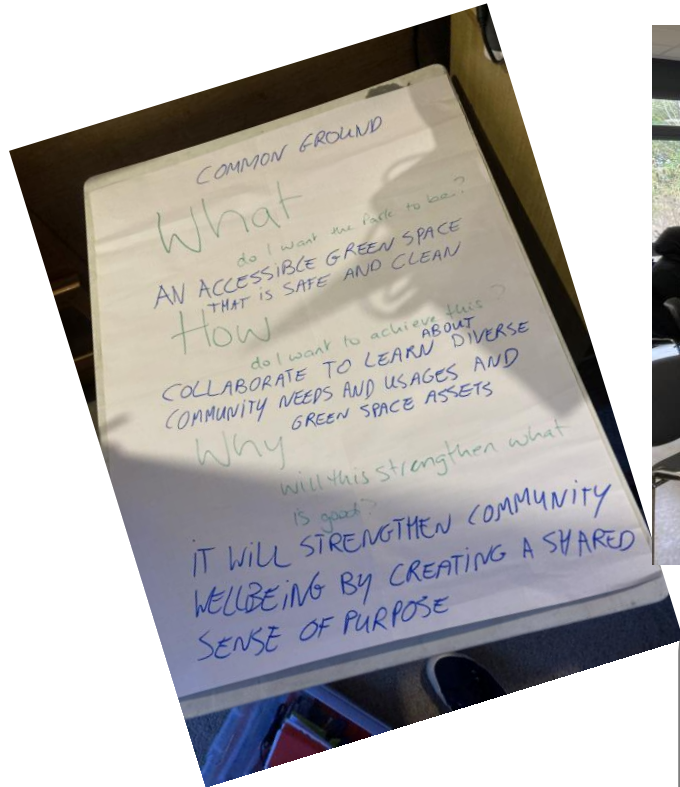


“In 60-odd years this is the most active I’ve seen people being. I’m hopeful you’ll find ways to use scarce funding by joining up and collaborating”

‘Margaret’, Walking Wednesdays group

November 2023

Systems mapping a shared statement



Agreeing a shared statement

What? Clean, safe, interesting

How? By collaborating

Why? Shared sense of
purpose

Community of Practice Shared Statement



What do we want the park to be?

An accessible green space that is safe, clean and interesting.

How do we want to achieve this?

By collaborating to understand diverse community needs, uses and green assets and collectively find solutions.



Why will this strengthen what is good?

By creating a shared sense of purpose, it will strengthen community wellbeing and increase our capability to use local green spaces.

January 2024

3rd community of practice workshop

What?

A walk and a collective litter pick

A reflective workshop to plan joint action to enhance green assets

Where?

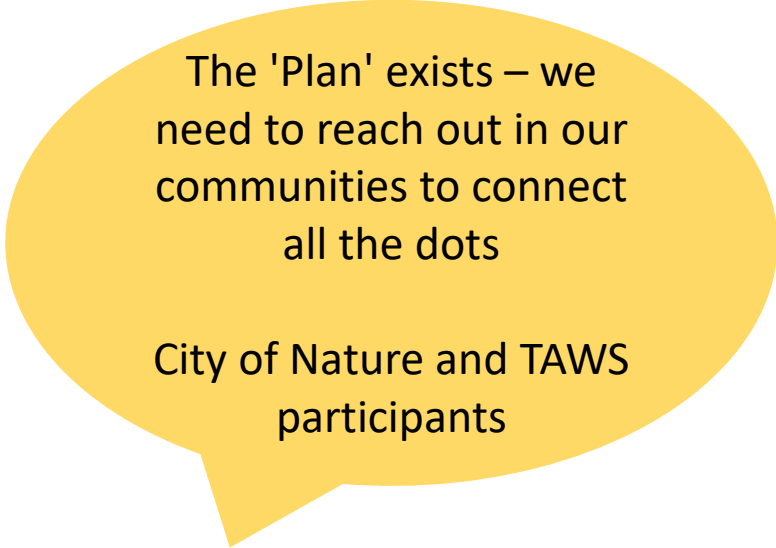
The entrance to the River Cole Pathway

Who?

