

# Welcome

# To



OVER  
A  
BREW

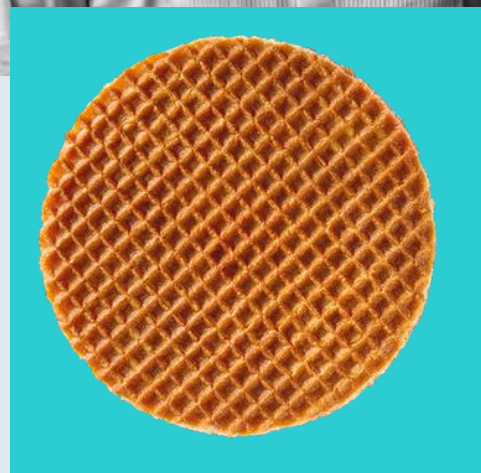
**CURATORS  
OF CHANGE**

 Cambridgeshire  
County Council

directors of  
**adass**  
adult social services  
eastern region  
**connecting innovating improving**

# Who We Are Favourite Biscuit!

**Nat Clarkson**  
Stroopwaffles



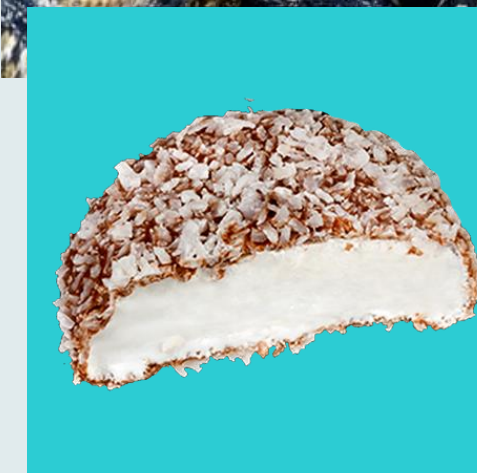
**Patrick Warren-Higgs**  
Fig Roll



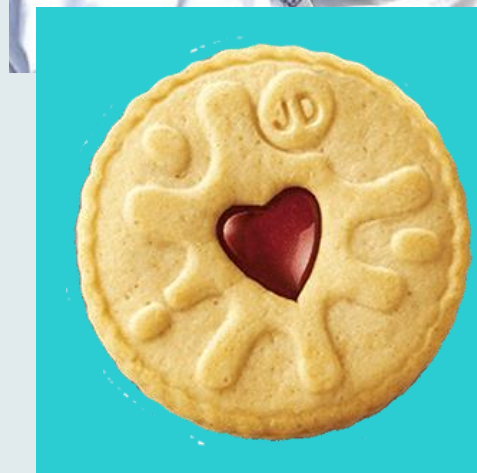
**Cat Duncan-Rees**  
Dark Choc Ginger (GF)



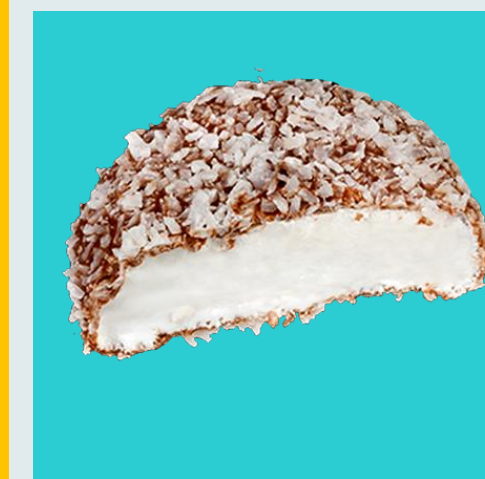
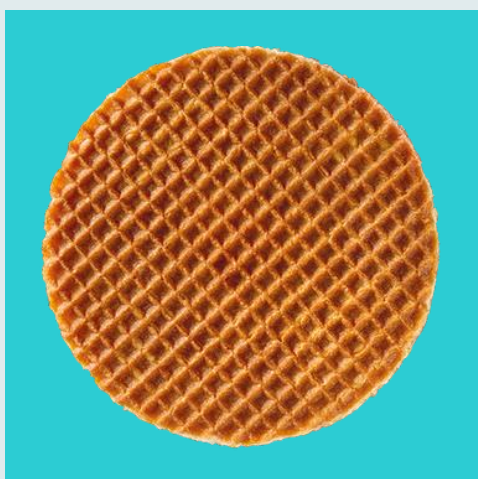
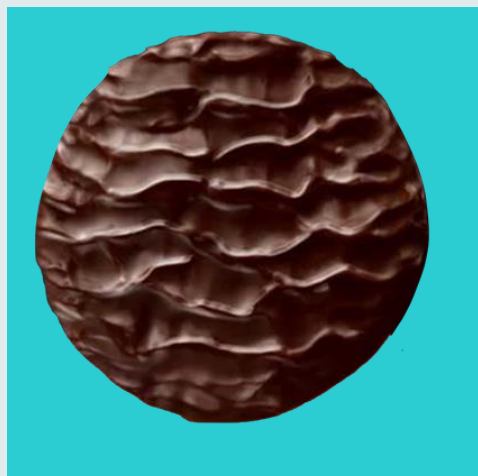
**Naomi Davies**  
Snowball



