Inclusion checklist

Name

Some people are transgender or intersex. Please let us know how you prefer to be addressed?

He/him	Her/she	They/them
110/111111	1101/3110	Tricy/ cricin

Other:

To include me, please consider (tick)		Comments	
Hearing	(R)		
Vision			
Physical			
Medical	0		
Speech			
Language	?		
Religion			

To include me, pl	lease conside	er (tick)	Comments
Social interactions			
Food			
Mental health			
Literacy			
Environment			
Gender or sexuality	P		

Other things that would support my participation

Other things that would hinder my participation



'Stop' and 'I want to speak' cards

A great tool to use if you would like to:

Give everyone a chance to speak

Give people confidence to challenge jargon

Balance power within a group

You will need

- Printed tool
- Scissors



How to use the tool

'Stop' and 'I want to speak' cards act as a facilitation aid. They help the group and facilitators by allowing everyone to hold up a 'Stop' or 'I want to speak' card whenever they feel appropriate.

Ideas for using this tool

- Give each member of the co-design team a red 'Stop' card and a green 'I want to speak' card.
- Encourage the group to use these throughout the group activity. Explain that they can help:
 - Equal participation by encouraging everyone to speak up
 - Each person to monitor their air time
 - Empowerment of quieter members of the group

Faciltators should use their own professional judgement as to when to use these cards. It has been suggested that some groups may find them patronising.

At Iriss we introduced them at a first co-production workshop and then asked the group at a second workshop whether they wished to continue to use them. Some teams chose to, others felt they did not need them. We encouraged the use of the 'Stop' card for jargon.

An additional 'I dont want to speak' card was designed and used during one of our co-design processes. Individuals could use this card to indicate that they did not wish to share their own experiences or ideas in group discussions.

Photographs rather than symbols may be better for some groups.

DISCOVER

DEFINE

DEVELOP

DELIVER



ST?P

I have a question What do you mean?

I WANT
TO SPEAK

Rogues gallery

A great tool to use if you would like to:

Help the group find out about each other

Expand people's understanding of one another

Balance power within the group

You will need

- Printed tool
- Pens and pencils
- Camera
- Printer

How to use the tool

To enable people to work together effectively, it is crucial that they take time to get to know each other.

Rogues gallery is an icebreaker tool for the first time your group meets. It can help capture information about the people in your group in a light hearted way, enable sharing of information in the group. Encourage people to share information about themselves that is broader than just their job role or lived experience.

Ideas for using this tool

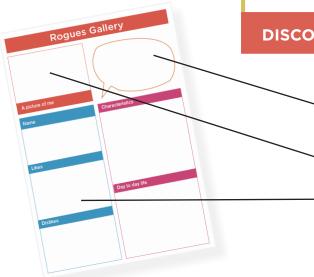
- Ask each member to complete a form.
- Capture what members of the group look like by taking photos or asking them to draw themselves.
- Place the group in pairs.
- Ask people to introduce themselves to their partner using their completed form for reference (5 minutes each).
- Then ask each person to take it in turns to introduce their partner to the larger group.
- Place the completed worksheets on the wall for reference.
- Bring the completed worksheets to future meetings for reference.

DISCOVER

Favourite quote or saying

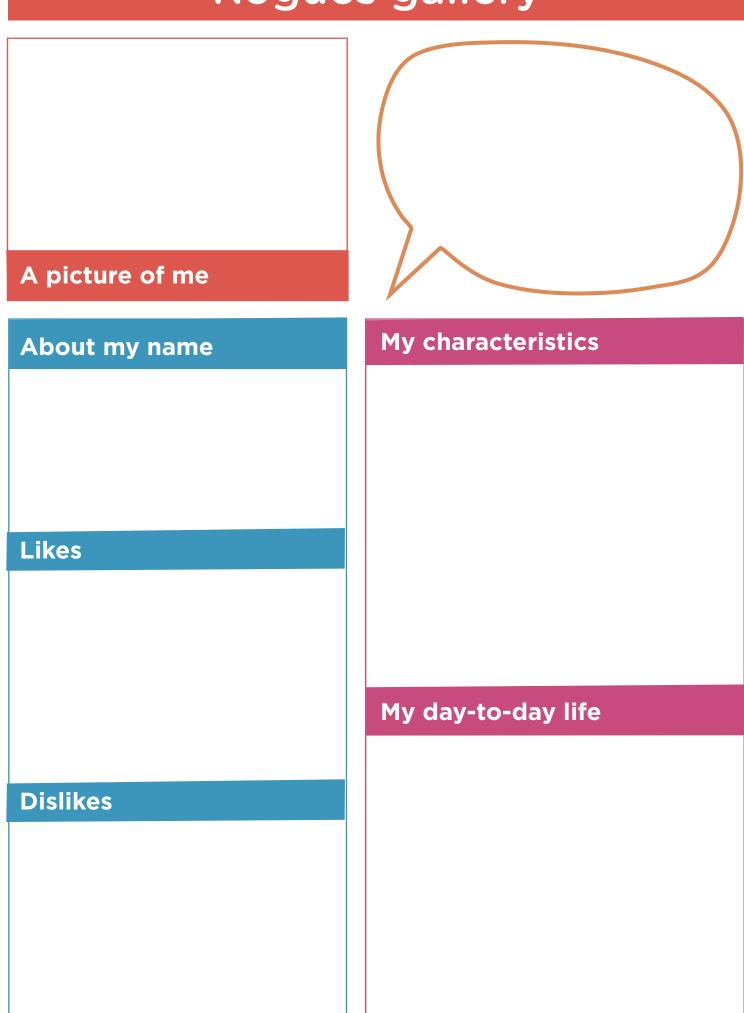
Photo or drawing

Keep it light hearted and focused on indviduals, rather than relating it back to the project





Rogues gallery



Tomorrow's headlines

A great tool to use if you would like to:

Discover more about an idea or a person

Develop an idea and imagine the future

Define how an idea might impact the future

Have a bit of fun with a group

You will need

- Printed tool
- Pens and pencils
- You could get creative and use old magazines, photos and collage paper to stick onto the Newspaper. If you decide to do this, you will need glue and scissors.

