

Nesta's People Powered Results 100 Day Challenge

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Nesta is a UK organisation that works all over the world.

We support new ideas that help solve the big challenges of our time.



We use our knowledge, networks, funding and skills to work together with others, including governments, businesses and charities.



The challenges we work on include:

- public services that aren't working well;



- changes to the types of jobs that are available;



- and people feeling like they have no power over the way things are run.



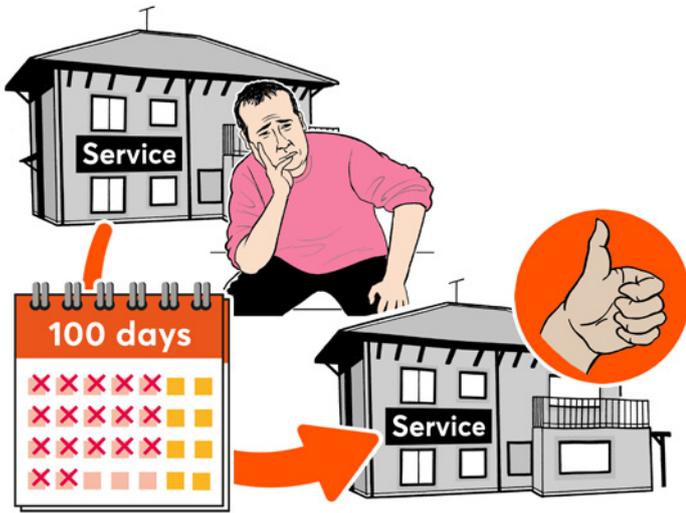
We have a team called 'Health Lab' that work to find new ways for people to get the right support and information to help them stay well.



Health Lab works with our partners from the health, care, voluntary and social enterprise sectors to test new ideas.



People Powered Results is a team that works in Health Lab. We use a method called the '100 Day Challenge'.



A method is a particular way of doing things or fixing a problem. Our method helps people to try something new for 100 days.



That is why this method is called the '100 Day Challenge'. This booklet explains how this method works.



A 100 Day Challenge helps people to come together and start to change things in the place that they live or work in.



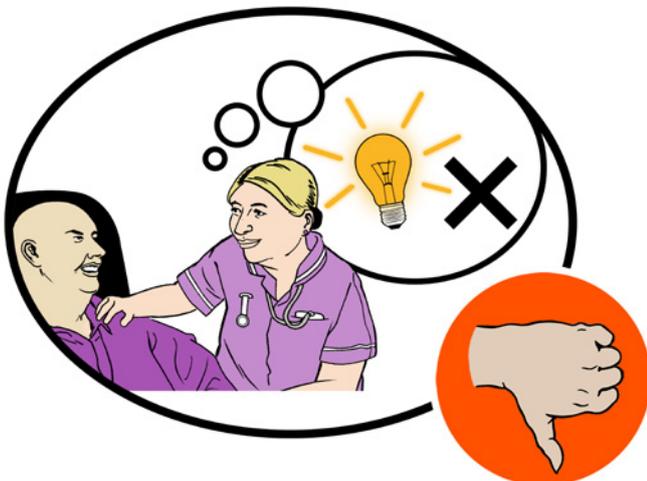
It uses the knowledge, experience and skills of staff who provide care and support, like nurses or social workers, and people in the community.



Staff and people who use health and care services know the most about the place that they live or work in. They know what needs to change.



Changing things by only working with the people in charge often doesn't work as well, or fast enough.



It can also miss out on the skills, experience and energy of the people this change affects the most.



In 100 Day Challenges, people are brought together as a team. The teams come up with ideas to make things better and spend 100 days testing them to see if they make a difference.

How the challenge works

Step 1: Setting up the challenge and bringing people together



We bring together a group of people who know a lot about local health and care services, and who may be in positions of power through their jobs or roles.



Leadership team

They are called leaders, and their team is called the leadership team.



They can be service providers, local authorities, and people from charities.



At the beginning, this group of people work on a few things:

- Decide what the challenge will focus on and who they are trying to make things better for;



- Collect all the information needed to do the work;



- Find out who the teams working on the Challenge should be.

Step 2: Taking action, experimenting and learning



The teams are made up of staff who provide care and support, and people who use health and care services.

The teams and the leaders come together at the beginning of the 100 Day Challenge.

During the 100 days, the teams work hard together and meet regularly.

All the teams come back together at Days 25, 50 and 75 to think about whether things are working as well as they could, find out what the other teams are doing and make changes if they need to.

Step 3: Grow the ideas and get more people involved



After 100 days, the leaders and the teams meet up to share the results and what they have learnt.



The teams will work together to look at what they did and how they can make this into a plan that more people can follow in the future.



The teams will also look at how the work they did has encouraged people to think and work together differently.



Here are some of the issues in health and care we have worked on using our 100 Day Challenge method:



- Making care better for older people to make sure they do not have to go into hospital as often;



- How people are supported to leave hospital so it does not take as long;



- Looking at ways to help people at risk of getting long-term health problems;

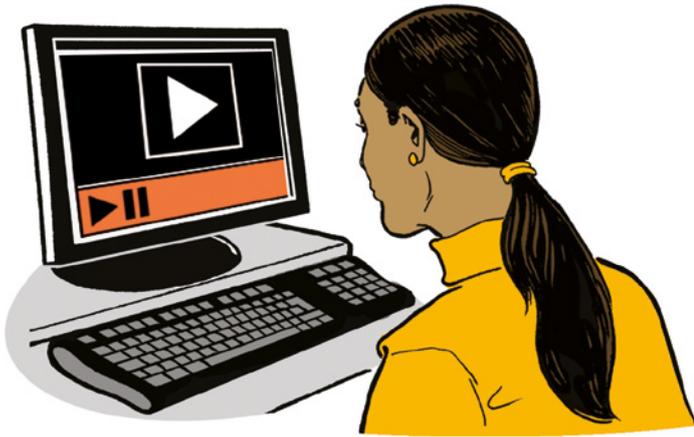


- Working across the country to find better ways to lower the number of people who need planned medical support;

