

Ideas for BCM surgeries

- **Hold workshops with themes**
- **Target places with higher social capital as well as lower**
- **Target communities of people as well communities by place**
- **Create an example list of questions that patients ask**
- **Hold a Q&A session at the end**
- **Ask organisations to supply surgeons as part of their CSR.**

Other ideas for BCM

- **Set up mentoring and 'network weaving'**
- **Give support with answering funders' questions effectively**
- **Offer online resources**
- **Identify and recruit more surgeons**
- **Run social events for surgeons**
- **Refine the terminology and make the BCM model easier to understand.**

When growing or consolidating BCM:

- **Know that informality is critical to some groups and support areas**
- **Recognise that funding is required for day-to-day activities**
- **Retain the peer-to-peer model so as "not to be more than you are".**

Words of inspiration:

- **Building relationships takes time (this is a message to all groups: keep going!)**
- **BCM is a credible organisation to which people listen**
- **Another potential impact of BCM is that funders could see more and a better quality of funding bids**
- **BCM has the potential to boost happiness, confidence and connectivity.**