



Follow the **five ways**
to wellbeing:

Connect
with those around you

Be active
find an activity you enjoy

Take notice
try savouring the moment

Keep learning
try something new

Give
volunteer your time,
do something for someone else

To join the network and/or develop
your own group please contact:

Email: co.production@nottsc.gov.uk

or telephone:

Rose Dent
(Mansfield and Ashfield):
01623 651 177

Al Murray
(Newark, Bassetlaw and Sherwood):
01909 535 333

Biant Singh
(Broxtowe, Gedling and Rushcliffe):
0115 925 2516

Visit our web site:
www.notts.cc/good-mental-health

No Health without Mental Health

If you require this information in an alternative
language, large font, braille, audio tape or text only
version, please call 0300 500 80 80.

Nottinghamshire Co-production Network



**Together
we are better**

“ The five ways to wellbeing – simple
steps everyone can take to improve their
mental wellbeing and quality of life. ”

Building communities
and supporting each other
to improve wellbeing

What is co-production?

Co-production brings the community and professionals together to find new ways to meet people's needs – everyone involved has an equal say.

Co-production is a way of working together to make sure the services available are suitable for the people who need them. It's a meeting of minds: coming together to share ideas.

Work in partnership with other community groups and organisations: the power is in our hands to transform our lives.

- In co-production the greatest asset is you!
- Everyone involved is a member helping to deliver the service and develop it over time.
- Manage your health outcomes, maintain health and stay well.
- Help yourself, help others, aid recovery and improve resilience.
- Be part of a better-connected community.
- Rediscover your strengths and passions.

What can you expect?

“ Since joining the network, I've found a new me ”

- Make new friends and socialise
- Join a local group
- Find peer support and help others
- Share skills and experiences
- Find and share Information
- Volunteer in the community
- Take part in community events
- Access community courses
- Help develop the project in your area
- Join other clubs and leisure services
- Get creative and meet like-minded people



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Supporting those experiencing mental health difficulties

Be part of this growing network supporting and enabling improved wellbeing for all of our members.

“ My reablement worker suggested Co-production might help my social isolation. Joining the network has helped me meet new people, feel accepted and it's great that I can go along to any of the groups in the county and feel welcome. It's great to know that you don't have to be involved with your GP or a care worker to be part of this network and it's informal, so I know I can be flexible and make time for other commitments. ”

How can you get involved?

The first step is to contact the development worker in your area and they will help you join a local Co-production network group

Where do the groups take place?

This varies from group to group. It could be at a local community venue, an allotment, a library or a café.

When do groups run?

A number of groups run regularly across the county. Most take place every week or two, usually on a week day. You will find details of all the groups and a full schedule on www.notts.cc/good-mental-health