Walking Wednesdays group and invited friends

5 TAWS support staff, 2 University researchers

1 Tiny Forests researcher, 1 Community researcher, 2 BCC Parks Managers, 1 City of Nature facilitator



The 'Plan' exists – we need to reach out in our communities to connect all the dots

City of Nature and TAWS participants

January 2024

Backcasting an action plan

ACTIVITIES FOR SHARED VISION
— FORUMS
CONNECT THOSE WITH PARK INTERESTS
WHO CAN DO WHAT
HOW CAN COUNCIL SUPPORT LOCAL ORGS
OPEN COMMUNICATION
GREEN CHAMPIONS - OWNERSHIP + COLLABORATION
↳ LOCAL ORGANISATIONS
TAPAS ACTIVITIES, FOOTBALL, WALKING - VARIETY
OF AGES
VISIBLE GARDEN
LINK IN HEALTH COACHES /
SUPPORT MENTAL HEALTH -
PRIMARY CARE (EXISTING) * LINKING
TO LOCAL GREEN SPACES - HUGE MENTAL HEALTH NB
BIO-DIVERSITY - ATTRACTIVE PARKS
INCOME GENERATION eg
FOOTBALL TEAM
FOR MAINTENANCE



PLAN EXISTS ALREADY - LACK OF KNOWLEDGE
OF THIS ACROSS CITY
CONNECTING THE DOTS → QR CODES (CAREFUL)
COMMUNICATION!! NOTICEBOARDS, USING
CONNECTIONS, LINKING OF KNOWLEDGE OF
ACTIVITIES
VISUALLY APPEALING - BUIBS ON BANKS
"COMMUNICATION IS PARAMOUNT"
EXPAND LOCATIONS OF WALKS - PART OF CERTAIN
AREAS
BEE ROUTES ACROSS CITY
ADOPTING POCKET PARKS - PRUNING, NEEDING - IMPROVE
CAN GET BENCHES / BINS THROUGH COUNCIL - BOY
CITY COUNCIL CAN PICK UP BAGS FROM LITTER
PICKS → IF EQUIPMENT THROUGH PARK CAN BE
PART OF MAINTENANCE
MULTIPLE USES OF BENCHES → MULTIPLE USES
CONNECTING GROUPS - PROACTIVELY MAINTAINED
DING TO WHERE PEOPLE ARE"

Activities
Information sharing
Communication
Collaboration



Community of Practice Action Plan



Identify the range of activities: to make parks safer, cleaner and more interesting

List forms of information sharing: to let the wider community and other organisations know what is going on

Find communication channels between organisations: to support the capability of people to use and build local assets

Identify opportunities to collaborate: to understand long-term strategies and how each organisation can contribute



March 2024

4th community of practice workshop

What?

World Café style round table discussions


Where?

Walk from Iridium Health Centre to Hob Moor Community Hub

Who?

2 Walking Wednesdays participants and facilitator

2 TAWS staff, 2 UoB researchers, 2 Public Health (Birmingham City Council), 2 community organisations

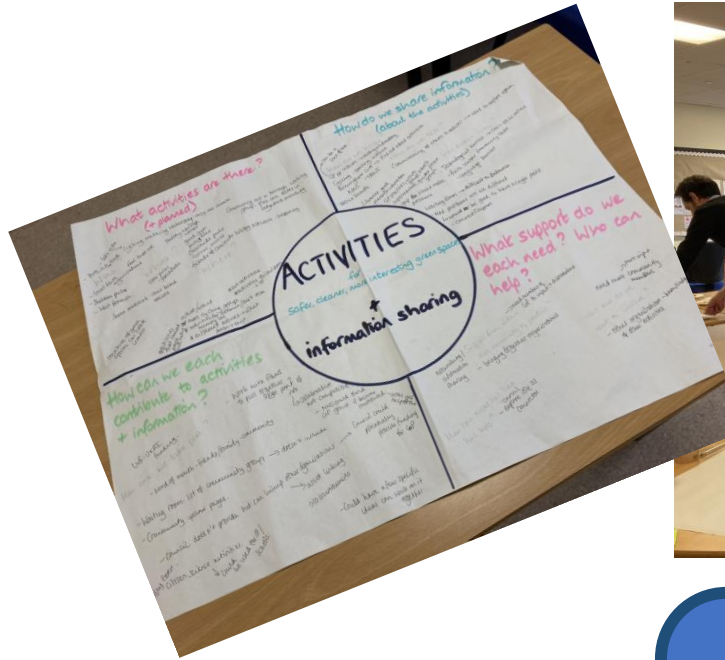


I think partnering with organisations with shared interests is really important, You can't really do effective community engagement without it.

