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# Co-creation workshops

2020-2021

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# Healthy Boost

Urban Labs for Better Health for All in the Baltic Sea Region - boosting cross-sectoral cooperation for health and well-being in the cities



Healthy Boost Project Partners/Helsinki/March 4th 2020

# About the Healthy Boost project

The Healthy Boost project addresses the health burden of city residents created due to unhealthy lifestyles. The Cities Cherepovets, Helsinki, Pskov, Poznan, Klaipeda, Jelgava, Suwalki, Tartu and Turku experiment with different methods of cross-sectoral cooperations such as community participation and health learning. The main objective of the project is to make urban policies for health and well-being more innovative, more effective, and more integrated. This includes work on cross-sectoral cooperation with the potential to be used in other fields as well.

## CROSS-SECTORAL COOPERATION CAN BOOST HEALTH AND WELL-BEING IN THE BALTIC CITIES

The Healthy Boost project brings together fourteen partners representing different levels of governance within various sectors. Their aim is to improve the capacities of local authorities to enhance the health and well-being of citizens through cross-sectoral cooperation.

## SO, WHAT'S THE PROBLEM AND THE HEALTHY BOOST SOLUTION?

The project addresses the transnational challenge of the health burden created due to the unhealthy lifestyles of the city residents, which cannot be solved by the current fragmented, incoherent urban policies. The project wants to contribute to the improved – more innovative, effective, and integrated – cross-sectoral urban policies. Healthy Boost enables the participation of citizens in planning policies for health and well-being and improves cross-sectoral cooperation in cities of the Baltic Sea region to support city administration in the provision of health services. In addition, the project enhances the innovativeness of the cities' administration in the Baltic Sea region to respond better to current and future complex challenges in the municipalities.



## WHAT WILL STAY AFTER THE PROJECT IS OVER?

The main output of Healthy Boost project is a model for effective cooperation for cross-sectoral urban policies for health and well-being developed and tested by nine cities in six countries. Improved after the feedback from different stakeholders, it will serve other cities in more integrated future work.

## FUNDING

- INTERREG Baltic Sea Region Programme 2014-2020
- Project budget: EUR 2,53 million
- European Regional Development Fund: EUR 1,89 million
- European Neighbourhood Instrument: EUR 0,15 million





## What are co-creation workshops

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The idea behind the co-creation workshops is to boost co-creative design between the partners and use more participatory methods to engage stakeholders and partners, which will result in enhancing the participation of citizens in the decision making process. Representatives from different sectors (departments from other branches, NGOs, SMEs, informal groups of citizens) were invited by the city's administrations to discussions, brainstorming sessions, sharing ideas and experiences during different types of workshops. Their insights and different perspectives were used to modify solutions according to the actual needs of citizens working in different sectors, with different needs, expectations, and points of view.

During the workshops, participants discussed the pilot activities (e.g., they reviewed the Model, pilot plans and changes in them, communication process, etc.). The outcomes of workshops were analyzed and implemented in the planning and decision making process.

Testing the co-creation workshops brought effects on several levels:

- practice (gaining experience),
- knowledge (sharing good practices and acquiring new tools for the participation work),
- improvement (building benchmarking).

In this report, you will find not only information regarding how the co-creation approach influenced the pilots, projects, and city's policies, but also best practice from each of the 9 cities, which are the ready-made recipes for the workshops.



## PART ONE

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# Feedback from partners



# About respondents

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Feedback regarding co-creation workshops was collected by the 3.3 GoA Leader - City of Poznan. The interviewees responded to the online questionnaire.

All representatives from cities (9) gave their responses and shared their experiences:

- City of Helsinki
- City of Turku
- Suwałki Municipality
- City of Poznan
- Klaipeda City Public Health Bureau
- Tartu
- City of Cherepovets, Russian Federation
- Pskov
- Jelgava Local Municipality

# Experience with workshops and cross-sectoral cooperation



## WORKSHOP EXPERIENCE

All respondents had previous experience in conducting cross-sectoral co-creation workshops with partners such as:

Private companies  
NGOs  
Universities/Schools  
Informal groups  
Other governmental sectors  
Municipality authorities  
Cultural institutions  
social welfare workers, healthcare workers  
Employees from different municipality departments

**THE RESPONDENTS (n=9) from each city(9) perceived that their previous experience influenced the way they conducted the workshops during the Healthy Boost project.**

