

# PROTOTYPING CO-DESIGN | WORKSHOP SUMMARY 5.19



# EXPLORING WHAT-IF?

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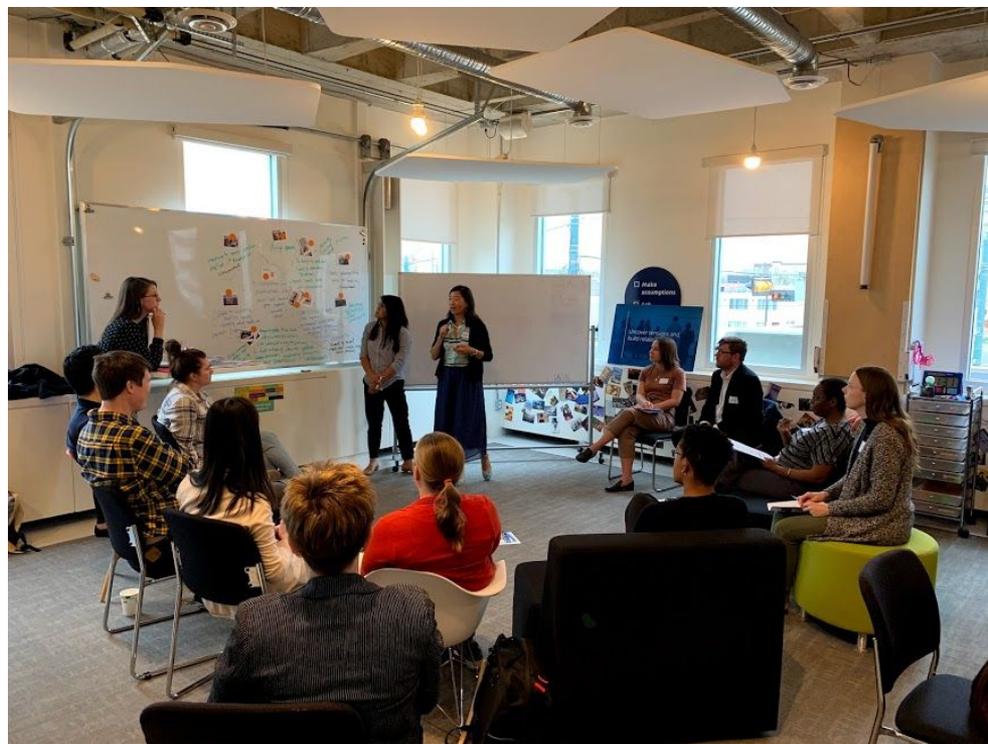
RECOVER is focused on finding better ways to address the complex challenge of improving urban wellness in Edmonton.

Starting with people at the centre, we're building on what's already working, using social innovation to co-design and test solutions that can improve the wellbeing of all Edmontonians.

Following our sensemaking workshop in March, we invited folks back to dive deeper into the nine opportunity areas, exploring the different starting points for action that emerged from our research.

Over 125 community members participated in these discussion, with an average of 30 people attending each of the four co-design workshops at MacEwan Roundhouse and the Skills Action Lab.

Participants came from across the six focus neighbourhoods, **Boyle Street, Central McDougall, Downtown, McCauley, Strathcona,** and **Queen Mary Park** and included residents, business owners, service organizations as well as other Edmontonians who are interested in participating in RECOVER's social innovation process.



# WHERE WE ARE ON OUR JOURNEY

The RECOVER social innovation framework has three main elements that structure how we work together.

1. **Ground our approach in data**
2. **Uncover tensions and build relationships**
3. **Create opportunities for solutions-based collaboration.**

This workshop series presented the challenge of narrowing down from multiple potential starting points for action within the nine opportunity areas highlighted by our research to just one idea per each opportunity area that we will test using a human-centred design approach.