**Mark Dale**  
Jammie Dodger



# What is YOUR favourite biscuit?



Scan the QR code and share your top tips after this Over A Brew...

# What to expect from this session:

**An introduction to  
and experience of  
Over A Brew**

**To hear about the  
difference it is  
making to people**

**To be alongside  
one another in a  
difficult  
conversation**

**To have fun and  
let go...!**

# Brave Space

An Invitation to Brave Space  
By Micky ScottBey Jones

Together we will create brave space  
Because there is no such thing as a "safe space"  
We exist in the real world  
We all carry scars and have all caused wounds  
In this space  
We seek to turn down the volume of the outside world,  
We amplify the voices that fight to be heard elsewhere,  
We call for each other to more truth and love  
We have the right to start somewhere  
and continue to grow.  
We have the responsibility to examine  
what we think we know.  
We will not be perfect.  
This space will not be perfect.  
It will not always be what we wish it to be  
But  
It will be our brave space together  
And  
We will work on it side by side

# What is Over A Brew?

**An introduction to  
Over A Brew**

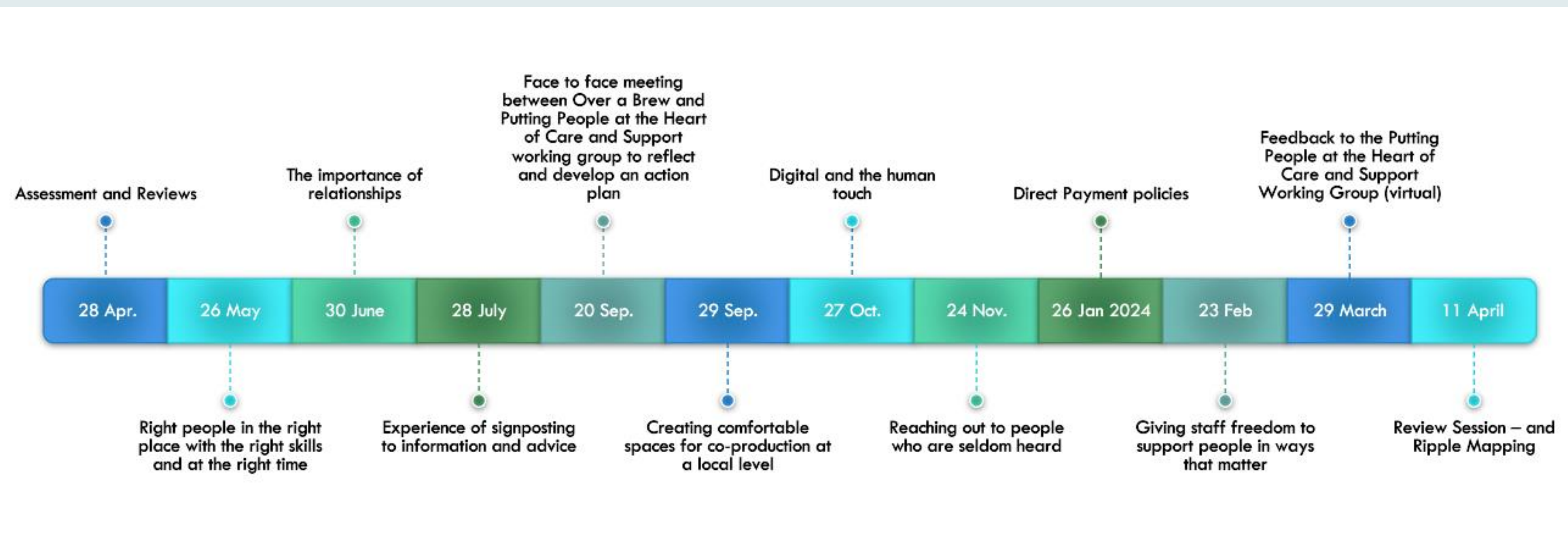
# What does Over A Brew mean to you?

