

My Pocket Case Study:

Good Practice in Co-production in Aberdeen

How people living with Parkinson's have co-designed a dance programme with Citymoves Dance Agency and Aberdeen Performing Arts

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**Which of the four Co's is this about –
co-commissioning, co-design, co-delivery or co-assessment?**



Which service users and local communities are co-producing with which public services?

Members of the Aberdeen Parkinson's Support Group (who are people living with Parkinson's) are developing a programme of dance classes, together with Citymoves Dance Agency and Aberdeen Performing Arts, which take place Sept-Dec 2017. The dance classes are supported by a musician from Scottish Ballet who leads some of the sessions and mentoring support from the education officer of Scottish Ballet.

This programme is funded by Citymoves Dance Agency SCIO, Aberdeen Performing Arts and Parkinson's UK Aberdeen Branch. All are publicly funded organisations, with Citymoves and Aberdeen Performing Arts receiving significant funding from Creative Scotland.

How are they improving services and outcomes?

This programme is new and will be specific to the needs of people with Parkinson's in the city. It will improve their health and wellbeing within and out-with the session and will make improvements in their perceived quality of life. The emphasis of the programme is on the experience gained within the session, which is about process rather than product, people being 'in the moment' rather than creating something to watch later. This means that there are currently no plans for a public performance. We believe that dance will be a very powerful mechanism to create these 'in the moment' experiences, as it has a momentum

which captures people's attention and leads them on to doing and feeling things which they would not have expected from themselves.

What difference has it made? E.g. improved services, better outcomes, savings.

This programme commenced in September 2017 at His Majesty's Theatre. A number of key intended outcomes have helped to shape the co-design of the classes:

- *Improved physical wellbeing of participants*
- *Improved mental wellbeing of participants*
- *Improved self-confidence of participants*
- *Making a new friend*
- *Being part of a new support network*

We intend to develop some indicators which will help us co-assess how well the dance classes have achieved these outcomes. These indicators will also help us to co-design the shape and scale of the future programme of classes, once we understand what has to be changed after this initial programme.

Where is further information available? E.g. URL, report, blog etc.

We ran a taster session in partnership with Scottish Ballet in March 2017, attended by 30 people. An article about the event was included in the Parkinson's Support Group newsletter. Information is included in Citymoves brochure, see www.citymoves.org.uk