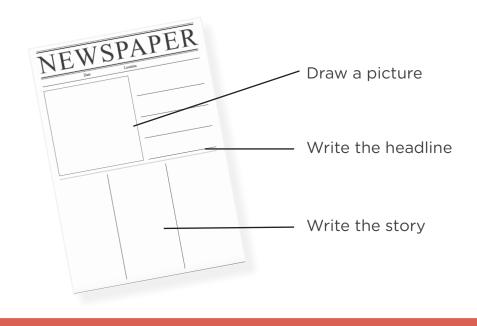
How to use the tool

Tomorrow's headlines is a fun tool that prompts people to look into the future, and to think about how they communicate ideas. You can use it at the beginning of a project to help people brainstorm ideas, or later on in a project to help them further refine and develop their ideas. It can also be used one-to-one to help people imagine the future they want.

Ideas for using this tool

- As an icebreaker- 'Imagine you are a superhero who has done an amazing thing. Write a newspaper article about yourself and share it with the group.'
- As a way to communicate ideas- 'Imagine your idea is a newsflash! What would the headline of a newspaper say about your idea?'
- As a way to imagine the future- 'Imagine your idea has been implemented for the last ten years. Write a pretend newspaper from the future, about the changes your idea has made'

Once the group (or person) has finished the exercise, put the newspapers up on the wall for everyone to see.



DISCOVER

DEFINE

DEVELOP

DELIVER



NEWSPAPER

Da	te I	Location

Values and manifesto

A great tool to use if you would like to:

Discover more about an idea

Develop an idea and think about communicating it to others

Define how to articulate an idea

You will need

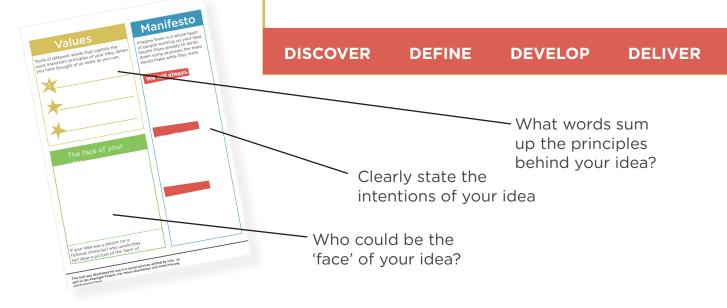
- Printed tool
- Pens and pencils

How to use the tool

Once a group has developed an idea, taking time to define the values that underpin that idea can be a great way to open up discussion.

How to use this tool

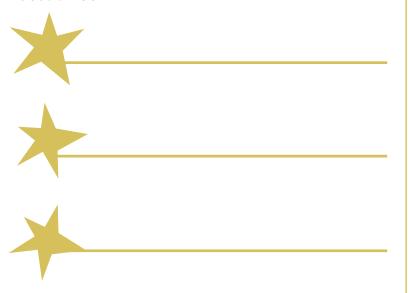
- Begin by explaining what you mean by 'values' (principles or standards of behaviour).
- Ask the group to think about 'brands' they know well-what it is about the brands that make them distinguishable? Also ask them to think about the 'values' that these brands promote. Doing some research into other brands and services and how they present their values will help the co-design team understand the importance of values and a manifesto.
- Ask the group to brainstorm different words that express how they would like people to feel about their idea.
- Then, ask the group to think of these as 'personality traits'. Get them to pick who they would choose to represent their idea - it could be a fictional character or a person.
- When the group are happy with their values, ask them to consider their manifesto. This is how the idea will speak to users and should answer: "We will always..."
 "We will never...." "Our mission is..."





Values

Think of different words that capture the most important principles of your idea. When you have thought of as many as you can, pick the best three.



The face of your idea

Manifesto

Imagine there is a whole team of people working on your idea. Maybe there already is! Write down some promises the team can make while they work on the idea.

We will always....

We will never....

Our mission is....

If your idea was a person (or a fictional character) who would they be? Draw a picture of the 'face' of your idea.

Asset map

A great tool to use if you would like to:

Find out what resources the group have

Identify gaps

Create a resource that brings together everyone's local knowledge

You will need

- Printed tool
- Pens and pencils

For bigger maps

- A0 or A1 paper
- Small post-it notes
- Coloured pens/ pencils
- Lego figures (optional)

How to use the tool

Asset maps allow the group to share information about what resources are available to them, what resources are being used, and what is missing. By mapping the different assets that exist locally and making this information readily available and accessible, more people may be able to make informed decisions about the care and support that they choose to receive. It can also allow practitioners to effectively signpost people to supports and services so that they can determine the best course of action for themselves.

Ideas for using this tool

- Give each member of the co-design team an asset map template.
- Explain to them that there are many different definitions of assets, but essentially they are considered the resources which individuals and communities have at their disposal.
- Ask each member of the co-design team to complete their own asset map based on where they live or work.

When the group comes back together as a larger group, have a large (A1 or A0) size geographical map of the area you are designing for and ask each member of the co-design team to plot their assets on the map using post-its, photos and / or Lego figures.

You could print this map off, or just draw a very basic one with key landmarks and main streets.

