Menu:

- Check in
- Network Activity Updates
  - Cultural Values, Creative Action, Payment for Involvement, Joint Commissioning for Change, Participatory Funding
- Spotlight on Activity
  - Together with Young People
  - Lived Insights from Experience (LIFE)
  - York Poverty Truth Commission
- Mini-World Café Networking
- Skills Development and Training (what’s coming up)
- Tax Rebate Information
- Dates to remember
- Getting in touch
Check in:

People were feeling excited, distracted, loving and hating the sunshine, enthusiastic, keen to connect and also very busy.

Network Activity Updates:

Cultural Values

The cultural values sense-making process came to an end at the end of 2021. Following the launch of our Meetings That Matter toolkit, we have started a Cultural Values Community of Practice. This will be a place where we being to ‘do’, share ideas and bring values to life.

The next Community of Practice will be Thursday 21st July, 10am to 11.30am on Zoom. Sign up to attend here.

We are also supporting the Health and Care Alliance, Health and Wellbeing Board and Health and Care Collaborative in their own Cultural Values journey.
The Creative Action Group meets monthly and through creating community we hope to improve lives. The group’s priority is to create opportunities, activities and environments in which people feel safe enough and comfortable to share their stories and experiences. They have a brand new website - you can check out [here].

This group is currently running two projects:

- **Art Bank**: This project is based at Spark York. The bank provides free art supplies to those across York who want to get creative and become a part of something bigger. The bank is open every Saturday between 10am and 12pm and everyone is welcome.

- **Mail Art**: The idea behind Mail Art is to create community through the sending of art between individuals. Mail Art is given freely, without the expectation of something in return and no judgements are made about the artwork. The project provides the materials and the stamps with no extra cost to the artists. Participants can pick up a welcome pack and materials from the Central Mailing Hub (York CVS) or email us at - [hello@yorkcreativeaction.com](mailto:hello@yorkcreativeaction.com) to tell us you’re interested in taking part.
Payment for Involvement

This is a new stream of activity in which we’ll be exploring how we can co-design and implement a Payment for Involvement policy for all York MCN activity.

We will be putting out an Invitation to Tender on behalf of Lankelly Chase for an organisation (or organisations) to hold this piece of work. This will include designing a Payment for Involvement Policy, and the holding of that policy.
If you are interested or would like to have a conversation about this, please contact Catherine Scott: catherine.scott@yorkcvs.org.uk.
Joint Commissioning for Change

This group has continued to grow in membership and has started to create the conditions for more open and collaborative conversations in relation to commissioning.

Current sub groups include:

1) A pilot 12-month project supporting individuals from 3 different organisations working on the **rough sleeper agenda** to obtain independent reflective practice. TEWV are supporting with evidencing the impact using surveys, interviews and data collection. A journal/report will be published at the end point and all learning shared with the group and wider.

2) Following on from the ABCD collaborative commissioning training that was completed by group members, the group is supporting with creating further capacity in the system. This will be done by spreading knowledge and good practice of ABCD by hosting an **ABCD masterclass on 13th June** (contact [Kelly Cunningham](mailto:)) for more information). There will be some York MCN representation at the upcoming National ABCD network where York can learn and share with other areas of country using ABCD principles.

3) Supporting the **wider resettlement pathway commissioning** – including funding a piece of research by LIFE and commissioning a consultant to provide expertise on strategy and facilitation. Recommendations are due to go to CYC Executive in the summer and membership of this group is heavily involved in the shaping of this.
Future dates are to be scheduled. If you would like to attend, please email kelly.cunningham@changing-lives.org.uk

Participatory Funding – ‘Deciding Together Fund’

Following on from the grant awards made early in the year Two Ridings Community Foundation (TRCF) continues to support the awarded groups/organisations.

TRCF and York MCN have convened a couple of sessions with a range of local and national funders to share the learning from the process and look at how Participatory grant making could be considered within future grant making. If anyone has an interest in this please contact kelly.cunningham@changing-lives.org.uk for a conversation.
Together with Young People (TWYP) began when a group of people (all working with young people in various capacities) came together with one aim…to:

“Explore the system that perpetuates multiple disadvantages for young people in York.”

You can check out their website, [here](#).

Individuals involved are working for the following organisations: [Inspired Youth](#), [Two Ridings Community Foundation](#), [York LGBT Forum](#), [Door 84](#), [York Travellers Trust](#), [York Cares](#), [Changing Lives Thrive](#) and [North Yorkshire Youth](#).
This year TWYP launched its **Young Leaders of Change programme**. The programme consists of a number of workshops which give young people from Tang Hall Community Centre, Door 84 and York Travellers Trust the opportunity to create a project around issues which are important to them.

The first of the workshops was held on the 23rd May under the event name **“Inspire – Unleashing Greatness”**. **Jonas Andrew Phillips** was the event’s keynote speaker.