Earthwatch Researcher

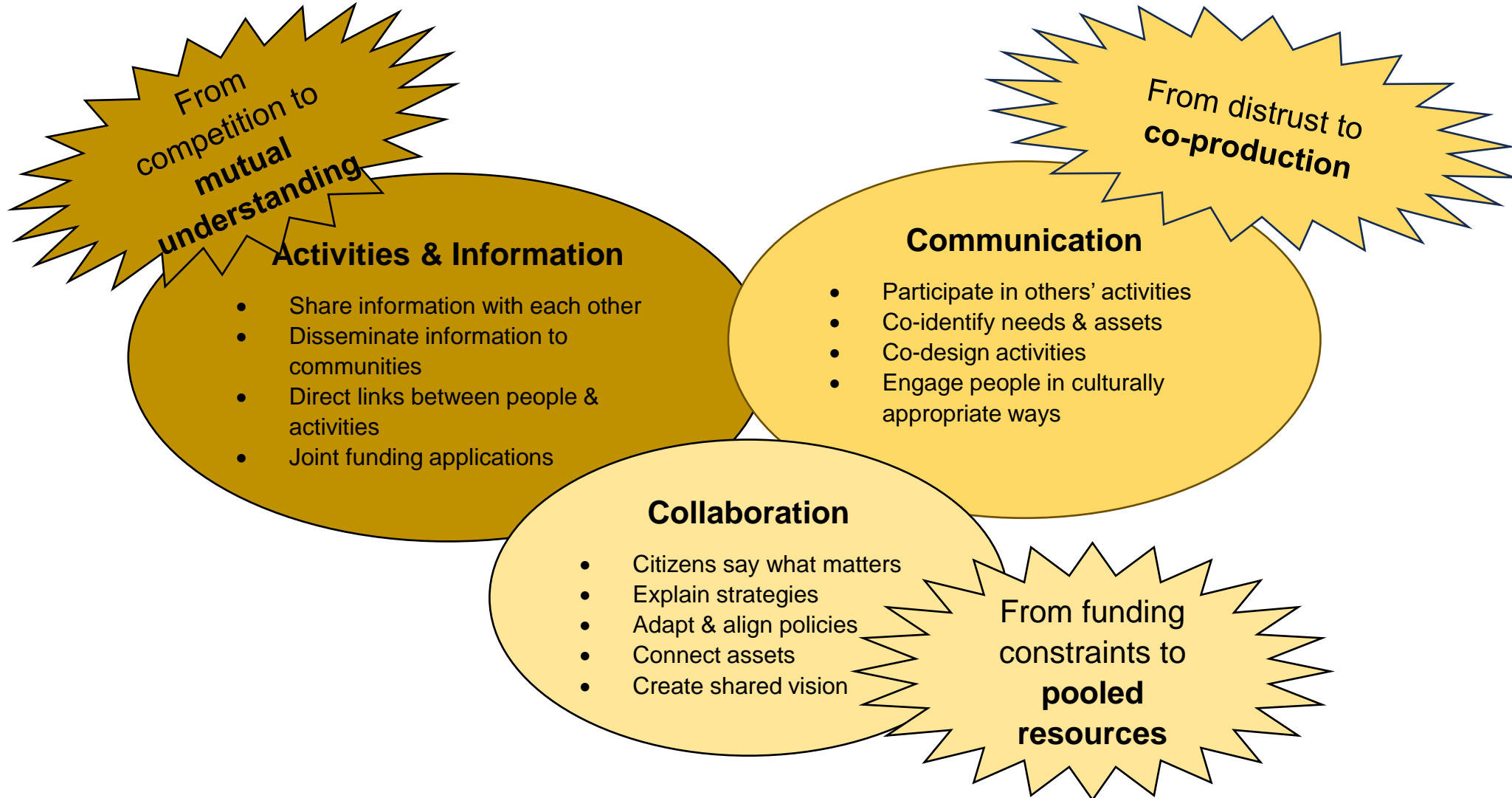
March 2024

Strategy to pool our resources



Contributions
Benefits
Co-support
Resources

Sustaining a transformative Community of Practice



Research project contact details

The core research team consisted of researchers and practitioners from the University of Birmingham and The Active Wellbeing Society, as part of the wider [Social Prescribing, Assets and Relationships in Communities \(SPARC\) Network - University of Birmingham](#)

University:

Dr Koen Bartels, principal investigator
Professor Jessica Pykett, co-investigator
Dr Elizabeth Woodcock, research fellow

The Active Wellbeing Society:

Denise Gabriel
Hannah Wood
Art Gilchrist
Eliza Choudhury (Apr – Dec 2023)
Keiran McKenzie (Apr – Jul 2023)

The project has received ethical approval from the Humanities and Social Sciences Committee, University of Birmingham, reference number ERN_1142-Jul2023

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