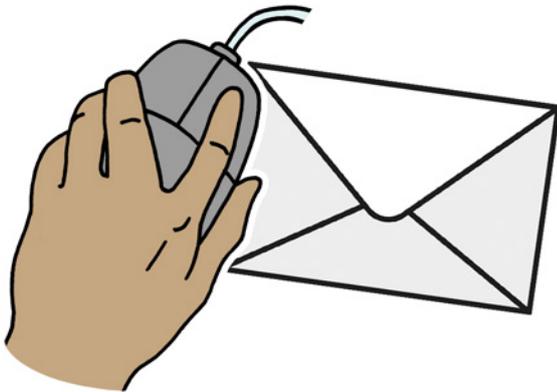


- Supporting health organisations to work in ways that have the person or the community at the centre of what they do.

More Information



If you'd like to find out more about the 100 Day Challenge method or Nesta's People Powered Results approach, you can see our animation video: <https://tinyurl.com/ybvsrxn9>



You can also email peoplepoweredresults@nesta.org.uk



More information is on the Nesta website, but it is not in easy read. If you need help to understand it, ask someone. www.nesta.org.uk

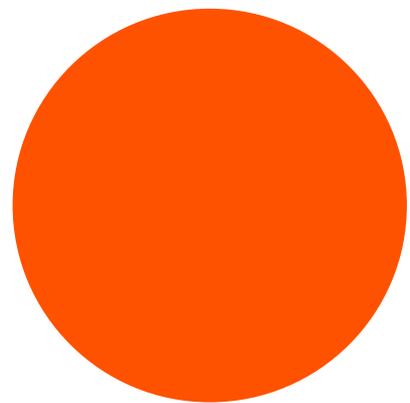
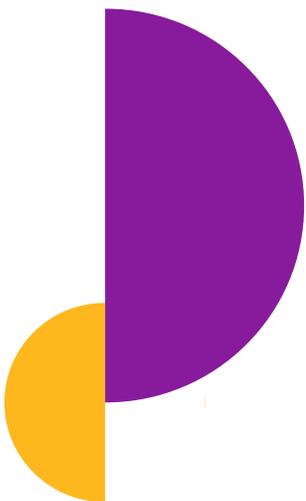
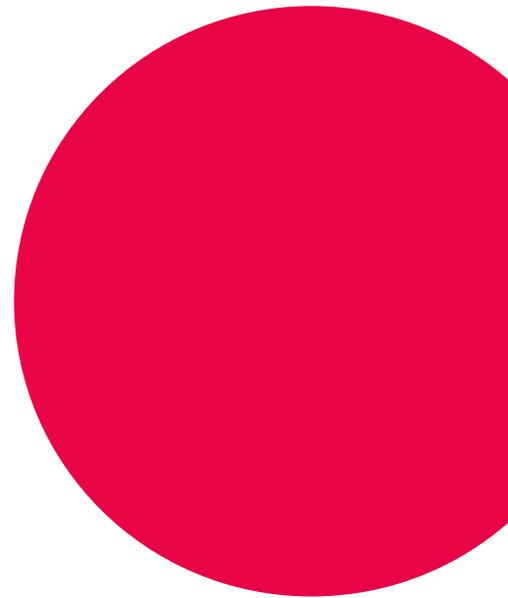
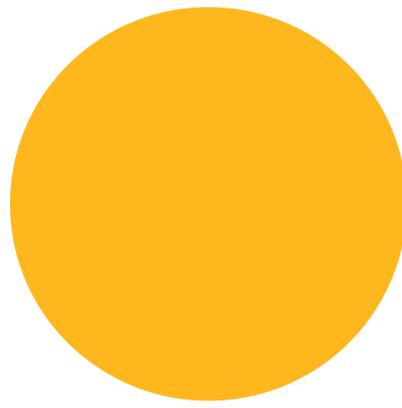
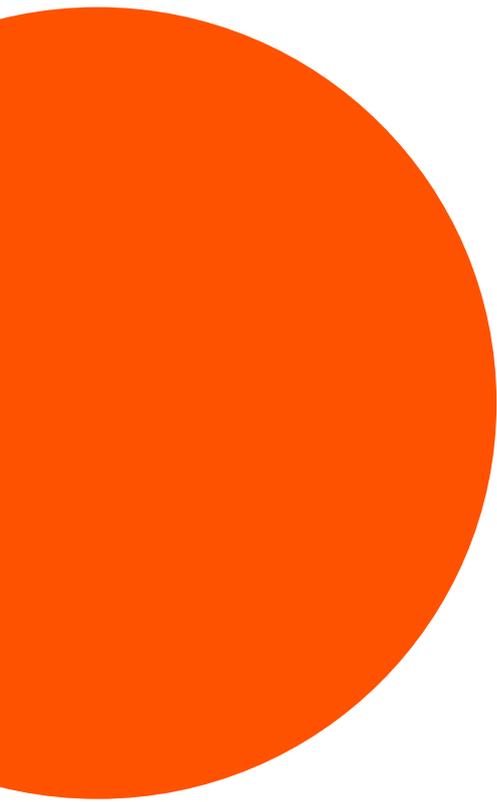


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