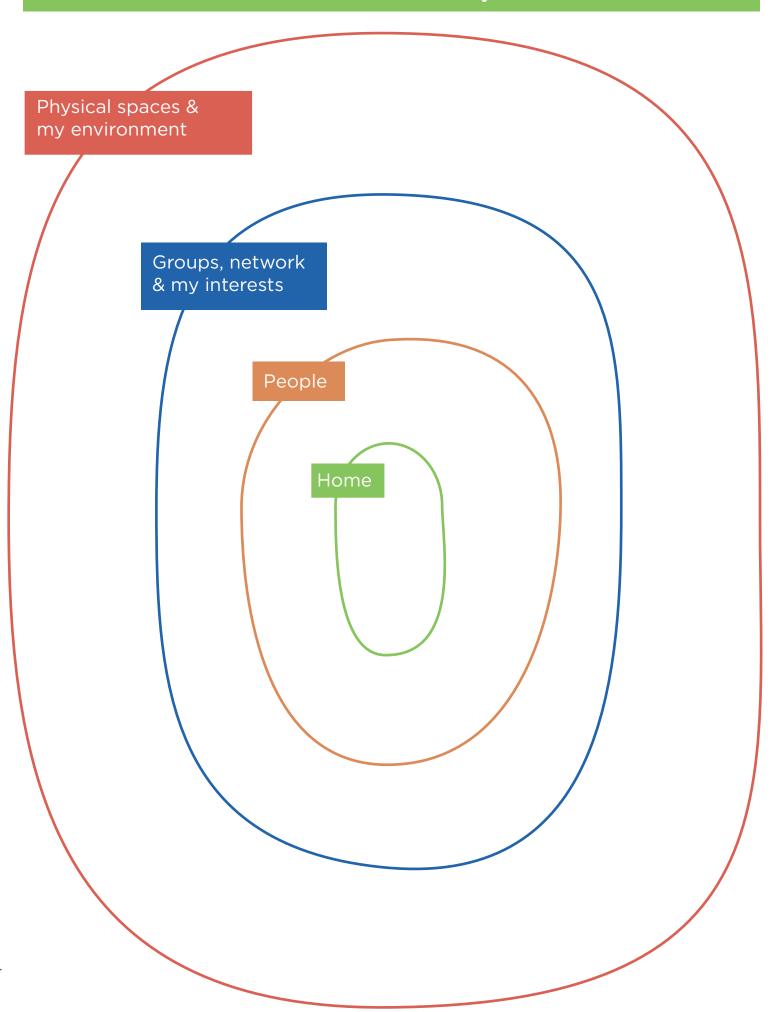
You can also use pins, string and other craft materials.

This community asset map could be added to over time and digitised. You can do this using Google maps or other community mapping software.

DISCOVER



Asset map



Research interview

A great tool to use if you would like to:

Support people to learn about each other

Discover more about the group

Expand the groups' knowledge

You will need

- Printed tool
- Pens and pencils
- Video recorder or smart phones



How to use the tool

Research interviews gather in-depth information about the topic in question. When members of the co-design team conduct the research interviews, it helps everyone deeply understand the topic. As a group, consider the problem you are looking to design solutions for:

- What do you need to understand?
- Who do you need to speak to?

Ideas for using this tool

- As a group: work on flip-chart paper or in smaller groups, to come up with some questions which will help gather information.
- Think about who you would like to speak to. You may need to create different interview templates for the different groups of people you need to speak to.
- Create a structured interview template with no more than 8-10 questions.
- Encourage members of the co-design team to interview 2 or 3 people as part of their research.
- Encourage members to write an interview summary and then bring their feedback to the group.

It is helpful to record the interviews using a video camera or an audio recorder so that you can revisit the research in the future.

In addition to interviews, you could arrange to observe the service from these different perspectives. Shadowing can help the co-design team to gather indepth information about the service or service user's experience. It helps members understand the context within which they are designing and begin to spot patterns and design opportunities.

DISCOVER



Research interview

Planned questions	Notes

Consequences characters

A great tool to use if you would like to:

Balance power within a group

Introduce the idea of 'characters' to the group

Have a good laugh- it is a nice icebreaker

You will need

- Printed tool
- Pens and pencils



How to use the tool

Consequences characters is an activity that can be completed before developing characters or personas, as a way of loosening up the groups' creativity and introducing the idea of a fictional character. It is a good tool to use as a warm up exercise, ice breaker or precursor to building a persona or character as a group.

Idea for using this tool

- In groups of three or more, give each person a consequences sheet.
- Instruct everyone to draw a head of a person in the top section of the page, and on the right hand side to write down information about what their character 'knows'. This could be focused on a particular characteristics e.g. what they know about their diagnosis. It could also be more general e.g. what their interests are.
- Ask everyone to fold their piece of paper so that the head they have drawn is no longer visible.
 When everyone has finished, ask them to pass their character to the left.
- Everyone should have a new sheet, and not be able to see what the previous person has drawn.
- Then ask everyone to draw a body, and write down how their character feels. Get them to fold their piece of paper so that the body they have drawn is no longer visible. Ask them to pass their character to the left.
- Everyone should have a new sheet, and not be able to see what the previous person has drawn
- Ask everyone to draw some legs on their character to complete the body. When this is done, get them to write down their character's supports and assets.
- When complete, unfold the page and reveal the quirky characters. Stick them on the wall so the group can see the all the characters. This will help to foster a sense of fun, exploration and creativity among the group.

DISCOVER



What do they know?
How do they feel?
What do they stand on?

Character profiles

A great tool to use if you would like to:

Balance power within a group

Develop characters to use later in the design process

Remove pressure on people with lived experience

You will need

- Printed tool
- Pens and pencils



How to use the tool

Character profiles are developed by the co-design team and solutions are then designed around them. The characters act as a sum of all the group's experiences and can be used throughout the design process to refer back to, and bounce ideas off. Character profiles can be developed for different roles - you could create a character for each member of a team, or for each stakeholder in a situation. This exercise can reduce pressure on those with lived experience in the group to share their personal stories as they can feed these into the character's story rather than having to disclose their own experiences.