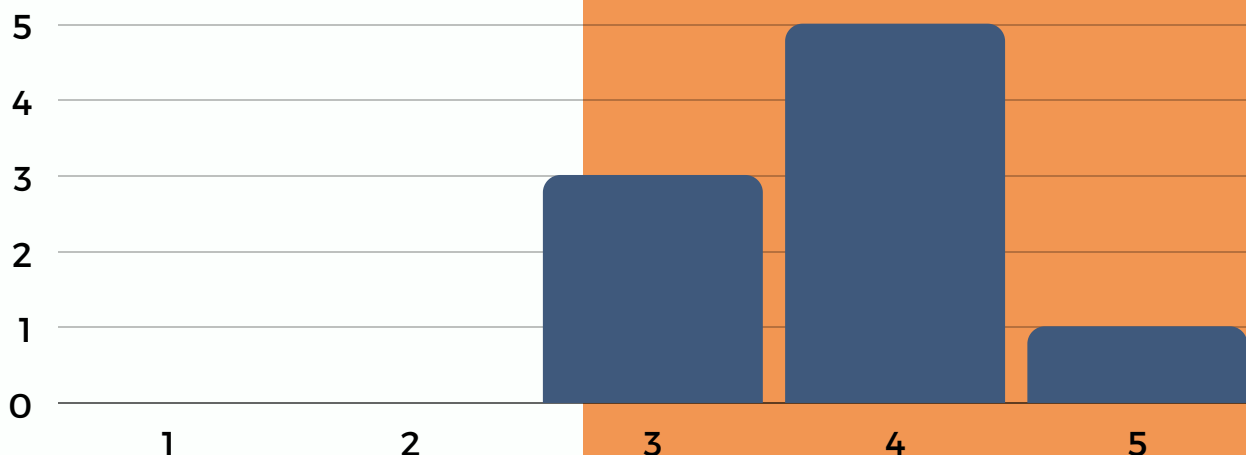


Figure 1. How did the previous experience influence workshops you conducted during the HB project (where 1 means not at all and 5 means very much)?



# Co-creation workshops in numbers

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NUMBER OF WORKSHOPS CONDUCTED  
BY EACH CITY(N=9) DURING PILOT PROJECTS



NUMBER OF PARTICIPANTS ON WORKSHOPS CONDUCTED  
IN CITIES (N=9) DURING PILOT PROJECTS



DURATION (HOURS) OF WORKSHOPS CONDUCTED  
BY CITIES (N=9) DURING PILOT PROJECTS





## Topics of co-creation workshops

All topics were related to project activities: some focused more on pilot topics, while others worked on the Model.

### The following topics were covered:

- "The needs and views of elderly citizens of remote exercise services of the City; Creating a final evaluation of the collaboration of the HB pilot"
- "Workshops for city working groups: the topics related to communication practices, information flow, and networking of the group. (3 workshops with different groups)"
- "Workshops for a campaign (Tykkää turkulaisesta!) aiming at reducing loneliness: the topics related to ways to communicate about the campaign and how to find new innovative ways for reducing loneliness. (1 workshop)"
- "Model for cross-sectoral cooperation, broadly understood healthy nutrition as well as physical activity as an essential element of proper growth of kids in pre-school age."
- "1. Cooperation between civil dialogue committees and City government,  
2. Annual strategy for cooperation between City of Poznań and NGOs,  
3. CSR, cooperation between 2nd and 3rd sector,  
4. Communication issues during lock-down,  
5. Lock- down's good practice,  
6. Creating model for reacting to crisis situation in the city,  
7. Evaluation of work."
- "Co-designing the demo version of the VR tool, co-designing the updated demo version, presentation of developed VR tool"
- "sport ground information board, sporting app, physical activity, outdoor meetings  
On the implementation of the Healthy Boost Project;"  
On the development of the Health Portal "0-5-30" website;  
On the content and structure of the Health Portal "0-5-30" website;  
On the progress of the development of the Health Portal "0-5-30" website;  
On methodological support for the Healthy Boost Project;  
On the results of the development of the Health Portal "0-5-30";  
On the prospects for the Health Portal "0-5-30" website."
- "Model of cross-sectoral cooperation; Game of goals"
- "Development of the Content of the pilot project, involvement of target groups, division of responsibilities, feedback meeting, meeting for planning of solutions for challenges"



# Methods

The respondents - piloting cities (n=9) - reported many different ways to involve participants, retain their interest and motivation: to make the workshops more fascinating. The methods used differ according to the target groups, topics, and goals. Respondents used the following methods and tools\*:

- Moderated discussion, ✓
- Working in smaller groups (break-out rooms),
- Microsoft Forms,
- Pop-up questions,
- Voting with cameras on (with your fingers),
- Group work and then brainstorming together, ✓
- Polling questions,
- Brainstorming in smaller groups,
- Sharing best practices,
- Presentations, ✓
- Workshops & training,
- Speed dating format, ✓
- World-cafe,
- Work in groups and present the outcomes, ✓
- Panel discussion,
- Working on online tools: jamboard and padlet,
- Working on open online documents between/after workshops,
- Pre-works, ✓
- Q&A,
- Outdoor meetings with moderated discussion, ✓
- Group and individual meetings,
- Seminars,
- Round tables,
- Focus groups,
- Provision of feedback cards,
- Game of goals, ✓
- Individual tasks review.
- online discussion, ✓ ✓

\*methods with green markers were listed by respondents as favourites, red markers indicate methods, which respondents don't recommend.