The difference it is making to people

Stuart Mitchelmore  
Assistant Director Adult Social Care  
Central Bedfordshire  
Co chair of the regional Putting People at the Heart of Care and Support Forum



# Over A Brew Season 2 – April 23 – March 24





# Over A Brew – A Guide...



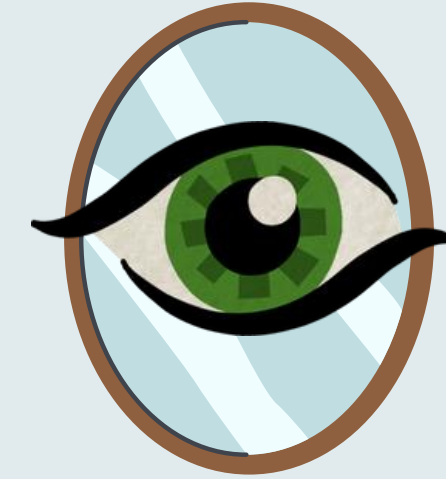
Guide

## Grab a brew



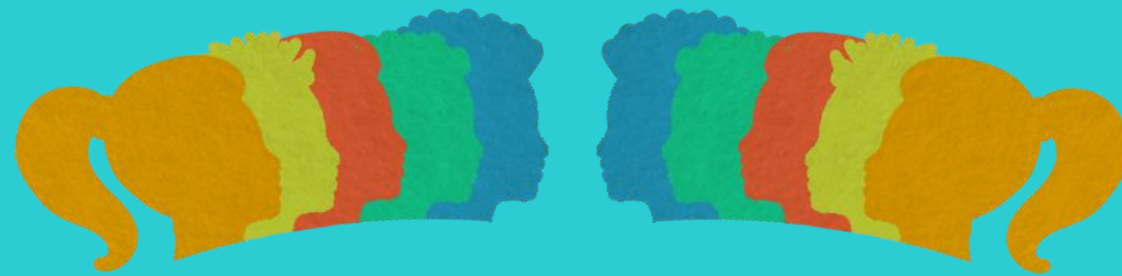
Once you have your brew,  
ask someone to be the timer

## Reflect



Each person has time to think  
about the questions for ONE  
minute

## Have your say



Each take it in turns to say  
your response  
(TWO mins each)



Use the rest of the time to  
reflect on what's been said  
(no fixing)

## Still got some time?



Talk about:  
What struck you?  
What are your lasting thoughts?

