



# WHAT CAN WE DO IN OUR HEALTH & SOCIAL CARE SETTING TO BE KINDER TO OUR PEOPLE & OUR PLANET

## CLIMATE ACTION WITHOUT DESPAIR

This lid was created to support Our People Our Planet 2023



THE JIGSAW LID TOOLKIT ©  
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# WHAT IS THE JIGSAW LID TOOLKIT?

Imagine someone gave you a Jigsaw puzzle of 1000 pieces with no lid! How would we begin to put that puzzle together? Where would we even start? Now imagine you have others who also have their puzzle pieces and no lid. How would you know what their picture was supposed to look like, and how would you share yours? Imagine the challenges now if you plan to work together to bring about change?

If we decide we want something to change, we may have a picture of what that change will look like somewhere in our head, don't we? Or is it vague, e.g.? Everyone has enough to eat; no one feels lonely anymore, everyone has an equal chance at a good education, workplaces are fair, global warming is reversed. The Jigsaw lid offers an opportunity to identify the pieces which can help bring about the change we are seeking and so make it easier to plan actions.

We also need to recognise that while we can create our vision within our sphere of influence, there may be a bigger picture which we don't have all the pieces for, so part of our vision maybe find where those pieces exist in the bigger picture and how connections can be built. For example, a family may have little control over the manufacturing process of plastics. However, they do have control over how many goods they buy that use plastic.

It has been raised now for some time, the challenges of global warming and climate change and its impact on the planet and all its inhabitants. More groups and communities want to pull together to help be the change. However, as with any other vision, different people can have different views and knowing where to start can be a challenge.

The Climate Activism Jigsaw lid is adapted from the Jigsaw lid toolkit, which has been used in many contexts from personal wellbeing, to reducing gambling harms, to changes in mental health service provision in primary care. For more information on this visit [www.cope-scotland.org](http://www cope-scotland.org). The toolkit offers a simple method where through conversation with all stakeholders, each is able to create their own 'lid' which can then be shared to find areas on which there is agreement, to begin to work together, so that when those stakeholders sit down together, it becomes easier to share visions by sharing each other's lids and using them to find commonality. This can then help set tangible goals shared by all and energy can be used then in exploring the steps which need to be taken to achieve those goals.

As with any puzzle, we rarely complete it in one go. We maybe do the sky first, or the grass, or the sea. So, it is with the puzzles of life. We start where we can make some changes, and then we build from there. Good partnership working involves courageous conversations, mutual respect, and a willingness to see the other's point of view and how together we can create another reality.

## STEPS TO DEVELOPING JIGSAW LIDS

Like the lids themselves, the steps taken to develop the lids don't need to be complex. It's based on simple social reporting, which can also demonstrate active listening. Inviting people to consider some critical questions around the issue at hand, hearing what people say, searching

for themes and commonality, reflecting this to the stakeholders for that lid to check-in was anything missed, does anything need to be changed. The lids end up with 12 pieces because any action evolving from this needs to be gradual and focused. Too many pieces it becomes a paper exercise, too few, and we may miss some of the key themes which emerged.

Sometimes in asking questions, more questions arise, and this is okay. It's important to recognise while systems can be created which are mechanical and therefore relatively predictable, people who work on or are impacted by systems are not mechanical. They are organic and, therefore, not predictable. A challenge often in seeking solutions to wicked problems lies in a mindset of Newtonianism, which is attractive as it is neat, do X, Y and Z happens. However, for real change to happen, it all must become a bit more Quantum, which means a bit more chaotic, with fewer controls, fewer expectations and see where the journey takes us as often X, Y doesn't lead to Z but to A.

Global warming, climate change, issues of consumerism in the modern world are complex. Many factors can have an impact. To develop a climate concern action plan, it's helpful to consider the critical pieces of the Jigsaw which we need to bring about our vision which helps address the climate challenges we face.

## TIPS FOR FACILITATING A JIGSAW LID CONVERSATION

Timings of your session will be led by those who are attending and may need some flexibility around being during the day, evening, or weekend. It maybe you need to offer more than one session. The length of the sessions again can be determined by yourself. As a guide one to two hours is usually a time people can commit to and it's amazing how much information can be shared even in one hour. Remember, the lids are the start of the conversation, they are not an end in themselves.

Create a safe space, reminding people we are all human with our own experiences and it's important to keep safe and what support is available if touched by anything which is discussed. Sometimes talking about the climate emergency can leave people feeling overwhelmed. Knowing where there is support and how to keep ourselves safe, while addressing the challenges we face matters. It may also be helpful to offer some links to other resources or groups, if people want to find out more about the issues being discussed or create connections with others to be more involved with climate activism activities.

It would be helpful for you to prepare a brief presentation on the climate emergency and the impact climate action can have to set the scene for the focus of your session. This presentation would be informed by your own focus for the session e.g., the session maybe on reducing plastics, so the presentation would be around why we need to reduce plastics, some of the challenges we face in doing so and then inviting people to vision ideas for how those challenges can be overcome. Or it maybe around how to promote veganism, again sharing why that matters, the challenges and possible solutions, or it maybe a general session on the climate emergency. You determine with those coming along, what would be most helpful to set the scene and context for the lid.

Then open chat via the chat box reflecting on the focus for your particular discussion. The following are examples of prompts which can be adapted to suit your session. Invite people to complete the following sentences. You would do this one sentence at a time, and after each streaming consciousness, reflect back what was in the chat box to encourage further discussion, capturing the points which are helpful in designing your lid. Then move onto the next question and again, invite people to complete the sentence, then feedback.

1. **It matters to me we are kind to the planet because.....**
2. **Things which are making a difference to climate change now include.....**
3. **Things which need to change to make an even bigger difference include.....**
4. **What is within my control to address climate change includes.....**
5. **What I need to see from governments and business includes.....**

If your session is face to face, then this can be done using recycled paper, or any other ideas you have to make the session itself kind to the environment.

Before bringing the session to a close, invite people to share any final thoughts they have which perhaps they have not been able to share, either by adding it to the chat box, or sharing directly. Remind people of resources for their wellbeing, there are many examples online including at [www.cope-scotland.org](http://www.cope-scotland.org). Share what happens next, which would be a report on the issues emerging from the chat and a draft Jigsaw lid of the key issues. It is a draft as again; people are offered the chance to ensure it reflects what they shared. It is likely there ends up more than one lid, until you engage with people you need to remain flexible to what happens next. This is why the Jigsaw lid is editable, so you can use, save and use again.

Once the pieces are identified, these can be stated as goals and the Goal Setting Snakes and Ladders tool can be used to help identify steps to achieve the goals, the possible obstacles and how to overcome them and what rewards there are at each stage to know we are making progress. This is available on [www.cope-scotland.org](http://www.cope-scotland.org)

**For more information on Jigsaw lids or the snakes and ladders goal setting tool please use the contact us on [www.cope-scotland.org](http://www.cope-scotland.org) or email [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org) directly**



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