# Methods

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**Respondents admit that the choice of method was dictated by the outcome they wanted to achieve and the target group for whom those workshops were prepared, e.g.,**

"tried to match the topics with the different methods, to gather different data, to provide a variety of methods and to make the workshops more interesting and engaging"

"we chose our methods so that the participation of the elderly residents would be as smoothly as possible since we were forced to work online. The template for workshop was Teams since it is available in Finnish and thus a little bit easier to use. Also, facilitated discussions were mandatory so we would stay focus on the themes in question and by utilising group work we would able more discussion time for each participant and also cover more topics (as at times the topics covered by each group would be different and then later we would go through the results of each group together to get more views). Forms pop-up questions were utilised so that the participants wouldn't need to leave Teams (as we didn't want to lose any of the participants). In the case of the internal workshop, the decision-making was more intuitive - it made sense to have groups to cover certain parts of the model and then later come together to further brainstorm based on those group findings."





All city pilot project respondents (n=9) stated that they achieved their workshop's expected goals

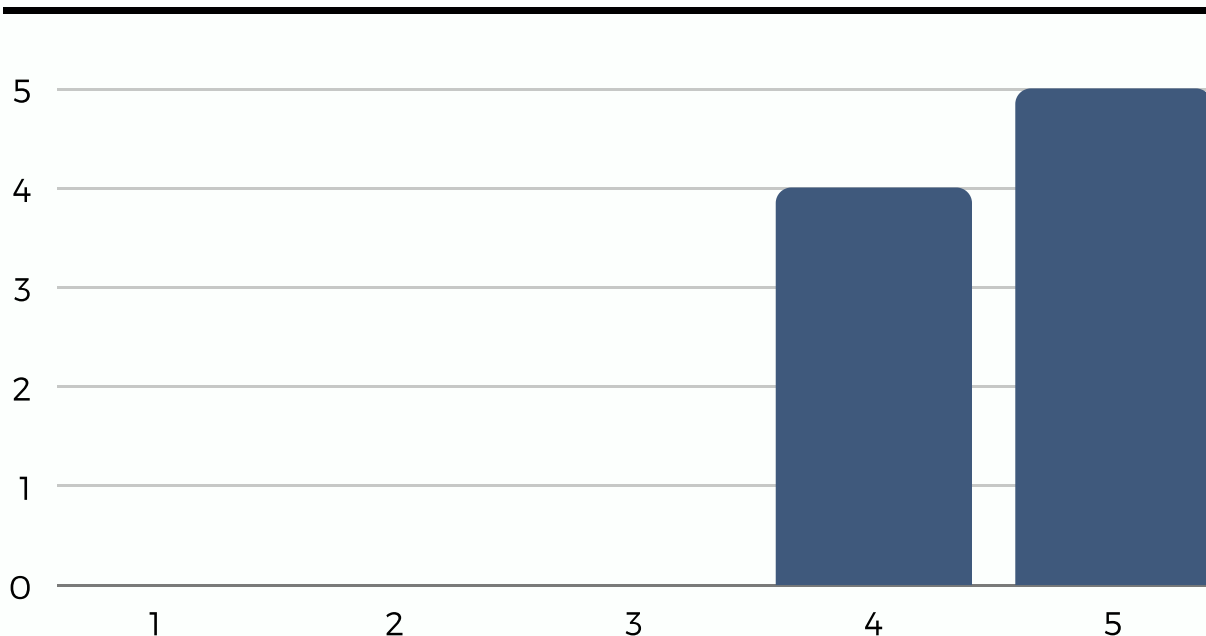


Figure 2. City pilot project respondents (n=9) answers to the question: "Did you achieve the expected goals? Please choose on the scale the level of achievement of expected goals, where **1** means that goals were not achieved at all and **5** means all goals were achieved fully."

