

## Co-design Workshop Notes

Ideas & Themes	Activity & Notes
Support group	Run a group / sessions for people who have had cancer.
Weekly self-run coffee morning	Informal, but could include speakers or topics on various health & well being topics related to cancer. No group identified to run this.
Carers with focus on BME carers	Support that is culturally specific or enables conversations in cultures where cancer is taboo.
Food/Food growing workshops	Sessions could have themes around fatigue, nutrition, not sleeping well. Build on these workshops for future activities for local people living with cancer.
Wellbeing sessions	Spiritual meditation, emotional and well being sessions. How to prepare for the afterlife. A group able to network with Arabic and Somali speaking people who have cancer. Set up a male and female group.
Pharmacy signposting	Training for pharmacy team on how to have a conversation about cancer with patients and signpost to social and community activities in the area.
Open Age sessions	Provide exercise, arts, creative writing, social element for older people but not just for people living with cancer.
Self care sessions around food and nature	What can people living with cancer do for themselves - food as medicine (inflammation, anxiety and worry). Lot of support has moved online. Maggie's doors still open and garden very important. Need has increased during Covid. Traditionally meet face to face in gardens and cafes. White city space being prepared to be Covid safe. Huge emphasis on safety, people not ordinarily frightened are frightened now.
Self care online around food and nature	Use Instagram to upload photos of nature, diet and wellbeing. Good for younger people living with cancer.
Whatsapp support group	Whatsapp support groups enable people (with cancer) late at night the opportunity to talk to others who understand what they are going through and help those who have difficulty getting to sleep feel less alone.
Advice on starting up a support group or activity?	How to start up groups and bring people together ie exercise class. Bring people together through music playing, including on street corner's and people's doorsteps. Would need to speak to the Council and local community so it is not noise disturbance. Takes about 4-5 weeks to establish and good to link into neighbourhood groups.
Information booklet	Previously available and good resource. Organisations were more stable before - now there are pop-ups. Noted booklets go out of date quickly.

Existing support groups	How to plug into the existing groups giving support in the borough? Who is already working with patients living with cancer in the borough?
Gardening and green spaces	Huge resource but how well is it coordinated in the borough? Biodiversity work with Council.

22nd April 2021

Resource required	Organisation/Contact
Provide training or link up with specialist nutritional advice	Nourish Hub Community Kitchen (Ffion)
Identify speakers and list of topics on health & wellbeing	Community Champions (suggested by Alaa from CCG)
Translated materials in key languages & myth busting information	
	Phoenix Farm, Nubian Life Gardens & other community gardens and link up with Living Medicine (Alex)
Training from Macmillan & Compassionate Communities directory/booklet of local organisations	Marsha Alter - Consultant Pharmacist
Facilitators and refreshments for each session.	Vivienne
	Cheryl/Maggies/Soup4Lunch (Anne)
	Cheryl (Macmillan)
Funding for elastic exercise bands. Liaise with Sobus for advice setting up a community group.	Sobus (Sharon)

	Sobus (Sharon)
	Council - Parks, Gardens, Allotments