Jonas (who is an international speaker, aged just 20) gave a profound speech full of energy and enthusiasm, passion, and belief. It was inspiring for our young delegates and a fantastic demonstration of what is possible in life when you believe in yourself and how you can use confidence to grow into the best version of yourself - no matter what adversity you face. The workshop also included a live performance from York rapper Kritikal Powers. You can read more about it, [here](#).

TWYP are soon beginning a **podcast** and the first episode will feature York MP, Rachel Maskell. This episode will focus on young people and politics, but there are others in the pipeline which will discuss education, social media, body image, the care system, employment, criminal justice and mental health.

If you have any ideas for what else could be covered, please contact Michael Benson: [michael.benson@changing-lives.org.uk](mailto:michael.benson@changing-lives.org.uk)
“Young People should be at the forefront of global change and innovation. Empowered, they can be agents of development and peace. If, however, they are left of society’s margins, all of us will be impoverished. Let us all ensure that all young people have every opportunity to participate fully in the lives of their societies.”

– Kofi Annan
Lived Insights From Experience (LIFE)

**LIFE** is an independent lived experience network.

The opportunity to create LIFE arose from the York Multiple Complex Needs Network.

Their independence enables them to offer genuinely impartial insights, as they are not funded or influenced by any other services.

They offer insights into systemic failures within (and between) statutory, voluntary and private sector interventions. Although they seek to amplify the voice and representation of those currently utilising support services, their aim is to **actively shape improvements** by placing those closest to the problem at the heart of the solutions.

This moves them beyond a consultancy service, to a group of individuals who wish to re-design many services through a process of authentic co-production.

---

**Vision** - a world where direct experience informs change.

**Mission** - is to empower people with direct experience of disadvantage to inform decision making that ensures that systems are changed for the better by the people that access them.

**Values** - Integrity, Equity, Connection, People, Curiosity, Innovation, Prototyping, Resilience.
Things that are important to LIFE:

They think:

- that getting things wrong is part of the process, they want to learn from that.
- **that people are more important than established practices and processes.**
- everyone matters at the level of the individual.

They want to:

- take risks.
- be able to fully support and facilitate people we work with.
- connect with organisations/individuals that both challenge and share our mission.

They:

- are fully committed to new ideas, tools and people.
- strive to be honest, open-minded, trusting and empathetic.
- like to work in an adaptive way, to let the space evolve.
- are often afraid and close to chucking in the towel.
Learning so far…

Learning for LIFE so far has come from various areas:

- Participatory grant making
- Facilitation
- Hosting events
- Participatory research
- Lobbying for social change
- Working with government departments
- Presentation skills
- Research skills
- Proposal/funding bid writing
- Collaborative working
- Creating new spaces
- Building relationships
- Understanding power dynamics
- How to centre to people’s needs

Collaborations

LIFE is part of the APLE Collective (Addressing Poverty through Lived Experience).

Others involved in this collective are: Hartlepool Action Lab, ATD Fourth World UK, Experts by Experience, Thrive Teesside, Poverty Truth Community, Start Point, Single Parents Rights, RAPAR, Community Organisers, Good Things Foundation Digital Divide Campaign.

York based projects they’ve been involved with:

- A Place for Me -
  Hostel residents shaped their version of a virtual hostel.

- Resettlement Pathway -
  They’ve been commissioned by York City Council to input into the homelessness resettlement review.

- Café at Carecent -
  Every Tuesday from 1-3pm. Those experiencing difficult life situations can come to sit, eat, rest and chat.
Some areas of focus to date:

- The Department of Work and Pensions - advocacy and language
- New funding models
- Homelessness and language
- Stigma and mental health
- Participatory research
- Areas of potential interest:
  - young people, addiction, probation, power dynamics, governance

To contact LIFE to learn more or make an inquiry, email: contact@materslife.org
Poverty Truth Commission

Speaker Gary Everett told the group a short story about a young man whose life was changed by one small act of kindness. His teacher bought him a toothbrush when it became clear that he did not have his own.

With this action, the young man was given back his confidence, was able to make more friends and his school life was changed.

This story gave us some insight into the unknown poverty which exists within people’s lives, and how much seemingly simple solutions can make a difference if we care enough to listen.
What *is* a Poverty Truth Commission?

A Poverty Truth Commission begins by putting those with direct experience of poverty first, and asking them to share their knowledge about what’s truly needed to make change. They set the agenda.

**How the Poverty Truth Commission will work…**

The York Poverty Truth Commission will move through the phases below.

**Phase 1**
Approximately 15 Community Commissioners are recruited who have a direct experience of poverty. They meet regularly for a sustained period of time (about 6 to 8 months) to get to know each other. They explore their experiences and decide what they would like to communicate about poverty in their area. About the same number of Civic and Business Commissioners are recruited to form the other half of the commission. This phase ends with a public event in which the Community Commissioners share their experiences of poverty,

**Phase 2**
All the commissioners start meeting regularly for full commission conversations to build relationships with each other and identify issues that they would like to address. Issue groups are formed to explore the issues the commission wants to address. One-to-one meetings enable commissioners to encounter and understand each other’s world.
Phase 3
A closing event is held to communicate the findings of the commission with the wider public. This will include the work done in issue groups and the effect that the process has had on commissioners. Work continues to help commissioners to embed what they have learnt into their communities, organisations and institutions.