### Amongst the main reasons for success, respondents indicated:

higher level of knowledge, motivation of lead partner and other partners in this project, effective collaboration, good communication with the partner, choosing the right method of conducting, well established goals, based on previous experience, participants knew what they were going to work on, each workshop ended up with a lot of information and data, which were implemented in strategic documents, model, and approach, to give participants a chance to share their opinions and participate in discussion/be heard, plenty of new ideas for communication and marketing, good planning of the workshop, agreement on further cooperation, taking into account the needs of all stakeholders, working out the risks and implementing the results of the workshop in the implementation of the project.



## Obstacles from the chosen method

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The methods used were found by the majority of city pilot project respondents (n=9) as helpful and useful. Despite this, 4 out of 9 respondents also admitted that they encountered obstacles from the chosen method, such as:

"Originally 14 workshops and training sessions were to take place. However, the SARS-CoV-2 epidemic made it impossible to conduct workshops within the assumed time and scope. Finally, by 31<sup>st</sup> October 2020, the contractor completed 11 classes in schools with pre-school departments and in kindergartens in the City of Suwałki. Moreover, I have to change the formula of meeting about model (on-line)"

"During speed dating we had an equal amount of registered participants, but some of the companies resigned just before the meeting. We changed the plan and made 2-on-1 instead of 1-on-1 dates. It was harder, but the results were still positive."

"During the second workshops for our stakeholders we split them into 4 online groups. It was too many and it was hard to coordinate them and check how the work is going. We also gave them too little time to discuss all questions. We learned our lesson, next time we split participants to 2 groups, we also established the leaders of groups, who were responsible for gathering information, writing it down and then presenting. It saved some time. Also, we had only two groups to present, so we could give participants more time to work in groups."

"I'm not entirely sure if it was mainly the fault of the used methods but as always the time was a bit an issue, especially when working with the elderly citizens. In the beginning (during the first workshop) we were a bit too ambitious especially with the Microsoft Forms pop-up questions as it took a lot of time for the participants to answer them. But we adjusted our methods for the next two workshops, adding more variety, and the issue was mostly solved (though, I guess no method in the world could solve the issue of talkative elderly people, haha)."

"Some minor technical difficulties, like one group, never got their break-out room questions so they didn't discuss exactly the issues they should have. They still were able to talk about the issues at a general level though."

"Limitations caused by the pandemic have turned the workshops into an online format."



## COVID-19 pandemic influence on workshops

The majority of city pilot projects (n=9) had to change their workshop plans according to the COVID-19 pandemic. Most of them had to adjust to the situation by holding online workshops instead of face-to-face, as well as limiting the amount of participants and workshops. On the other hand, some of them found moving workshops to the Internet an easier method to bring participants together and hold events for a wider number of people.

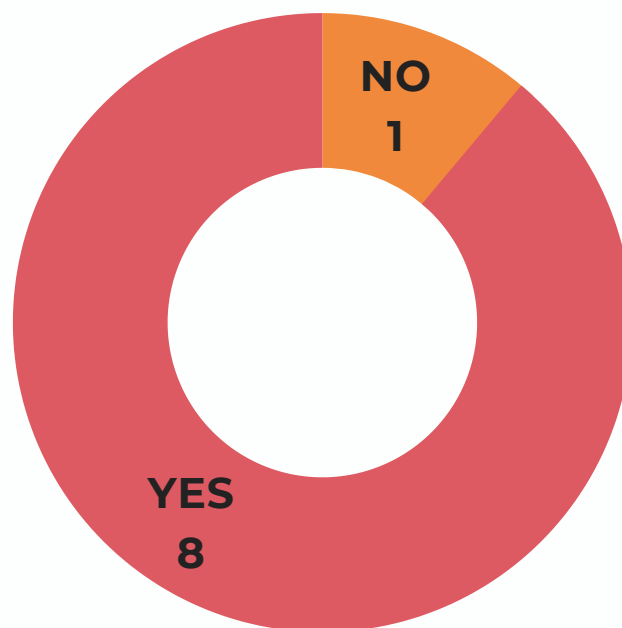
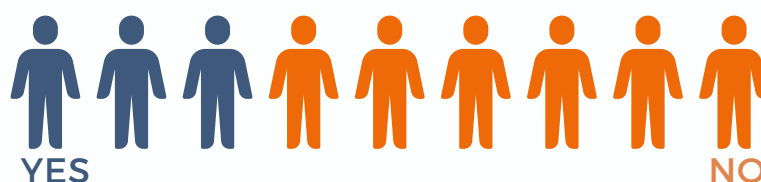


Figure 3. City pilot project respondents (n=9) answers to the question "Did the COVID-19 pandemic influence your workshop plans?"