Problem Framing

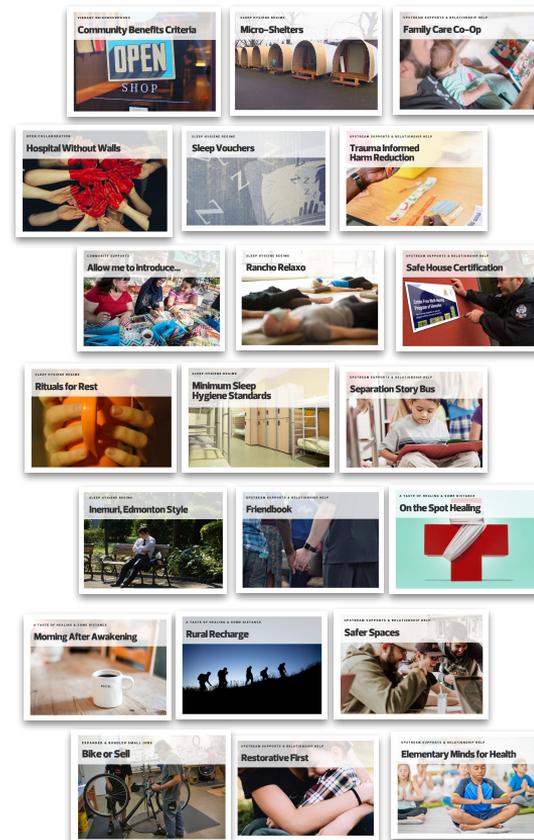
Indepth Research

Making Sense

**Generate Ideas Refine**

Prototype & Test

Scale & Pilot



A group of people are gathered around a table in a meeting room, engaged in a discussion. A woman in a yellow jacket is speaking to the group. In the background, a presentation screen displays a list of items, and a bulletin board is visible on the right. The scene is overlaid with a blue tint and a white vertical line on the left side.

# What We Heard

2

Impact

Share the ideas

20 minutes

3

20 minutes

# FRAMING THE DISCUSSION

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We explored the **nine opportunity areas** across four workshops.

## *May 7th Workshop*

New pathways for learning & contribution in community.  
Expanded & bundled small jobs

## *May 9th Workshop*

Upstream supports & relationship help  
A taste of healing & some distance  
Sleep Hygiene Regime

## *May 14th Workshop*

Community Supports  
Open Collaboration

## *May 16th Workshop*

In-home restarts  
Vibrant Neighbourhoods

Each session followed a similar format. After a welcome from the RECOVER facilitators, participants were given time to synthesize the research summary for the respective opportunity area they had selected to explore.

Participants were asked to review some of the design specifications and insights that emerged from the research.

Making note of these considerations was an important step, particularly to help frame the more generative conversation that followed and to help the group narrow down to one potential prototype per opportunity area.

# NARROWING DOWN THE WHAT IFs

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Each group discussed the different What If ideas for each opportunity area and then were led through a facilitated approach to select their one potential prototype idea. Participants considered criteria like **impact** - what would this feel like for those who might benefit most from the idea, **personal commitment** - if participants were willing to commit time or personal resources to test this idea, as well as **feasibility** - do we have organizational and/or technical capacity to make this idea happen?

Not all opportunity areas were able to narrow to just one idea, with 12 potential prototype ideas initially proposed. Following these workshops, the RECOVER team found alignment between two sets of ideas, reducing the total number of potential prototypes to ten.



# POTENTIAL PROTOTYPES

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## *Micro Shelters with Minimum Sleep Hygiene Standards*

Sleep Hygiene Regime

## *Housing Doula*

In-Home Restarts

## *BIA 'Task Rabbit'*

Expanded & Bundled Small Jobs

## *Alley Arts & Gardens*

Vibrant Neighbourhoods

## *Thematic Fellowships & Safer Spaces*

New pathways for learning & contribution in community.  
Upstream supports & relationship help