# INFUSED WITH THE CAMERADOS PRINCIPLES



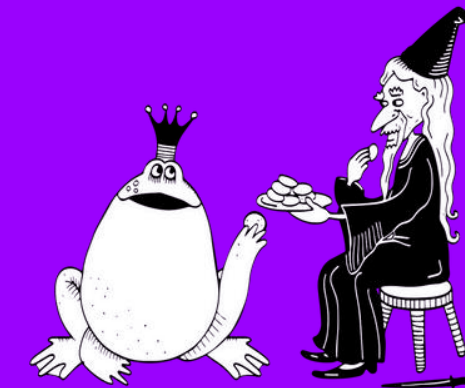
MIX WITH PEOPLE WHO  
ARE NOT LIKE YOU



ASK SOMEONE WHO IS  
STRUGGLING TO HELP YOU



NO FIXING - JUST BE  
ALONGSIDE ONE ANOTHER



IT'S OK TO DISAGREE  
RESPECTFULLY



IT'S OKAY TO BE A BIT  
RUBBISH SOMETIMES



TO BE SILLY IS TO  
BE HUMAN



# Watch the video stories and note down:

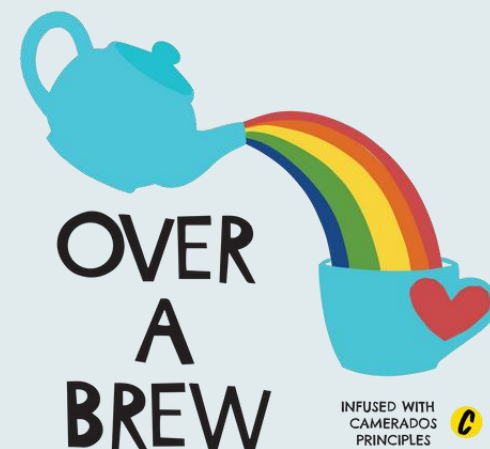
**How they  
make you feel**

**What  
resonates**

**Any learnings**



## Over a Brew Time



- Time in small groups of 3-4 people
- Nominate someone with a timer
- 2 minutes to listen to each other
- After everyone has had their time then reflect openly

To be alongside  
one another and  
listen and reflect.

## Prompt questions:

What has  
made you  
laugh or smile  
this week?

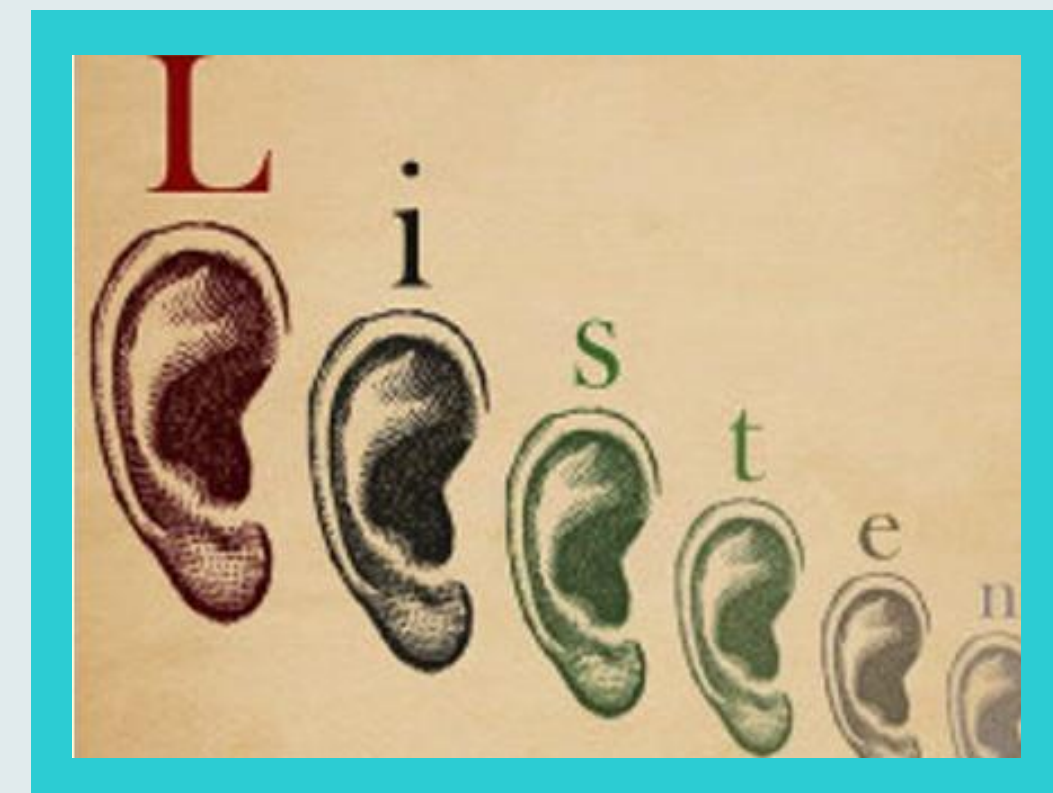
How did  
watching the  
video stories  
make you  
feel?

What  
resonated?

What will  
stay with you  
later?

## OVER A BREW TIME HOW DOES IT FEEL!

- Valuable time with each other
- How hard it is to listen – to still the desire to interrupt and ask questions.
- How powerful it is to just listen to each other.
- How hard it is to just start talking to a ‘stranger’
- Freeing to talk about what we messed up.
- How can we do this more in the context of work?
- How does this relate to the way we conduct assessments and reviews?





