

# Health and wellbeing – learning from each other in a time of change

## Free interactive workshop in Manchester

### Extra Session due to demand!

Date: Friday 10th February 2012

Time: 14:00 – 16:30

Tea and coffee available from 13:45

“As the realities of the public sector budget cuts hits there is a risk that good conversations will fall by the wayside... It is imperative that cuts are made with long term improvement in mind, not just quick cashable savings... The redesign of services must be founded on the basis of good conversations.” (ippr, 2010)

The Research Institute for Health and Social Change at Manchester Metropolitan University invites you to an interactive dialogue around the theme of health and wellbeing in a time of change.

## The Workshop

Practitioners and researchers in health and social care from across the region will learn from each other about what is working well and develop ideas about new ways forward.

This workshop also offers an opportunity to experience using Ketso for stimulating dialogue and group discussion. At a time when health and social care professionals are under increasing pressure to effectively engage with stakeholders and community members, Ketso offers a new approach and provides tools to help meet this challenge in a creative way.

## About Ketso

Ketso is a hands-on kit for creative engagement, which was developed from over sixteen years of practical experience in community planning and stakeholder engagement. It was launched as a social enterprise in 2009.

Ketso allows people to share their ideas, to learn from each other and to make informed decisions.

With its colourful, reusable shapes, it is accessible to all. Everyone can make an input, making effective use of people's time.

Ketso kits are being used in situations as diverse as: substance abuse rehabilitation, grief counselling, cultural awareness and health, exploring an ageing dimension for the new health and wellbeing boards, research communication, assessing the health benefits of community-based programmes, change management and events planning amongst health practitioners.

**Customers include:** Mersey Care NHS Trust; INVOLVE NHS; National Patient Safety Agency; LINKs (Brighton & Hove and Gloucestershire County Council); Faculty of Medical and Human Sciences (University of Manchester); Department of Social Work, Care and Justice, Liverpool Hope University; Department of Health Policy and Management, Kings College; the Equality Network and LGBT Youth.

*“Using Ketso during this year's Renfrewshire Community Planning Conference Events gave everyone a chance to contribute and voice their opinions without anyone dominating the discussion. Ketso supported people thinking things through and developing ideas in a short period of time.*

*Ketso made it easier to manage the events in terms of reduced resources used, a quick set up and easy clean up. The majority of participants agreed that this workshop format gave everyone a voice, and it took the pressure off facilitators.”*

Kasia Owczarek, Chief Executive's Service, Renfrewshire Council

*“There was none of that big felt tip and a flip chart piece of paper stuff that drives you demented and drives everybody else demented as well, writing big lists of things that you then talk about one by one and people fall asleep and then you throw the piece of paper away. There was none of that, it was much better.”*

Hilary Wood, Environmental Education Warden at Mersey Valley

*“A lot of people are like me, and they are not good at speaking if there are more than two or three people around, but they have things to say. This is magnificent at getting people to participate, and very important.”*

Resident of North Manchester



# Ketso®

a hands-on kit for creative groupwork



The venue for this event is:

**Council Chambers in the Ormond Building, Manchester Metropolitan University**

*This is building number 12 on the map:*

[http://www.mmu.ac.uk/travel/maps/mmu\\_maps\\_allsaints\\_aytoun.pdf](http://www.mmu.ac.uk/travel/maps/mmu_maps_allsaints_aytoun.pdf)

To register please go to:

<http://ketso.wufoo.eu/forms/ketso-workshop-health-and-wellbeing-pm-session/>

### Numbers are limited

please register by 3rd February 2012  
Please let us know when registering if you have any disability or special needs.

For more information about Ketso see [www.ketso.com](http://www.ketso.com) or contact us [elaine@ketso.com](mailto:elaine@ketso.com) • 0844 879 4483