

## Co-producing the Real Talk Intervention and Prevention Programme – a UCL Centre for Co-production in Health Research Pilot project

### Overview and Context

UCL Culture and the School of Life & Medical Sciences collaborated to set up the UCL Centre for Co-production in Health Research, a Centre that is currently being co-created by a mixed group of patients, carers, members of the local community, researchers and healthcare practitioners. Due to launch in 2020.

As part of this development, we wanted to practically test out how a Centre like this might operate and to learn what works and what does not when co-producing research so we decided to run a series of pilot projects.

The Action Youth Boxing Intervention in collaboration with UCL and young people from Somers Town and Camden applied for a grant to run a pilot project and were successful.

### Background or the project need:

Action Youth Boxing Intervention were keen to progress the organisation to the next level and work with more young people across London. In order to do this they felt that they needed to evaluate the work they were doing in a more substantial way in order to be able to prove the impact they have on young people and the community. They ultimately want to apply for a large grant from Wellcome Trust. However, they did not feel that they had the skills in house to do this work alone and realised that a UCL Centre for Co-production pilot collaboration was an ideal way to go about this. Therefore, they sought out a UCL person to help them, built a relationship, developed an application for a grant together and then they all got started!

### Based on this need, these aims were developed:

To work with a group of young people from a local school to develop and test new material and their ongoing approaches. They wanted to co-produce this work, giving young people a voice in their own intervention and prevention techniques. They wanted to co-produce a research plan with young people, identifying a theory of change (a comprehensive description and illustration of how and why a desired change is expected to happen in a particular context) and range of outcomes with them

### What happened?

- They produced an organisational theory of change, which will help them develop further as an organisation, co-produced by young people to ensure they have a voice in the programme development
- They developed new aspects of their programme such as the use of yoga and have started to build up the evidence base for their interventions
- They are now applying for funding to scale up the research to provide a specific baseline for evaluation, which can help them measure their impact more accurately over a longer period
- They have built a strong relationship with UCL directly, but also improved the relationship between the community, Action Youth Boxing Intervention and UCL - they are aware of the positive impact of the work that the pilot has had and the support which has been provided by UCL researcher



### Action Youth Boxing Intervention

Is a programme based on Cognitive Behavioural Therapy, Rational Behaviour Therapy, social life skills, motivational teamwork skills activities and goal setting to help students that are experiencing challenges with engagement with learning, behaviour, and emotional issues. They use non-contact boxing as a medium to do this and to help them reach out to young people in need of help

### What did they learn about co-production / collaboration?

- Importance of regular communication and going back to assess project aims on a regular basis
- Importance of being aware of how the project fits in with the community organisation's wider activities and needs
- Importance of including groups you might not initially think of - young people had a really positive impact and were really insightful about the programme
- Sharing responsibilities works well – use each others' strengths/contacts
- Significant amount of time is needed for relationship building and developing a team dynamic – didn't factor in enough
- Not everyone has to be involved in every decision but people need to know that they can influence direction