



# Co-operative Councils Innovation Network

## HEALTH & SOCIAL CARE Ideas Alliance working with the London Borough of Bromley

### **100 Day Challenge in Bromley: improving the wellbeing of families of children and young people with autism**

One Bromley is a partnership of health and care services and the voluntary sector in the London Borough of Bromley. They wanted to co-produce an action plan with parents and carers of children and young people living with autism to improve their support and services.

#### **What we did**

Ideas Alliance facilitated a rapid-results, action-led innovation process using the framework of a ‘100 day challenge’, a methodology originally developed by the Rapid Results Institute. Parents, local providers, commissioners and staff from the Clinical Commissioning Group (CCG) and Council came together in a discovery workshop where they shared their insights together to identify the “stickiest” issue: training and autism-awareness. They then formed a mixed team to work on solutions to the problem that could be achieved within the 100 day timeframe.

The 100 day challenge is a “sprint”: the idea is to spend far more time doing than talking. This is important both for achieving results quickly, but also because the act of doing in itself spurs further action as people see their own capacity to create real change.

#### **What happened?**

The project team produced a host of tangible outputs that made an immediate difference to the profile and awareness of autism in Bromley, including:

- a training and development programme about autism using immersive theatre
- a parents’ leaflet, developed by parents
- awareness-raising with staff at Tesco and a partnership with the local shopping centre
- a peer support group, led by a local parent
- a film documenting parents’ and young people’s experiences

However, for Bromley the major output has been the relationships that have been built and shifts in outlook. Bromley's all-ages autism board is now chaired by the parent of a child with autism who took part in the challenge. The board enables the council and the local CCG to take a coordinated approach to supporting autistic adults and children in Bromley, one that is informed at all stages by the expertise of people with first-hand experience. For parents, the outcome was not just the new tools they had created, but the sense of being able to actively affect change in a system where they previously held very little power. As one parent participant put it: "I've been very frustrated over the last few years in wanting things to change and not knowing what to do. It's been amazing being part of something that really is making changes".

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