



## **Co-production network meeting notes 13<sup>th</sup> May 2025**

**Venue: Council Chambers**

**Attendees:**

Vickie, Mohamed, Bernadette, Joycelyn, Marcia, Bestina, Bethany, Jordan, Vicky, Sue, Sunjiv, Zhora, Kevin, Karen, Shahanaz, Gaye

**Apologies:**

Jane, David, Mike, Natasha, Dolly

### **1. Development of Public Mental Health approach**

Led by Bethany Ferris – Slough Public Health Registrar, the meeting focused on exploring non-clinical assets that support mental health and wellbeing in Slough, using the "Five Ways to Wellbeing" framework of Connect, Get Active, Take Notice, Learn, and Give. The Co-production Network members identified local physical spaces, organisations, and social connections that contribute to wellbeing, discussed how these assets promote emotional, physical, and social health, and proposed strategies to strengthen them through improved accessibility, collaboration, and community-led initiatives

**Physical spaces**

the groups listed leisure centres, places such as parks and green spaces sighting that nature can really bring people together with positive effect on individual mental and physical wellbeing.

**Organisations**

Co-production members listed various voluntary, charitable and statutory organisations providing wellbeing services in Slough

**Social Connections**

Various social groups were listed including coffee morning groups, walking and cycling clubs, men's, women's and youth groups, friends and family, religious and faith groups volunteering opportunities as well as social media groups.

**Further workshops at Hope College – June**

Building on the momentum of the discussions, further workshops will take place in June at Hope College, bringing together a group of Experts by Experience. These sessions will focus on deepening our understanding of non-clinical wellbeing assets

in Slough and co-producing practical strategies to enhance community mental health.

## **2. National Co-production week**

At the Slough National Co-production Conference taking place on 8<sup>th</sup> July, we will spotlight by the Co-production Network agreed key themes, including Intervention, Impact of collaboration, co-produced Innovations, and the Integration of health, social care, and the voluntary sector. These themes reflect our shared commitment to meaningful change and inclusive practice. To shape a compelling presentation,

### **Action:**

- Network members have proposed forming a focus group that will co-design the session, drawing on lived experience and insights to highlight the journey of Implementing strategy priorities.

## **3. AOB**

### **➤ Carers Week 2025**

Slough Borough council' carers support services will be hosted on 10<sup>th</sup> June at Pinewood Hotel to mark Carers. Carers will need to book their place to attend.

***Next meeting: 10th June on Teams***