Ideas for using the tool

- Consider all of the stakeholders using and delivering the service. For each group of stakeholders, create a blank character template with key questions that you would like to build a character around. Encourage the group to fill in the character sheet to each 'build' a character. It can be useful to explain to the group that you will be using this character again in the design process.
- Character profiles for people using the service can focus on where they live, who they live with, what they do during the day / evening, what barriers they face and changes they would like to see.
- Character profiles can also be created for people delivering the service and can focus on areas like what they enjoy about work, how they like to learn and skillsets.
- Remind the group that this is a fictional character
 you can reinforce this by locating the character in a fictional world, such as a soap opera, film or novel.

Bring the characters to life by creating a picture mood board using art materials and magazines. For homework activity you can give your group a problem scenario for their character and ask them to design solutions. This is a way to spot design opportunities.

DISCOVER

DEFINE

DEVELOP



Character profiles

Who are they?	How does their average day look?
Age Where do they live?	
	Who do they spend time with?
Draw a picture of your character, or some things that makes them unique.	
	What do they enjoy?
What is their home like?	

Pathway mapping

A great tool to use if you would like to:

Look for barriers in a pathway in order to identify possible solutions

Reflect the stages of a process or journey.

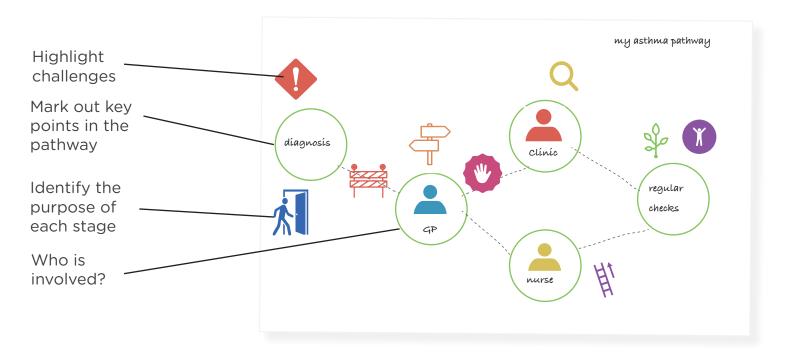
You will need

- Printed icons
- Glue sticks
- Pieces of A3 paper

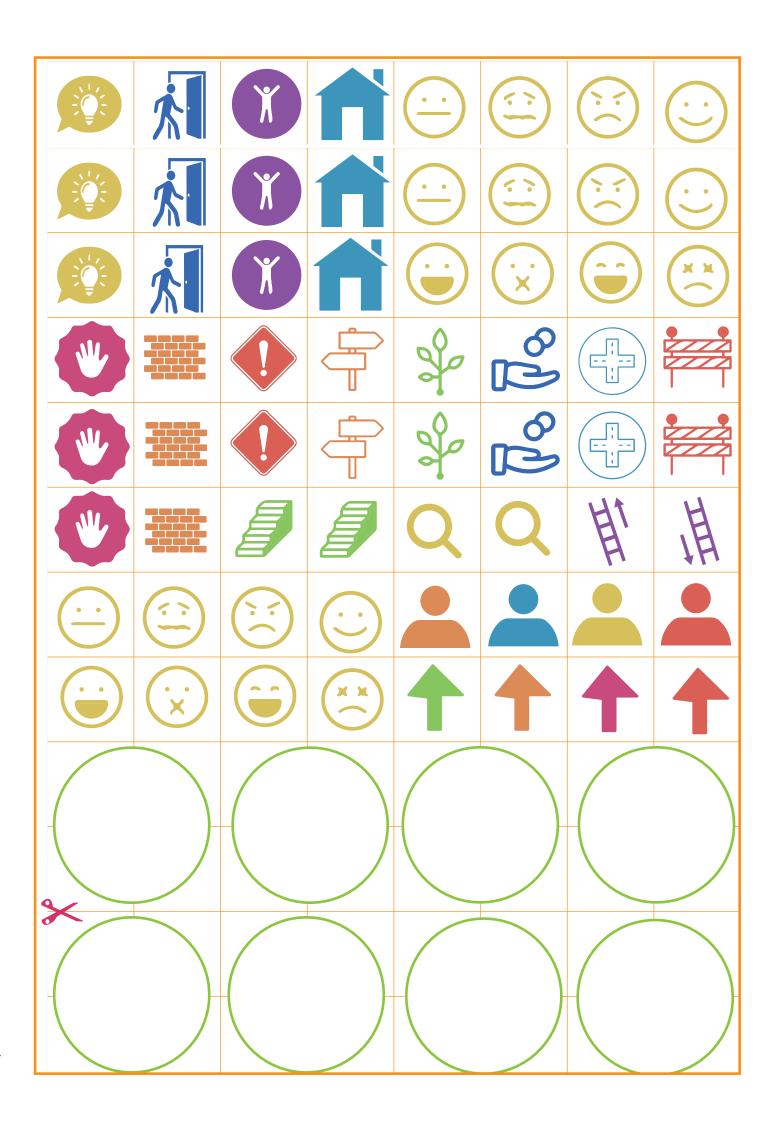
How to use the tool

- Ask the group to think about the current situation you are hoping to design solutions for.
- In small groups, using the icons provided, map the different services in the pathway.
- Highlight what some of the barriers and enablers may be. Note how these relate to and affect one another.
- Show the people involved in the pathway at each stage: person using the service, family, informal carer, health and social care, community services etc.
- Come together as a larger group and create a new map (you will need another set of icons) that shows the 'perfect' pathway.
- Highlight the positives in your new pathway and note how they relate to one another.
- Are there still issues in the pathway?
- Why can't they be resolved?