## *Expectant*

A Taste of Healing & Some Distance

## *Stow & Go Network*

Community Supports

## *Data Sharing is Caring*

Open Collaboration

## *Community Leagues Reimagined & Come Dine with Me*

Open Collaboration  
Community Supports

## *Community Benefits Criteria*

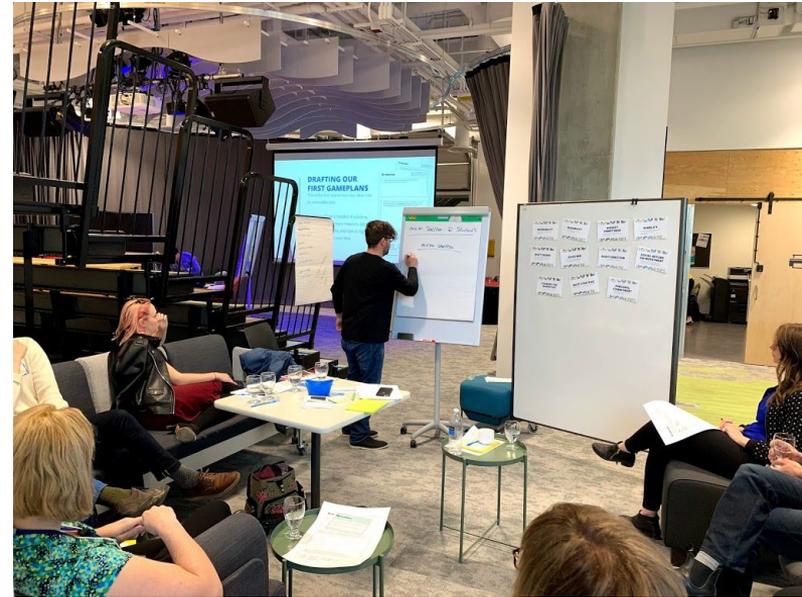
Vibrant Neighbourhoods

# MICRO SHELTERS WITH MINIMUM SLEEP HYGIENE STANDARDS

## SLEEP HYGIENE REGIME

What if we moved away from large, unsegmented, impersonal homeless shelters towards micro-shelters and temporary housing that can be used to facilitate more personalized supports, and were designed to promote 'sleep hygiene' and enable good sleep?

Starting with the principle that good sleep matters, the Micro-Shelter with Standards prototype aims to explore alternative and small scale approaches to meet the needs of a wider range of people. Moving away from large and impersonal, this prototype will seek to learn how micro-shelters bend and shift to meet the needs of those not served by the current shelter system.



# HOUSING DOULA

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## IN-HOME RESTARTS

What if a peer-support with lived experience could help support & build relationships to stabilize the transition to housing?

What if there was a suite of options that could help someone build relationships to support them through the transition to housing?

The Housing Doula prototype begins with the understanding that long term socio-emotional help is key to successful housing. Drawing on peer support and doula models, this prototype will explore a number of relational support models that may be applied in the housing supports context.



# BIA 'TASK RABBIT'

## EXPANDED & BUNDLED SMALL JOBS

What if there were more of a gig-economy (like Task Rabbit) based system, where one could maintain a profile with reviews, take up small jobs from local BIAs, non-profits, government, housing association, etc.

The BIA Task Rabbit Prototype recognizes the need for more meaningful work and the opportunity to build relationships through work. Focused in and around Old Strathcona, this prototype aims to explore opportunities for casual and bundled jobs, and to answer the age-old question - which approach is better, digital or analog?



# ALLEY ARTS & GARDENS

## VIBRANT NEIGHBOURHOODS

What if we had more art and planting in back alleys?

This prototype discussion focused on everyone feeling at home in neighbourhoods. What if we could take advantage of empty lots to link life from the front of streets to back alleys. This group had a strong representation from McCauley and a high commitment to test this idea to make this neighbourhood more welcoming.



# THEMATIC FELLOWSHIPS & SAFER SPACES

## NEW PATHWAYS FOR LEARNING & CONTRIBUTION IN COMMUNITY UPSTREAM SUPPORTS & RELATIONSHIP HELP

What if there were a range of 'thematic fellowships' and 'life apprenticeships' for folks that enabled people to have a structure and to build a network around something other than their struggles - but around interests, skills, and next career moves? What if we flattened the hierarchical teacher/student structure and democratized education, allowing anyone to teach their skills/passions in an open/free school?

What if we could create small supports through everyday connections in spaces that feel normal (e.g., cafes, laundromats), where the support doesn't always come from service providers who are paid to be there, but from genuine human-to-human contact?



## THEMATIC FELLOWSHIPS & SAFER SPACES

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This discussion around thematic fellowships looked at opportunities to disrupt hierarchical teacher/student structures and democratize education, allowing anyone to teach their skills & passions in an open/free school.

This would empower people to build an identity around their skills and give them an opportunity to contribute to their community in a meaningful way.

We saw alignment with a discussion around Safer Spaces, making connections to how unstructured, unprogrammed community places can exude a sense of normalcy can help people develop routines; they are places to connect and build relationships themselves - provide a sense of stability.



# EXPECTANT

## A TASTE OF HEALING & SOME DISTANCE

What if co-parents expecting a child could access a range of spiritual and healing supports together? From art therapy, to guided virtual reality trips home, to help them gain a sense of clarity and vision for the parent and childhood experience they want.

The discussion around this prototype idea focused on the notion of Birth as a new beginning, not just for the newborn, but a possible time of change for new parents and families. Using new ideas and existing services, the prototype will explore a range of support services that range from pre-birth, birth and continuing supports, for baby, parents and families.