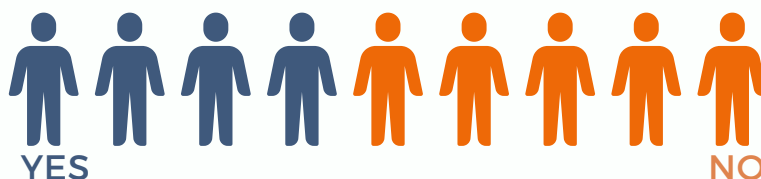
# Participants

Bringing together a cross-sectoral consortium was an obstacle for some city pilot projects (n=9). Respondents from 4 cities pointed out 3 main reasons for this: lack of involvement and motivation of target group representatives and troubles in matching all schedules.

**"DID YOU ENCOUNTER ANY DIFFICULTIES DURING PREPARING OR CONDUCTING WORKSHOPS REGARDING AMOUNT OF PARTICIPANTS?"**



**"DID YOU ENCOUNTER ANY DIFFICULTIES DURING PREPARING OR CONDUCTING WORKSHOPS REGARDING ATTENDANCE?"**



**"DID YOU ENCOUNTER ANY DIFFICULTIES DURING PREPARING OR CONDUCTING WORKSHOPS REGARDING ENGAGEMENT IN TOPICS AND TASKS?"**



Figure 4. City pilot project respondents (n=9) answers for the questions related to perceived difficulties with workshops.

The majority of respondents didn't experience problems with the amount of participants, their attendance, or involvement.

Others struggled with e.g., fear of pandemic, finding suitable time for all stakeholders, people who registered but didn't show up, proper preparation (rooms, school units involvement) to organise workshops, finding participants, delays of postal service.

Despite the difficulties, all respondents managed to organize fruitful workshops, showing that the issues occurring during co-creation can be successfully overcome.



# The Model in co-creation workshops

THE MAJORITY OF RESPONDENTS USED THE MODEL NOT ONLY TO PLACE THE WORKSHOP IN PILOT PLAN, BUT ALSO TO PLAN A SINGULAR WORKSHOP. SOME OF THEM USED IT AS A CHECKLIST, E.G., COMMUNICATION AND MOTIVATION DOMAINS, OTHERS AS A BASE FOR THEIR OWN MODEL OR TO PLAN DIFFERENT STAGES AND ASSIGN ROLES.



Figure 5. City pilot project respondents (n=9) answers to the questions related to the use of the Model for their workshops.



## Novelties: changes in workshop routine

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Regarding novelty in the approach to the workshops, for most of the respondents (n=9), doing them in an online format was something completely new. For some of them, engaging actors from different sectors was also a new experience. There were also new discoveries in offline methods such as: speed dating (refer page to 21) and outdoor meetings (refer to page 23).

**To the question: How do those novelties influence your workshop routine? The respondents answered:**

"The need to adapt and conduct this workshop as interesting one. More preparation works."

"We try to do as much as we can not on web but outdoors. We also encourage our colleagues to use more outdoor meetings/workshops instead of doing it online. The corona-year has boosted up the concept of outdoor meetings and we are really thankful for this situation :)"

"On-line format does not ensure full participation."

"we managed to have more motivated and creative participants"

"Mainly, we realized how much time we can save by properly planning the workshops.

We see a lot of advantages in online workshops, it can not replace offline ones, but it is a nice addition, sometimes more suitable. We also see that giving 2-3 days to respond regarding the best time for participants by doodle helps us to gather more people than imposing a time of the meeting on them. We also like doing some short prework to assure that everyone is on the same page and save some time."

"No novelties really, just a well-tried recipe as mentioned in the previous question :)"

"The online workshop was surprisingly smooth, and in some cases perhaps even more effective than a traditional face-to-face workshop. Miraculously, the interaction went well online as well.

The questions in the model were easily formulated for assignments and conversation starters."

"More focused approached as fresh air"

"The change in the format of the workshop has had a positive impact on building cross-sectoral cooperation by making it faster and easier."

**However the novelties introduced to the workshop routine differed amongst the respondents, all of them found them useful for the future instances.**

# Lesson Learnt

All respondents (n=9) reported that in their city pilot projects, they had found the workshops in general as an added value to the piloting process, especially from the cross-sectoral cooperation aspect. The majority of them (6) reported having found the presence of representatives from different sectors as a valuable addition, mostly because of different perspectives/points of view presented and being heard during workshops. Additionally, all respondents share what lesson they learned from co-creation workshops:

"It can be fun and it can be fruitful. But it needs time. Sometimes, when you have a lot of stakeholders or stakeholders who are not too much motivated or don't see their part in this process (yet), you need to have a lot of time to warm them up. And you need to have a lot of time to plan more than one workshop - maybe 1-2 first times they don't contribute but after some discussions they start to open up and you get a lot of good ideas."