DISCOVER DEFINE







Character journeys

A great tool to use if you would like to:

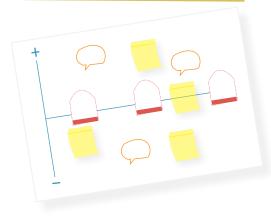
Think about all the stages in a process

Expand a character profile

Create a focus for problem solving and identifying

You will need

- Printed tool
- Pens and pencils
- Glue sticks or blue tack
- Scissors
- A3 sheets or larger



How to use the tool

Journey mapping gathers in-depth information about specific points of a character's journey. It helps the co-design team understand things from a character's perspectives, and identify where service or support interventions are required.

Idea for using the tool

- Identify a character developed earlier in the design process and think about a journey they have been on - this could be the path of their diagnosis or service use, or it could be a more physical journey, such as going to the job centre.
- Draw a long line across a piece of paper (A3 in landscape orientation works well)
- Identify four or five key milestones in your character's journey. A 'milestone' is a significant stage or event in your character's journey. Write the milestones down and stick them along the journey.
- Add in the detail. Between each milestone there will be lots of smaller steps. Think about whether they are positive or negative experiences emotionally. Write these steps down on post-it notes and stick them onto the sheet. The most positive experiences should be at the top of the page, and the worst experiences will be nearer the bottom.
- Using the speech bubble notes, add in how your character felt at different points.

You will need to have developed character profiles before using this co-design tool.

You can make journeys longer by using a roll of lining paper or sticking pages together for each character's journey map.

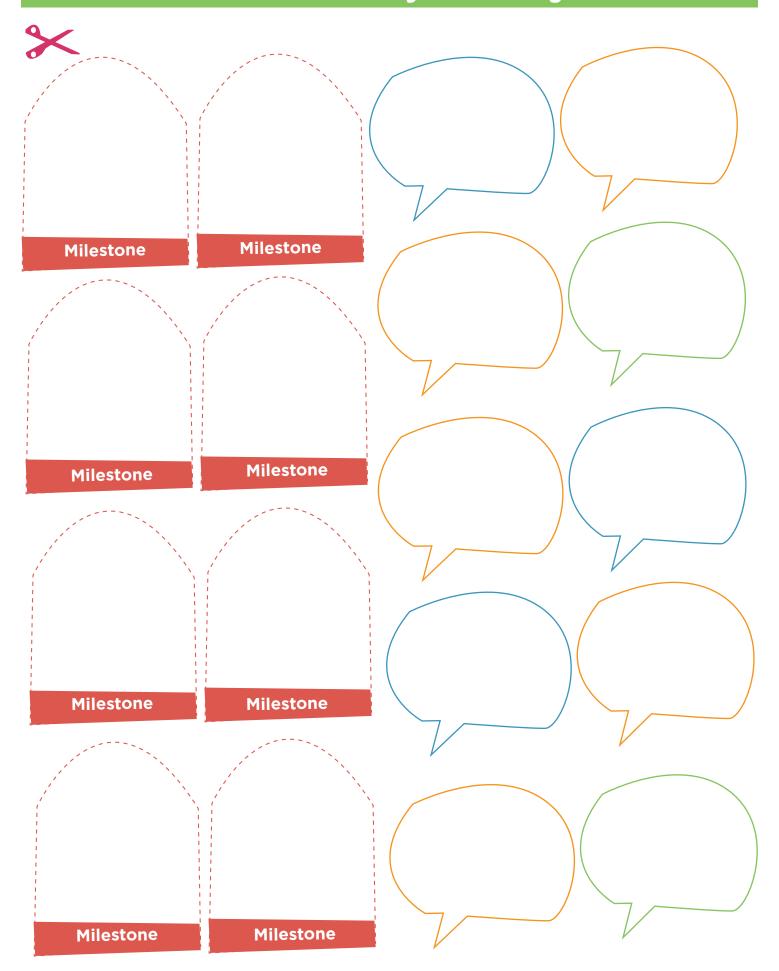
DISCOVER

DEFINE

DEVELOP



Character journeys



Thinking hats

A great tool to use if you would like to:

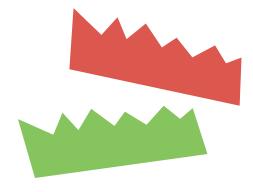
Think about a problem from different perspectives

Change group dynamics

Consider different stakeholders

You will need

- Printed hat cards
- Scissors
- Coloured craft paper or party hats
- Sellotape
- Flip chart paper



How to use the tool

Thinking hats allow co-design teams to consider a problem in different ways and to have discussions that move beyond personal opinion.

By switching hats physically, we encourage group members to mentally refocus or redirect their thoughts on an issue or problem.

Ideas for using the tool

- Consider a problem that you would like the co-design team to focus on.
- Hand out some paper hats, or get the group to make their own hats. Using actual hats can be useful as the group can physically put on and take off their thinking hats.
- If you don't have resources for this, you can simply cut out the Thinking Hat cards and hand them out instead.
- The white hat focuses on the information that is known about or needed

The yellow hat focuses on the positives
The black hat focuses on the negatives
The red hat focuses on feelings
The green hat focuses on creative possibilities
The blue hat focuses on the overall picture

- Ask each group member to reflect on the problem or challenge and write down some thoughts from their new perspective on flip chart paper or similar. Use one piece of flip-chart per 'hat'.
- After 5 or 10 minutes, ask the group to swap hats and continue adding to their new hat's flip chart paper.

You can also use this tool to get different stakeholder views. For example, instead of coloured hats you could use 'funder' 'family' 'government' hats.

DISCOVER

DEFINE

DEVELOP



Thinking hats



Put your red 'feelings' hats on!

How do you feel about the idea?

Write or draw your thoughts



Put your yellow 'positive' hats on!

