# **CDoH Essentials**

Example agendas

## Example A: all whole group sessions and presentations

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| **Content** | **ref** | **Delivery method options**  | **Estimated time**  | **Cumulative time** |
| Refreshments and arrival  |  |  |  |  |
| Introduction and why this matters locally | 1 | Brief presentation  | 5 mins | 5 |
| Overview of CDoH | 2 | Short version of presentation | 15 mins | 20 |
| Commercial practices  | 3c | Whole group interactive mapping exercise  | 25 mins  | 45 |
| break |  |  | 10 mins | 55 |
| Present possibilities for LA action& Practising using a CDoH lens &identifying skills & roles & demonstrating possibilities for local action  | 5a and c | 5min short version of 5a presentation Whole group case study exercise (5c)  | 25 mins  | 1hr20 |
| Action planning  | 6 | Write down individual private pledge on the template and then also share anonymously a simple example (using menti or similar)  | 10mins  | 1hr30 |
| Wrap up and next steps |  | Summary from facilitators  | 5mins | 1hr35 |

## Example B: presentations, small and whole group work

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| **Content** | **ref** | **Delivery method options**  | **Estimated time**  | **Cumulative time** |
| Refreshments and arrival  |  |  | 15mins | 15 |
| Introduction and why this matters locally | 1 | Brief presentation  | 10 mins | 25 |
| Overview of CDoH | 2 | Short version of presentation | 15 mins | 40 |
| Commercial practices  | 3c | Small group mapping exercise  | 10 mins  | 50 |
| Present possibilities for LA action& Practising using a CDoH lens &identifying skills & roles & demonstrating possibilities for local action  | 5a and c | 5min short version of 5a presentation Verbal presentation of case studyWhole group case study exercise (5c)  | 35 mins  | 1hr25 |
| Action & next step planning  | 6 | Individual planning Overview of next steps  | 15mins  | 1hr40 |
| Refreshments and networking  |  |  | 15 mins | 1hr55 |

## Example C: presentations, small group work, evidence quest

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| **Content** | **ref** | **Delivery method options**  | **Estimated time**  | **Cumulative time** |
| Overview of CDoH | 2 | Short version of presentation | 15 mins | 15 |
| Why this matters locally | 1 | Brief presentation  | 5mins | 20 |
| Use examples to illustrate the mechanisms by which CDoH act  | 3b | Small group / paired case study discussion (no feedback) | 15mins | 35 |
| Established facts – commercial mechanisms | 4 | Evidence quest – medium version  | 30mins | 1hr5 |
| Break  |  |  | 10 | 1hr15 |
| Introduction to possibilities for action | 5a | Short version presentation | 5mins | 1hr20 |
| Practising using a CDoH lens &identifying skills & roles & demonstrating possibilities for local action | 5b / 6a | Paired work on CDoH lens and possibilities for action in own role | 20mins | 1hr40 |
| Action planning  | 6 | Whole group sharing of 1 thing from individual action planning  | 15mins | 1hr55 |
| Next steps |  | Summary from facilitators | 5mins | 2hrs  |

## Example D (1hr30 content/delivery): presentations, small group work with whole group feedback, case study, short version evidence quest

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| **Content** | **ref** | **Delivery method options**  | **Estimated time**  | **Cumulative time** |
| Refreshments and arrival  |  |  | 15mins | 15 |
| Introduction and why this matters locally | 1 | Brief presentation  | 10 mins | 20 |
| Overview of CDoH | 2 | Short version of presentation | 15 mins | 35 |
| Use examples to illustrate the mechanisms by which CDoH act  | 3b | Small group / paired case study discussion (5mins feedback) | 20mins | 55 |
| Introduction to possibilities for action | 5a | Short version presentation | 5mins | 1hr |
| Established facts – commercial mechanisms | 4 | Evidence quest – short version  | 20mins | 1hr20 |
| Action planning  | 6 | Individual planning Share some examples with the whole group | 15 mins | 1hr35 |
| Next steps & wrap up  | 6 | Overview of next steps  | 10mins  | 1hr45 |
| Refreshments and networking  |  |  | 15 mins | 2hrs |

## Example E: (half day with breaks, full length evidence quest, case study small group exercises and action planning)

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| **Content** | **ref** | **Delivery method options**  | **Estimated time**  | **Cumulative time** |
| Welcome and refreshments and networking |  |  | 15 | 15 |
| Introduction and why this matters locally | 1 | Brief presentation  | 10 mins | 25 |
| Case study intro  | 3b | Verbally summarised case study  | 10 | 35 |
| Case study exercise  | 3b | brief discussion in pairs  | 5 | 40 |
| Overview of CDoH | 2 | Long version of presentation – including interaction | 25 | 1hr5 |
| Commercial practices & possibilities for local action  |  | Evidence quest (5 intro, 30 = 10mins at least 3 stations, 10 feedback) | 45 | 1hr50 |
| Break  |  |  | 20 | 2hr10 |
| Introduction to possibilities for action | 5a | Short version presentation | 5 | 2hr15 |
| Present possibilities for LA action& Practising using a CDoH lens &identifying skills & roles & demonstrating possibilities for local action | 5c | Verbally summarised case study of actionBrief discussion in pairs  | 20 | 2hr35 |
| Practising using a CDoH lens &identifying skills & roles & demonstrating possibilities for local action | 5b / 6a | Paired work on CDoH lens and possibilities for action in own role | 20 | 2hr55 |
| Action planning as a group  | 6 | Whole group sharing of 1 thing from individual action planning | 10 | 3hrs5 |
| Next steps |  | Summary from facilitators | 10 | 3hr15 |
| Close and post-session networking |  |  | 15 | 3hr30 |

Key tips from the trials were:

* Include 10 mins buffer for discussion & questions
* Advertise the time of arrival as 10-15mins before you are planning to begin and offer networking time & refreshments if possible so you can make a timely start
* Can you combine a break with an exercise to give some flexibility?
* Make sure the room is booked for another 15mins after the planned end to allow for discussions to continue.
* Book a different room for your de-brief so that you can do that as a working group.