We are currently in Phase 1
At the end of last year two meetings were held (online and in-person) to understand what was needed and where. You can read notes from the meetings here.

Ali Bodely and Gary Everett have recently been appointed as Poverty Truth Commission Coordinators. They are currently searching for and recruiting community commissioners.

If you have any questions about the York Poverty Truth Commission, if you want to get involved, or if you know anyone who might want to lend their voice, please get in touch by emailing: ptc@yorkcvs.org.uk
A World Cafe consists of three conversations or ‘rounds’ held across a number of tables. After each round, people move between tables, ready for the next question.

**Read more about how to use this technique in your own work, [here](#).**

For the purpose of our activity we set up three separate tables and had three rounds in which participants heard from each of the three spotlight activities (Together with Young People, LIFE and the Poverty Truth Commission).

The speakers rotated around the tables periodically so that everyone had the chance to learn more from each area.

**Here are some of the notes jotted down during each conversation…**
Poverty Truth Commission Feedback

What are you curious about?

- Who decides who is involved?
- Can expenses be covered upfront?
- How do we avoid the usual suspects?
- What information is provided to commissioners before they get involved?
- The meeting times should suit the participants (not necessarily office hours)

Should we be paying commissioners?

- Majority said yes – people’s time should be valued equally
- It’s recognised that no other area commission pays participants in this way

Together with Young People

What are you curious about?

- The age range and whether this is open for all
- How is this work different to other things going on?
- Retention – how do we continue this work and what is the future of TWYP
- Can disability be a part of the conversation?
- ‘Leaving care’ could and should be a topic which is included in this conversation.
What are you working on that connects?

- How do we connect? People are on the fringe of this when they should be involved. How does TWYP communicate with more people?

LIFE

What are you curious about?

- There’s a need for time and space whilst encouraging people to feel safe enough to share. Carecent research was led by one person and there’s a handbook which goes through expert skills. There needs to be trust in the space.
- Physical tools, games, communication aids and a change in stigmatised language are all needed when making people feel welcome.
- How do you connect with policy makers?
- Are you recruiting more interest?
- What is the aim beyond just listening?
- Could signposting be brought in to be a part of this work?

What connects?

- Council Tax Recovery (CYC)
- Reducing loneliness (should keep in mind that not everyone likes groups)
Skills Development and Training

Deep Democracy CoResolve Training:

We have run two programmes of Deep Democracy CoResolve so far this year (2022), and anticipate running a third over the autumn.

Lewis Deep Democracy is a cutting-edge facilitation, decision making, conflict resolution and inclusive leadership methodology.

It specifically aims on including all voices for the main purpose of achieving breakthroughs in seemingly impossible-to-solve issues.

The program provides participants with a toolkit to support collaborative decision-making, understand group dynamics and resolve conflict and tension.

This course gives participants the theoretical background and experiential learning opportunities that they need to begin using these tools in their day-to-day work environments.

If you are interested in future CoResolve training opportunities, please email: info@yorkmcn.org.
Art of Hosting:

We are planning to run Art of Hosting Training later in 2022.

This follows on from the Art of Hosting approach that underpinned the Cultural Values sense-making process.

Art of Hosting is an approach to leadership that scales up from the personal to the systemic, using personal practice, dialogue, facilitation and the co-creation of innovation to address complex challenges.

If you are interested in finding out more, or would like to put your name down to attend, please email: info@yorkmcn.org.
Tax Rebate Information

£150 Energy Tax Rebates

Are you:
- Currently paying for council tax at a property in York?
- In council tax bands A to D?
- Responsible for payment of the energy bills?

If so, you are eligible for a rebate payment of £150.

You may have already received this, but if not, you can apply for it [here](#).

For those that can’t get online – phone **0300 373 0727** and a member of staff from the City of York Council will fill out the form on your behalf.

For people in council tax bands E to H there is a separate discretionary rebate scheme. Find out more [here](#).

If you know anyone who may benefit from applying, please pass this information on.

Even if you do not need the rebate, it can be donated to charity.
Dates to remember

- **Creative Action Meeting** - 14th July, 1pm – 2.30pm (online)
- **Community of Practice, Cultural Values** - 21st July, 10am – 11.30am (online)
- **Network Meeting** - 6th September, 10am-12.15pm (in-person at York CVS)

All meetings connected to York MCN can now be found on Eventbrite, [here.](#)
Getting in touch

For more information about York MCN, you can visit: www.yorkmcn.org

We are always happy to hear from you, so if you have any questions, queries or ideas please just email: info@yorkmcn.org.uk.

We can connect you.

If you’ve met with someone at a Network meeting that you would like to talk to more or work with, we can help you get in touch. Just email info@yorkmcn.org and we will let them know your email address/phone number and ask them to get in touch!