What are the positive and exciting things about the idea?

Write or draw your thoughts



Put your green 'creative' hats on!

What ideas do others have to build your idea?

What other possibilities are there?

Write or draw your thoughts



Put your black 'problem' hats on!

What could be the possible problems?

Who might not like the idea?

Write or draw your thoughts



Put your white 'information' hats on!

What information do you need to know about?

Who can help you find it?

Write or draw your thoughts



Put your blue 'defining' hats on!

What is the subject of the idea?

What is the overall goal?

Write or draw your thoughts



Anatomy tool

A great tool to use if you would like to:

Define people's roles and responsibilities

Imagine a job description

Identify assets

You will need

- Printed tool
- Pens and pencils



How to use the tool

The anatomy tool helps the co-design team think about the attributes, roles and responsibilities of a person.

This tool encourages a group to consider the traits that are desirable in the people involved in a process. This could be a person delivering the service, a customer of a product, or a person using a service.

Ideas for using the tool

- In any idea for change, there will 'key players' who will be involved in the service, process or product that is being changed.
- Encourage the group to consider all of the people who will be effected by the imagined change.
- For each of these people, encourage the co-design team to pick four key attributes and describe a situation where they might need them.
- This tool is particularly useful if the group have decided that a new person needs to be introduced to a proces ie. a worker to support people. At Iriss we used this tool to help map out the basis of a job description for a peer worker role that were developed during a co-design project.

DISCOVER

DEFINE

DEVELOP



Anatomy tool



Anatomy of a Characteristic Characteristic **Situation Situation** Characteristic Characteristic **Situation** Situation

Opportunity card

A great tool to use if you would like to:

Refine an idea

Think about the possible limitations of an idea

Reflect on how good an idea is

You will need

- Printed tool
- Pens and pencils



How to use the tool

Use when the co-design team has produced some initial ideas and need to reflect on whether they are robust.

This tool acts as a starting point for the group to look at the idea from different perspectives and identify challenges. It could also be used to compare ideas.

Ideas for using this tool

- Before beginning this activity, the co-design team must have settled on an idea, or some ideas, that they would like to take into the 'develop' phase.
- Ask the group to work through the tool, focusing on one distinct idea at a time.
- You could then faciltate a group discussion to compare ideas, and use consensus or dot voting to narrow down the choice of ideas.

What is dot voting?

Dot voting (also known as dotmocracy) is a facilitation method using dot stickers. The process includes the following steps:

- Participants are each given a set number of dot stickers (as decided by the facilitator).
- Dot stickers are placed next to options presented that they like (they may place any number of their dots on any number of the options).
- Ideas with the most dots at the end of voting 'win'.

DEFINE DEVELOP



Opportunity card

Describe your idea	What challenge will your idea overcome?
Draw your idea	Time to implement
Possible barriers	Possible benefits

Conversation reflections

A great tool to use if you would like to:

Discover thoughts and dialogues

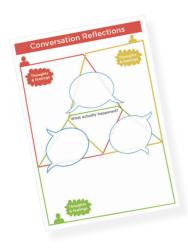
Reflect on previous conversations

Define where things are going wrong or right

Develop ideal conversations

You will need

- Printed tool
- Pens and Pencils



How to use the tool

Seeing things from different perspectives is one of the benefits of co-design. Use this tool to capture the thoughts and dialogue between different groups of people or help people to reflect on their previous conversations, feelings and experiences of a process.

This tool can be used to plan ideal future conversations. It can also be used to identfy what went wrong or what was great about real converstaions.

Ideas for using this tool

Thinking about a particular situation, use a blank piece of paper to note down some of the real or imagined conversations you have had with others. Each section of the tool represents a conversation that happened between two people.

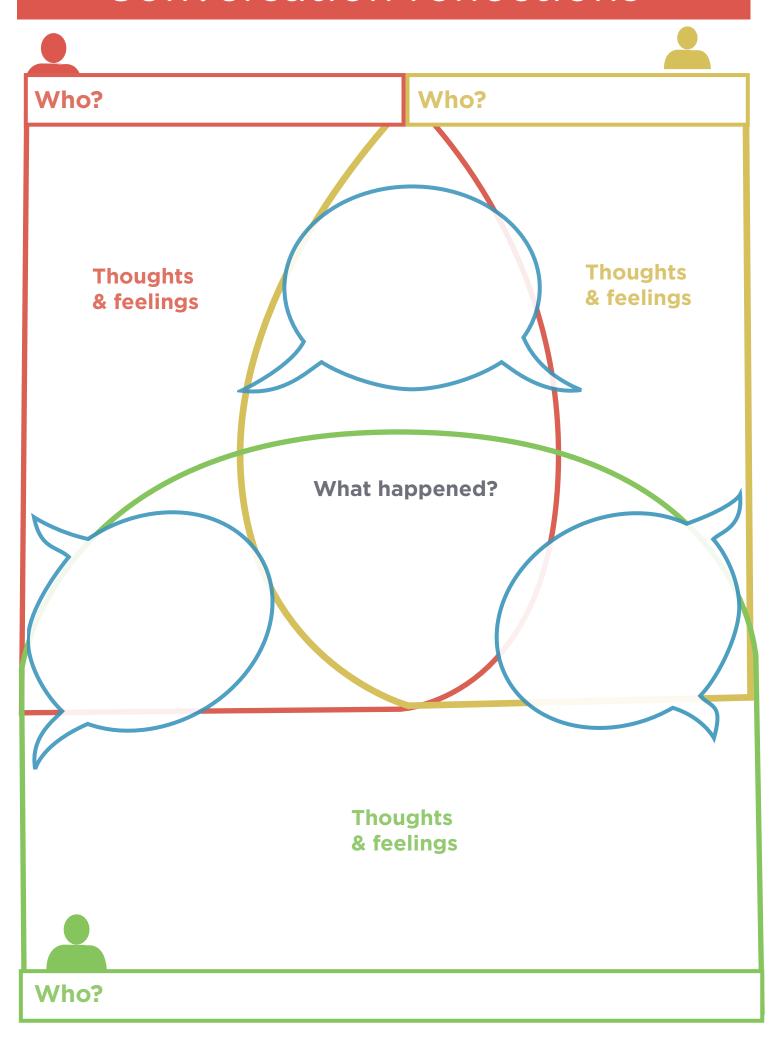
- Ask the group to reflect on some conversations and fill out the tool thinking about
 - Who was the conversation between?
 - How did they both feel during the conversation?
 - What was said during the conversation?
 - What actually happened as a result of the conversation?
- In the speech bubbles write a snap shot of the conversations between each person. For example, this may be the questions you asked and their responses.
- In the thought bubbles write how you felt, things that you thought but did not say, or questions you wanted to ask.
- Reflect on what actually happened as a result of the conversation.
- Use the completed worksheets to discuss your conversations with the group.

