

Believe in Us project timeline

2021 - working online

April

Core and project teams get to know each other

May

Early activities mapped out

June & July

Creative packs completed by project and core teams

Activity days introduce Heart n Soul and Greenwich residents with learning disabilities to the project

August & September

Get Together events: People with learning disabilities and autistic people meet online to explore health and wellbeing

Ethics approval granted!

October

BIU introduced to health and social care staff from Greenwich and NHS Oxleas

November & December

Creative Club begins! Participants meet online for 6 weeks

Online sessions for health and social care staff exploring wellbeing and self care

January to March 2022

Project branding launched, co-created with participants at Creative Club sessions

Creative Club evaluation session

Monthly online sessions introduce health and social care staff to a creative way of working and thinking about wellbeing

Project values and principles agreed

April

Evaluation team interview six team members

May to December - in-person activity begins

Design Jams begin! Design Jams are like music jams. We get together, get creative - and see what happens

Three Design Jam groups meet every month - two-in person, one online

October: Evaluation team interview six team members

January to March 2023

Design Jams continue - our three groups now meet fortnightly

Allsorts: February to March - First season of Allsorts on Tour at Sherard Road Day Centre in Greenwich

April to July

Final outputs from Design Jam groups are decided and created

Three online sharing events

Allsorts: June to July - Allsorts on Tour returns to Sherard Road Day Centre in Greenwich

Project ends

August: new BIU website launches