"We learned to collect, discuss and manage ideas with ease."

"we understood that if municipality want to improve the live and health of people it must listen to the citizens"

"How much more knowledge, experience and resources we have together. We believe that each matter in the city should be discussed during co-creation workshops in the cross-sectoral group. It would be a huge profit for everyone."

"I think they enforced the feeling/the guideline we already had which is citizen involvement/engagement is necessary when developing services for the residents."

"The more diverse a group of ideas is sought, the more diverse (and better) the results will be."

"More participants, more opinions, more angles to cover. There are more sides for every story as considered before"

"Working together as a group, with participants from different sectors, has a positive effect on the development of a new product or solution."





## PART TWO

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# co-creation case studies



# SPEED DATING

CITY OF POZNAN

Organized for NGOs and companies (including SMEs) to create an opportunity for cooperation. Each pair got approximately 7 minutes to acquaint themselves (pairs were of course intersectoral). One-on-one meetings gave participants an in-depth view on cooperation from the other side. For organizer this meeting was profitable because we met some potential partners for the pilot project. We were also able to see differences and similarities in approach, way of talking, and goals between two different sectors.



## 1

### DETAILS

Place: cafe/restaurant

Duration: 3-4 hours

Target Group: two groups who need to be acquainted

Size of the group: max. 30 people

## 2

### PROS

This method works very well on two different groups of participants.

Good to break the ice.

Gives a chance to meet everyone.

Good as a networking and starting point for further cooperation

## 3

### CONS

Long (you need to give everybody a chance to talk)

Hard to meet both group schedules

Both groups should be even (it works best this way)

## 4

### OUR EXPERIENCE

We had even groups signed in, but we received a lot of resignations on the day of the event from the business sector. We had to change the one-on-one “date” to two-on-one and extend the time to 15 minutes. It was difficult to reschedule at the last minute, but the final outcome was fruitful. We received a lot of positive feedback and we want to get back to this kind of meeting after the pandemic.

## MODEL FOR CROSS-SECTORAL COOPERATION

### SUWAŁKI MUNICIPALITY

Alltogether, 18 participants of the Working Group were present. The workshop was divided for some parts: project coordinator presentation on the matter of project and model, model usage on real life example, menti questionnaire, open discussion and time for Q&A. Main topics of the workshops: Model analysis and presentation, how to use it in real life situations connected with cross sectoral work (not only in the field of health). MENTI questionnaire was, for most participants, the first time to test this tool. It brings quite nice results in the matter of live discussion and activates participants for the rest of the workshop.



1

### DETAILS

Place: online

Duration: 70 min

Target Group: cross-sectoral consortium

Size of the group: 18 people

2

### PROS

interesting for audience,  
not long,  
essential/key message

3

### CONS

lack of human relationships,  
you can't see real engagement in the meeting

4

### OUR EXPERIENCE

During the workshops, information about the model and Healthy Boost project (FB page, [www](http://www.healthyboost.eu)) was given out. Also, we were gathering opinions about it from working group members. The presentation was conducted in an interactive way to interest the audience. Menti tool use was appreciated (there were no good or bad answers except the "reflex" quiz question). From the project coordinator point of view, it was an important meeting - there were questions about the model itself and discussion about it.

# MAKING OF SPORT APP

## TARTU CITY GOVERNMENT

Citizens were invited to participate in making a sport application. There were athletes and some "ordinary" people - some were invited, some were found simply from public places. The aim was to show "normal" people doing simple exercises and fitter ones doing difficult exercises - in this way it is easier for those who start training to relate to someone physically more or less as fit as you are. Citizens showed their exercise, the physiotherapist adjusted it, and finally it was filmed. In one group, there were both athletes and not so fit people, citizens from different age groups. It created nice synergy between people, brainstorming how to use the equipment or how to do exercises.



1

### DETAILS

Place: Outdoors, on local sport ground with previous online information from citizens

Duration: 3 hours

Target Group: citizens, physiotherapists, movie makers

Size of the group: 10 people

2

### PROS

Interesting for participants,  
possible to use during corona restrictions,  
nice way to find solutions in real-life situation.

3

### CONS

Needs very highly motivated participants (not so motivated might lose their interest or start to complain when you have to change the plan),  
weather is unpredictable and you have to be very flexible to change the whole plan of the workshop

4

### OUR EXPERIENCE

Feedback was positive overall, but this might be because the people who participated were highly motivated. During outdoor activities, there is always a huge role to play for the weather. Even if it was unexpected which is normal in spring, nobody complained and we as the workshop organizers were responsible for keeping the participants happy (warm tea, blankets if needed for the time when they were not actively doing exercises).