DEVELOP

DELIVER



Conversation reflections



Paper prototypes

A great tool to use if you would like to:

Test ideas and develop them further

Expand ideas

Make ideas come to life

You will need

- Paper prototypes suited to the groups idea
- Coloured paper, scissors, glue, colouring pencils or pens, post-it notes, stickers



How to use the tool

This tool acts as a starting point for the group to begin sketching out the idea - like a first draft. The purpose of paper prototyping is not to make something pretty, but to evaluate the idea. The benefits of paper prototyping are simple: cheap, accessible, fast to make and easy for future collaborators to work with.

Use the tool when the co-design team has produced some initial ideas of a product or service, but there is still plenty of room for exploration. This tool can be used after a group has designed an idea for a product or service - this might be an advert, website, app, poster, flyer, letter or even a conversation.

Idea for using this tool

- Before beginning this activity, the co-design team must have settled on an idea, or some ideas, that they would like to take into the 'develop' phase.
- Introduce the idea to the group by showing them some examples of paper prototypes (a quick google search throws up lots of examples). The tendency for members of the group to focus on 'neat and tidy' prototypes is one of the biggest obstacles to overcome with paper prototyping, so make sure you choose examples that are loose or even 'scruffy'.
- It is best to print off the paper prototypes on A3 paper, as the larger the paper, the more space to draw or comment on. Encourage the group to develop their ideas and make lots of different versions, especially if their idea is a website or other interactive technology. Remind them that paper prototypes are a quick visualisation of your idea: artistic merit is irrelevant.
- Encourage the group to take their ideas away and develop them further. If you or your colleagues have design skills it can be helpful to work ideas up to more finished examples after the initial prototyping phase. The group can provide feedback on this in another session.

DEVELOP

DELIVER

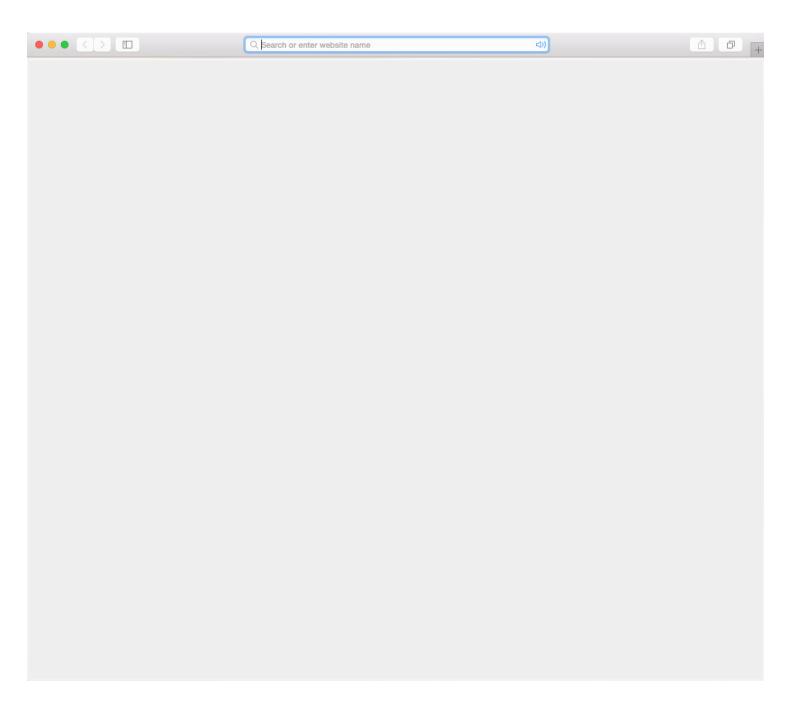


Paper prototype: Ap





Paper prototype: website





Paper prototype: advert



Problem & solution ranking

A great tool to use if you would like to:

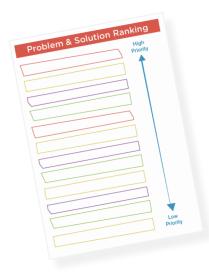
Get an overview of what is important to the group

Define which problems or solutions to focus on as a group

Come to a consesus

You will need

- Printed tool
- Pens and Pencils



How to use the tool

Ranking solutions or problems can help the group reach consensus on the problems to be taken forward, and keep them focused on the key issues.

Use this tool in your group to:

- Gather an overview of the problems / solutions that are most important to the group.
- Narrow problems/ solutions down.
- Establish why some are more important than others.
- Enable everyone to have their say.