# STOW & GO NETWORK

## COMMUNITY SUPPORTS

What if there were accessible short terms storage options, designed in a dignified way, that enabled people to spend their days less encumbered by stuff? What if we were to think outside the locker?

The Stow and Go prototype emerged from the recognition that there is a need for accessible storage across Edmonton. Whether through the design of physical space, or through partnership and training of community allies, this prototype seeks to explore innovative ways in which this daily need can be addressed in a way that maintains the dignity of those using the service.



# DATA SHARING IS CARING

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## OPEN COLLABORATION

What if there was accepted, integrated, one-data, one-service Trust? -  
An independent organization trusted by all agencies and governments to store, protect and share data to all partners.

This discussion looked at an independent organization trusted by all agencies and governments to store, protect and share data to all partners. How might we create a shift in culture around data sharing; from fear to a culture of "sharing as caring".



# COMMUNITY LEAGUES REIMAGINED & COME DINE WITH ME

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## OPEN COLLABORATION & COMMUNITY SUPPORTS

What if community leagues became hubs of connections, information, summer programs, service delivery e.g., immunizations, etc. What if we organized community kitchen spaces and created new connections through food and gatherings?

We saw alignment between these two prototypes, especially in terms of exploring not just another collective kitchen or community supper where a charity organization preps a meal or leads meal prep, but something embedded in the neighbourhoods as an organic form of gathering over food that can be a source of solace for folks newly housed and new to the community. Through these gatherings, folks can find "buddies" in the neighbourhoods, form connections, and feel less lonely. Both prototypes looked at bringing unlikely groups of people together to build bridges and form unlikely partnerships.



# COMMUNITY BENEFITS CRITERIA

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## VIBRANT NEIGHBOURHOODS

What if every new business application had to meet community benefits criteria?

This prototype idea focused on the development of a policy on community benefits, which represent a collection of ideas, embedded in event or business permit processes. This group wanted to test the criteria with businesses for appetite and feedback. This prototype could serve as the financial basis to see all other ideas carried out.



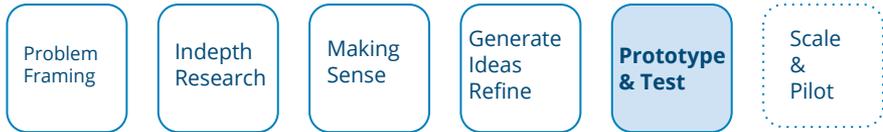
A group of approximately ten people are gathered in a modern meeting room. One man in a dark suit is standing and gesturing towards a group of people seated around a low table. The room features large windows, a whiteboard, and a staircase with a metal railing. The overall scene is dimly lit with a blue tint.

# Next Steps

# THE WORK AHEAD

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Now that the initial prototype ideas have been selected, we are moving forward with forming action teams for each prototype. We have scheduled the first meetings for the prototype action teams on **June 11 and 13** and we encourage you to sign up for the prototype or prototypes if you want to dedicate your energy to more than one. It's up to you.



Being part of a **prototype action team** will require up to a **20 hour** commitment over the next four months. This will include **smaller planning meetings** with your team, **two community workshops**, as well as some **'field testing'** with your team.