# OVER A BREW

...and a call to action

Feeling brave – come and find us in the Marketplace at the Mediquip stand to ‘be assessed’ and share with us how it felt...

with the “Over a Brew” coproduction members in September 2023 and from listening to feedback from people who access care and support committed to some initial actions which will help us grow coproduction in local areas

The 10 commitments are:



**Share** the learning and experience from the joint session with local areas and other regional networks.



**Strive** to increase the voices of people with lived experience, grow and see more evidence for change.



During budget setting meetings **ensure** discussions focus also on good lives for people.



**Build** an “Over a Brew” opportunity in the local area.



**Ask** five social workers/ occupational therapists to assess themselves, feedback on how it felt and then ask more.



**Bring** unpublished ideas to completion.



**Attend** and spread the word about “Over a Brew” virtual co-production sessions.



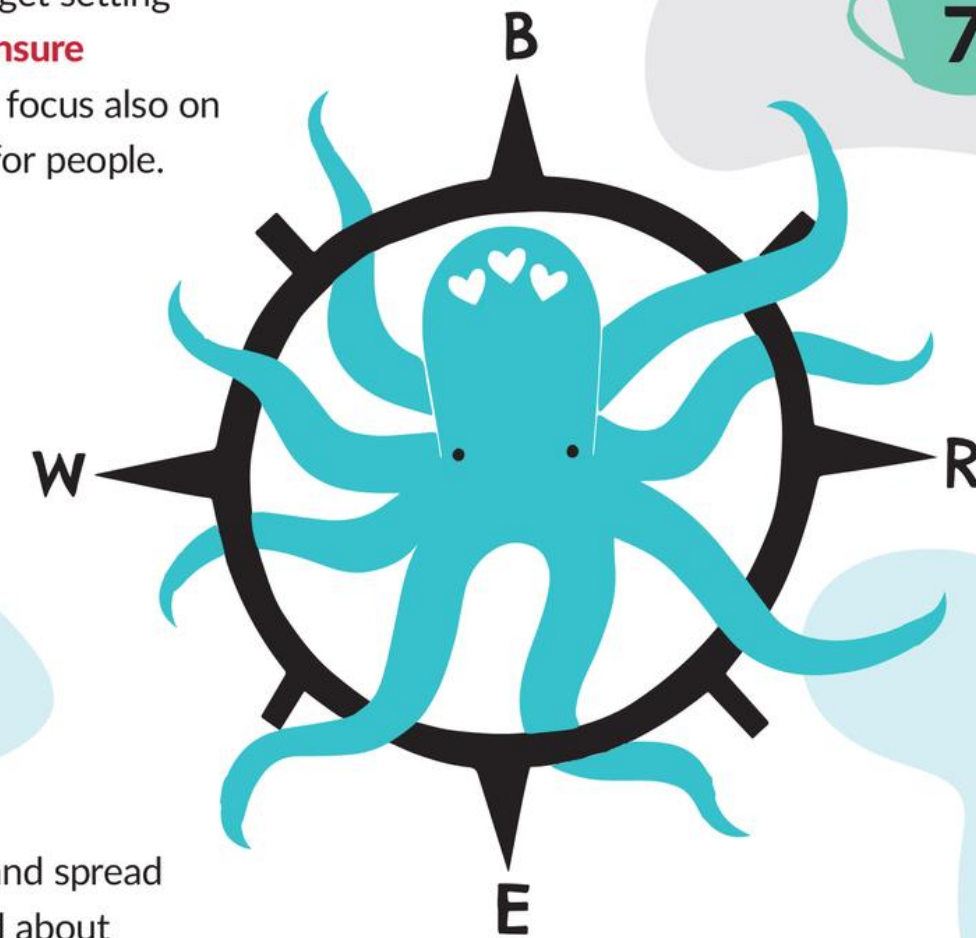
**Commit** to have used the Working Together for Change methodology for co-production.