## CO-DESIGNING VR TOOL

### KLAIPEDA CITY PUBLIC HEALTH BUREAU

Introductions and greetings at the beginning of the meeting. Affirm the aims and objectives of the workshop.

During the workshop, a demo version of the VR tool was presented and tested. Throughout the workshop, we proposed the design possibilities, technical improvements, and indicators that should be collected. In order to activate the participants, the moderator used active questions and brainstormed the main ideas on the white board. Active questions were prepared before the workshop using the model motivation domain questions.

At the end of the session, the moderator summarised the co-creation workshop and emphasized the main tasks that should be prepared at the next meeting.



# 1

## DETAILS

Place: offline, freely

Duration: 1,5 hour

Target Group: representatives from the SME and Klaipeda City Public Health Bureau

Size of the group: 10 people

# 2

## PROS

The face to face workshops proved to be more effective than the on-line format.

Easier to use different methods to engage participation of the group members.

# 3

## CONS

Face-to-face workshops are less likely to have a record of the discussion, so some points might be forgotten.

Face-to-face meetings might be more expensive (travel, accommodation expenses) and time-consuming (travelling time).

# 4

## OUR EXPERIENCE

We discussed technical improvements to be done.

We got positive feedback from participants who used the VR tool.



# GAME OF GOALS

## CITY OF PSKOV

Cross-sectoral cooperation assumes partners from different sectors (public, non-profit) joining forces to make joint decisions in order to achieve results and overcome complex challenges.

1. Participants were divided into three cross-sectoral teams. The teams had the task to develop additional purposes for a sports stadium.

Projects developed by the teams: A. Trail to Scandinavia (Team "Green Light"), B. Stadinarium (Team "Dream Team"), C. Family Exercise Machine (Team "Team 3").

2. Each team presented their team project.

3. All participants vote for the project they like (anonymous voting). You cannot vote for the project of your own team. According to the voting results, the winning team and the best project are determined.



# 1

## DETAILS

Place: offline, freely

Duration: 3 hours

Target Group: dedicated to 3 teams

Size of the group: 5-7 people

# 2

## PROS

open,  
creative,  
interesting  
and competitive

# 3

## CONS

None

# 4

## OUR EXPERIENCE

Business games are becoming an important educational trend. Competitive excitement, championship challenge, and the opportunity to apply the acquired knowledge and experience in the form of a game stimulate participants to work together in a team, develop project and managerial thinking, and be motivated into practical actions. The Game of Goals allows forming a base of cases with interesting and qualitative solutions for further implementation.

# RESIDENT PANELS

## CITY OF HELSINKI

- 1) Greetings and an ice-breaker (we used three different ones: choose 1-2 adjectives that describe you and start with the same letter as your name; a feeling "meter": thumbs up or down, what is the feeling before the start of the workshop; summer plans in one word);
- 2) moderated discussions together or in smaller groups, then summing up together before moving on to the next themes;
- 3) a break;
- 4) another work session;
- 5) closing and the time and themes for the next session.



1

### DETAILS

Place: Online (for us due to the covid-19 restrictions) but offline is advisable if possible  
 Duration: 3x2 hours  
 Target Group: (Elderly) citizens (elderly in our case but it works with all different demographics)  
 Size of the group: 8-10 people

2

### PROS

Highlights the involvement and the views of the participants and thus is great for having your target group's voice heard.

3

### CONS

Cannot accommodate a large number of participants one time as there has to be time and room for everyone to participate and share their opinions. Although this can be tackled (if time and resources allow) by arranging several meetings with different groups and then later bringing them all together for further discussion of the findings.

4

### OUR EXPERIENCE

We gained insight of the citizens view and valuable information to be used in improving the services in question. We also gained a feeling of the involvement from the residents participating in the workshop, the feeling that the city is interested in their views and needs and values their input.

We received a lot of positive feedback during the workshops and after them.

The only issues were related to the technical problems we couldn't influence (such as difficulties to stay online by some participants due to their slow internet connections).

## CREATING AND VOTING FOR COMMON PRACTICES

### CITY OF TURKU

To create common practices / solve a certain problem.