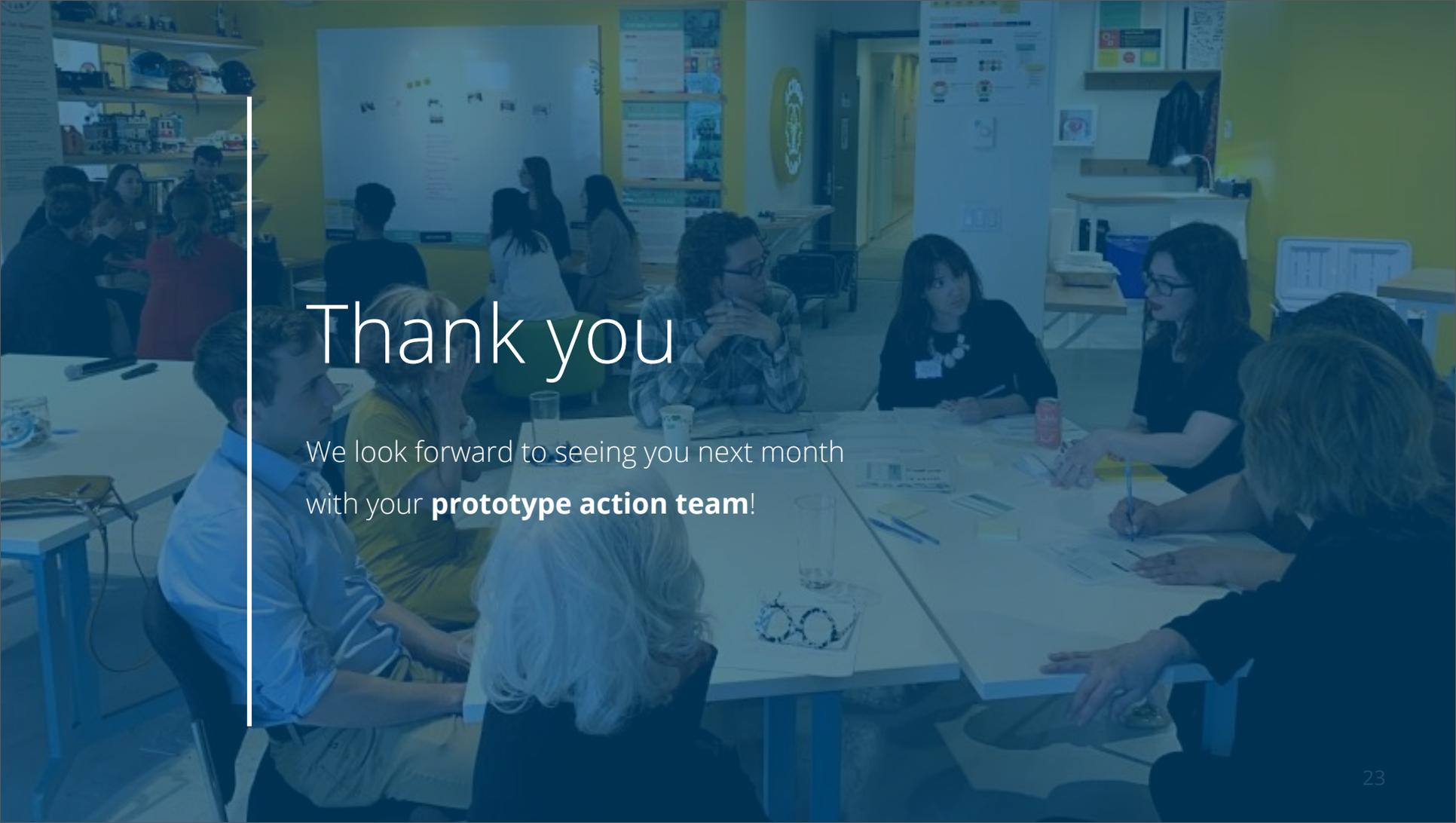
Each team will be paired with a **City Connector** (a member of our RECOVER Core Team) and **Coach** (a community member and local innovation expert) who will help facilitate the co-design of each prototype and work alongside you as we test these ideas.

# THE WORK AHEAD | UPCOMING WORKSHOP DATES

Sign up for the  
**prototype action team**  
 you're interested in joining  
 using eventbrite!



Prototype	City Connector	Coach	1st Action Team Meeting
Micro Shelters & Minimum Sleep Hygiene Standards	 Nor'Ali McDaniel	 Ashley Dryburgh	June 11
Housing Doulas	 Sam Juru	 Barb Hudkins	June 13
BIA Task Rabbit	 Nor'Ali McDaniel	 Sandra Spencer	June 13
Alley Arts & Gardens	 Miki Stricker Talbot	 Jeffrey Ku	June 13
Thematic Fellowships Safer Spaces	 Amanda Rancourt	 Sheldon Bauld	June 11
Expectant	 Miki Stricker Talbot	 Carla Hilario	June 11
Stow & Go Network	 Amanda Rancourt	 Ashley Truong	June 13
Data-sharing is Caring	 Sam Juru	 Roya Damabi	June 11
Community Leagues Reimagined & Come Dine With Me	 Keren Tang	 Alex Keays	June 11
Community Benefits Criteria	 Keren Tang	 Carla Johnson	June 13

A group of people are gathered around a long white table in a workshop or classroom setting. They appear to be engaged in a collaborative activity, possibly a workshop or meeting. The room has yellow walls, a whiteboard, and shelves with various items. The scene is dimly lit, with a blue tint overlaid on the image. The text "Thank you" is prominently displayed in the center, and a message about the next month's meeting is below it.

# Thank you

We look forward to seeing you next month  
with your **prototype action team!**