



Online Visit: Believe in Us Post-Visit Resources

28 June 2023



Q is led by the Health Foundation and supported by partners across the UK and Ireland



To explore more from your Host and guest speakers

- The [Believe in Us web pages](#) have more information about the project and their approach. More information, including evaluation reports, care plan templates and other tools will be added to this.
- **Mailing list:** You can subscribe to the Believe in Us mailing list on [the Heart n Soul website](#) (the second form on the page).

Additional links and resources shared during the Visit

Article: by Catherine J Crompton, Kilee DeBrabander, Brett Heasman, Damian Milton, Noah Sasson, with Young Reviewers Amelia and Anand. *Double Empathy: Why Autistic People Are Often Misunderstood*. You can read the article on the [Frontiers for Young Minds website](#).

Some of the songs that make us feel connection - shared by participants in the Visit:

- Love me Tender by Elvis
- Evan Finds The Third Room by Khruangbin
- Three's the Magic number by Bob Dorough
- Earth Angel (Will You Be Mine) by Harry Waters Jr., Marvin Berry, and Starlighters
- Feel the Love by Rudimental
- Electric Dreams by The Human League

Jamboard of questions asked during the Visit with answers (1 of 3)

Will these films and resources be available to people to use outside of Greenwich and the project please?

Are the cards and other resources that have been developed going to be made widely available?

If we have less time to get to know people do you have really good things that worked better you could share? Top tips so we can pinch with pride?

Keep an eye out for our care plan document!

Hi! All the films and resources will be available on www.believeinus.co.uk later this summer - in the meanwhile you can sign up to our mailing list...

... our mailing list here (the second form on this page):
<https://www.heartnsoul.co.uk/believe-in-us-contact>

Dora: as a H&SC professional, you need to fight back for time. If pushed and pressed it's not possible to do our jobs. We need to champion time at every level of the org.

Dora cont: Having spaces that are unusual and different that put relationships first is so important.

Dora: we are trained to not give too much of ourselves away for many reasons, but if we can share a bit of ourselves it does open up possibilities for a more equal relationship

Robyn: a top tip is to fight back, ask for time, to put a very high value on building relationships that aren't just transactional

Paula: using the time you do have in a different way, how to be slower with the time you have - thinking about the relationship as fundamental and investing in that

Lilly: you have to make the time. It's very important to have the same person consistently until the issue/next step of the process is resolved

Jamboard of questions asked during the Visit, with answers (2 of 3)

How has the experience the project changed your interactions with others (especially other people you work with) who weren't part of the project?

Beckie: it's changed my understanding of what co-research and co-production is. You need to double check consent; people don't necessarily know what they'll discuss when they consent

It's made me realise the importance of being myself and building relationships. We have a group working w ppl with learning disabilities and autistic people...

it's made me really thing differently about building relationships and doing things creatively.

Damian: not sure I have changed much! Reflecting between my own personal life and what we're doing on the project has been important. I am autistic and I have an autistic son

Damian cont: it's very personally relevant to me. How can I bring some of the project into my personal life?

Damian cont: things on the project are often more progressive than every day reality. I've learned a lot listening to the pressures of H&SC professionals

What is all the info we've got and how are we going to use it?

Mark: website will be the primary channel where we'll share everything we've created

Dora: all this content will be available for use and live later this summer

The investment of taking time means that when those barriers are removed, things can happen really quickly. We are still producing content now and it will be live soon

We didn't have ironclad outcomes we were aiming for. Because we took the time year 2 has been full of energy and action

Jamboard of questions asked during the Visit, with answers (3 of 3)



To find out more about the other Common Ambition projects

Believe in Us was one of the projects funded as part of The Health Foundation Common Ambition programme.

You can read more about Common Ambition and stay up to date with learning on [The Health Foundation website](#). The other Common Ambition projects are:

- **Common Ambition Bristol**, who work with African and Caribbean heritage communities in Bristol to reduce HIV diagnosis, stigma and generally improve sexual health. Read more on the [Common Ambition Bristol website](#).
- **Brighton & Hove Common Ambition**, who bring together people with lived experience of homelessness, frontline providers, and commissioners through co-production within homeless health services. They want to improve health services and outcomes for people experiencing homelessness in Brighton & Hove. Read more on the [Brighton and Hove Common Ambition website](#).
- **AWARE-IBD**, who aim to re-design Inflammatory Bowel Disease (IBD) services, shaped by those who use them. Read more on the [Sheffield University website](#).

Thank you!

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