Ideas for using this tool

- Choose whether to focus on problems or solutions.
- Use a blank sheet to record the problems / solutions the group have identified.
- As a group, discuss which you think is most important.
- Write what is most important on the top of the sheet - use the space to draw or name the problem.
- Write a brief description of why you've placed it there.
- Continue this until you've listed all the problems identified by the group.
- If it's difficult for the group to decide, you could try writing all of the ideas onto post-it notes so they can be moved around.
- You could break into smaller groups to complete this exercise and then compare to see if their are patterns in people's rankings.

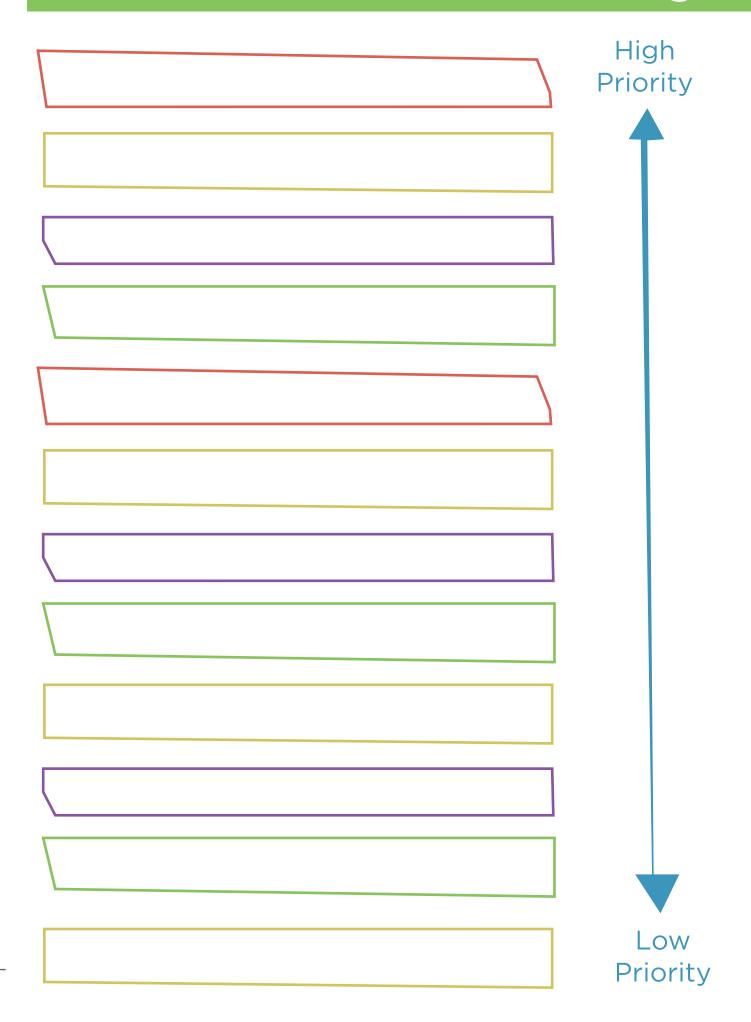
DEFINE

DEVELOP

DELIVER



Problem & solution ranking



Priority matrix

A great tool to use if you would like to:

Come to a consesus

Find a way forward when there are lots of options

Prioritise solutions

You will need

- Printed tool
- Pens and pencils
- Post-it notes

How to use the tool

This tool can help narrow down a number of ideas that are a priority for the whole group. This can be used in conjunction with either the Problem / Solution Ranking Tool.

It supports the gathering of an overview of ideas that are of high-interest and high-priority for the group. It can also establish which ideas should be taken forward to the next phase of the project. It can make the process more accessable by providing a non-verbal way for all members to have a say in which ideas are considered.

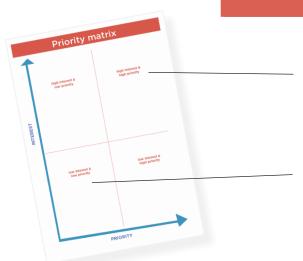
Ideas for using this tool

- As a group discuss the problems or solutions you individually ranked using the ranking tool.
- Write each of the ideas ranked highest by individuals on post-it notes.
- Taking time to discuss each problem in detail, decide where the idea sits in the matrix. This can be done as a group, or individually and then brought together to compare as a group.
- At the end of this activity you will have an overview of the ideas of high-interest and high-priority for the group.

DEFINE

DEVELOP

DELIVER



The most urgent and interesting solution or problem.

The least urgent and interesting solution or problem.



Priority matrix

high interest & low priority

high interest & high priority

low interest & low priority

low interest & high priority

Solutions in practice

A great tool to use if you would like to:

Look closely at a solution

Explore if / how a solution would work in practice

Establish who you would need to have on board to make it happen

You will need

- Printed tool
- Pens and Pencils

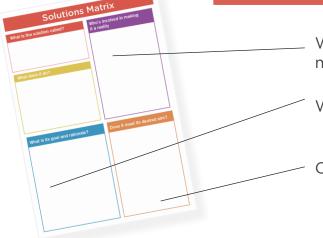
How to use the tool

This tool will help a group to work together to discuss how a solution would look in practice.

Idea for using this tool

- Break up into groups of 3-5 people. Each group should contain a range of people with different experiences (personal and professional).
- Nominate one person to capture the group's discussion on the tool provided. They can write or draw, as long as they capture as much as they can.
- Nominate one person to keep the group focused on completing the worksheet provided.
- Provide the group with a prompt sheet which lists the solutions they have identified through previous activities.
- Using this, the group should work through the questions on the worksheet to provide a detailed overview of what their solution would look like in practice.
- Each smaller group should present their completed worksheets to the larger group for discussion when completed.

DEVELOP



Who you would need to get on board to make the idea happen? Think big!

Why are we suggesting this solution?

Can we evidence its impact?



Solutions in practice

What is the idea?	Who needs to be involved to make it a reality?
What does it do?	
What is its goal?	Does it meet its desired aim?