**Identify** co-production champions in local areas.



**Implement** the concept, people with lived experience become local inspectors (including young inspectors).

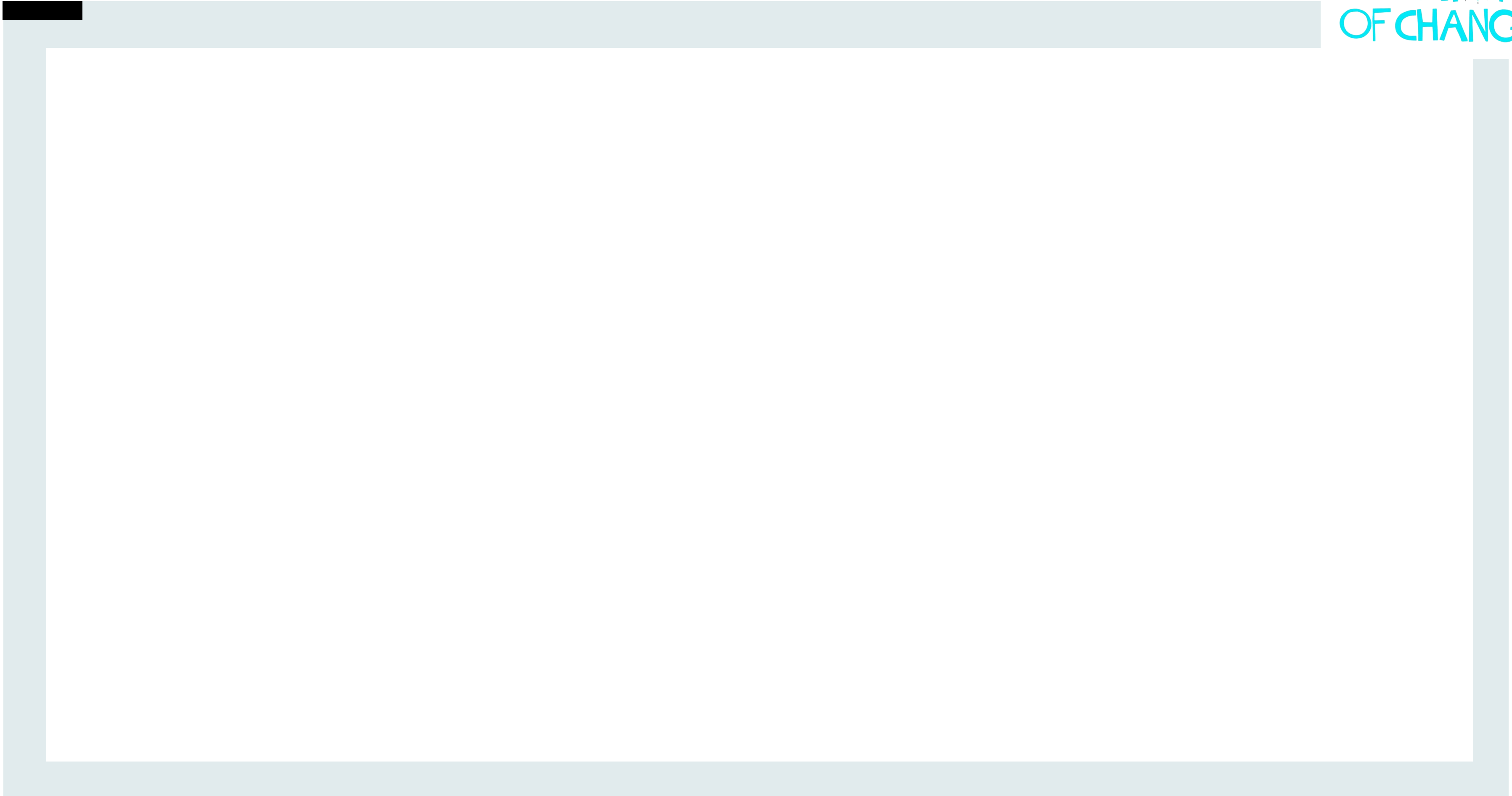


We will review these in 6 months' time.

For more information about “Over a Brew”, please see [here](#).

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Directors of **adass**  
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connecting innovating improving



We prepared this slide in  
anticipation of  
mentimeter not working!

And to remind  
everyone....





# KBI's - Key Brew Indicator Challenge

Start a conversation...

- What is your favourite biscuit?
- What has made you laugh or smile in the last week?

To have fun and let go...!






















It's ok to be human

And finally:

The importance of LETTING GO!



**KEY BREW INDICATORS**

 Break the ice	 Relationship building	 Excited about	 Where to next?		
					
					
					

Each time you connect and have a brew with someone, draw a picture in a square and share with us on 'X' @curatorsofchange for the chance to win a prize!

**THANK YOU.**

Please collect your Over A Brew Kit as you leave.

Scan the QR code in your kit to share your Top Tips for Coproduction via Gobby