- 1) Statements regarding the issue are elaborated (e.g., solely by each participant or together with others through brainstorming or can be created before a workshop. Similar statements are grouped and re-phrased if necessary.
- 2) Every participant will get a certain amount of votes (e.g., 3 votes/participant). Online votes can be collected via polling app, chat, raising hand, etc. In face-to-face workshops, voting can be done in a closed or open ballot.
- 3) The statements that received the most votes are chosen as common practices or as a way to solve the challenge.



# 1

## DETAILS

Place: online, offline and hybrid is possible

Duration: It varies, depending on whether the statements are collected in the workshop or beforehand

Target Group: health and well-being experts

Size of the group: 8-15 people

# 2

## PROS

Versatile,  
well-known

# 3

## CONS

Common,

How to ensure that statements include all necessary points of view?

# 4

## OUR EXPERIENCE

We voted on what motivates the group to communicate and what are the best ways to improve the communication and information flow and used them as a base for common goals for communication.

This is a very common method, so some find it a bit boring. On the other hand, several knew how to work, so there was no need to spend a lot of time reviewing the rules and it was felt that this was efficient.

## PROVIDE LOCAL / SEASONAL / HEALTHY FOOD IN SCHOOLS

### JELGAVA LOCAL MUNICIPALITY

The event identified obstacles to the implementation of Green Public Procurement and sought solutions on how to provide local, seasonal, and healthy food in schools.

Methods used to activate participants:

Expert panel discussion on a topic mixed with identified comments and suggestions from participants. Possibility for comments in the Chat room and direct messages to panelists. For mobilization of participants, a special task was prepared - to bring local fruit, vegetables, or seasonal flowers (a common picture was made). Open discussion for participants was announced



1

### DETAILS

Place: online

Duration: 2 hours

Target Group: Municipal Representatives, School Representatives, and Catering companies, Rural State support service, Rural partnership

Size of the group: 33 people

2

### PROS

- \* Well elaborated presentations from experts - understandable and analytical
- \* Experienced moderator
- \* Focus group - well represented municipality, Schools and private sector
- \* Everybody could express their opinion (agree or disagree)

3

### CONS

Challenge to involve all participants and to encourage to express their opinion

4

### OUR EXPERIENCE

Co-creation workshop was a good chance to broaden the range of stakeholders and bring the pilot initiative further. Remember it's always good to learn not only from your own experience, but also from the experience of others. Think about something that makes your co-creation workshop fun - ask people to bring particular things to show before the discussion starts. Don't be afraid to share your knowledge, it might be encouragement for others!



## CONTENT AND STRUCTURE OF THE HEALTH PORTAL "0-5-30" WEBSITE

### CITY OF CHEREPOVETS

We used the brainstorming method to solve the challenge we were facing.

As there were representatives from different sectors attending the meeting, we divided all participants into 3 groups. Each group discussed and came up with ideas for the content and structure of the Health Portal "0-5-30" according to their needs and motivation.

The next step was for the group leaders to collect all the ideas and present them to all participants.

Participants in each group could openly comment on all the ideas presented, pointing out the strengths and weaknesses in order to narrow down the list of best options, as well as ranking them.



1

### DETAILS

Place: offline

Duration: 1,5 hours

Target Group: Representatives from the city's education sector, healthcare institutions, public organisations

Size of the group: 15 people

2

### PROS

opportunity to solve an issue in a short period of time; every person has a chance to express himself/herself; alternative methods of solving problems are born; moderated discussion motivates participants to become more engaged and involved in the process.

3

### CONS

if there are clear leaders in the team, there is a risk that part of the team may be left out of the process - they may be passive; moderation of the discussion by the project manager is required.

4

### OUR EXPERIENCE

This method was appreciated by all participants as it provided an opportunity for discussion, generating ideas in small groups where everyone was as active as possible, and also an opportunity to engage in a wide-ranging discussion of ideas from different sectors. The atmosphere was relaxed, criticism was constructive, and the best ideas from each sector were selected and taken as the basis for developing the structure and content of the Health Portal "0-5-30".



# Conclusions

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Co-creation workshop as a tool to boost cross-sectoral cooperation is not only very easy to use (with so many methods available) but also efficient as it maximizes the amount of different views we can gain during one sitting.

The tests performed during the piloting phase of the Healthy Boost project show that co-creation workshops are an added value and it is worth it to give a little more effort to find the space and time to discuss running issues with representatives from different sectors such as Private companies, NGOs, Universities/Schools, Informal groups, etc.

We are encouraging co-creation workshops for developing innovative cross-sectoral actions to promote health and well-being in your cities. Try to utilize the case-studies presented in this material as a starter and then use your imagination to come up with some new co-creation workshop ideas. In the case of cooperation, as long as the method is used to bring people together and find new resolutions, the sky's the limit.





# THANK YOU

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