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Co-creation: removing barriers to participation by communicating your research clearly

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Background

One of the biggest barriers to meaningful co-produced research is language and academic/professional jargon

If we want to democratise access to and generation of knowledge, we need to look at ways to communicate our research in a way that doesn't put off……or worse, scare off people with lived experience of homelessness

Why is this important? Because by listening to and learning from people with relevant lived experiences, you're more likely to understand what actually matters to them and what changes are needed

Let's offer decision-makers access to robust peer generated data and research outputs that will enable them to make better informed decisions, resulting in better outcomes for end users!





What’s the answer? (Not really the answer but a start!)

An elevator pitch is a brief, persuasive speech that you can use to spark interest in what you do.

A concise statement of your research interests and experience

It should create a memorable and positive impression and open the door to further conversation



How Elevator Pitches work

Questions your elevator pitch should answer:

What is the **topic** of your research?
What is the **problem, issue** or **question** that you are asking and addressing in your research?
Why is that problem interesting and important (i.e. **so what**?)
How does your work connect with a **broader disciplinary conversation** about the topic/problem in your field, and what does it add to that conversation?
For an extra bonus point, end on a question to reel the listener in!

Recipe for success



It needs to be succinct, while conveying important information

It shouldn’t last more than 20-30 seconds (the length of a ride in a lift)



It shouldn’t include jargon, acronyms, long words for the sake of using long words

Listening is as important as talking

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Examples

We use resilience research and practice to find ways of helping people having particularly tough times because it is a source of very useful knowledge about how individuals overcome such times. While there are loads of academic articles and books on resilience, not enough tell us how to go about using this knowledge to help children, young people and adults to bounce up against the odds. That’s why we have been developing approaches, like Resilient Therapy, for anyone to use.



Examples

My research is driven strongly by a social justice in health agenda to ultimately tackle disadvantage and inequity. There is substantial evidence that lesbian, gay, bisexual, transgendered and intersex (LGBTI) people experience significant health inequalities which impact both on their health outcomes and on their experiences of healthcare systems. Reducing health inequalities for LGBTI people is essential because they experience considerable inequalities in terms of health and social outcomes (e.g. higher prevalence of HIV and certain cancers, higher rates of suicide and self-harm, as well as experiencing stigma, discrimination and social isolation) compared to their heterosexual counterparts. Not only does addressing these issues lead to better health and reduced healthcare costs, but it ultimately leads towards a fairer and more equitable society.



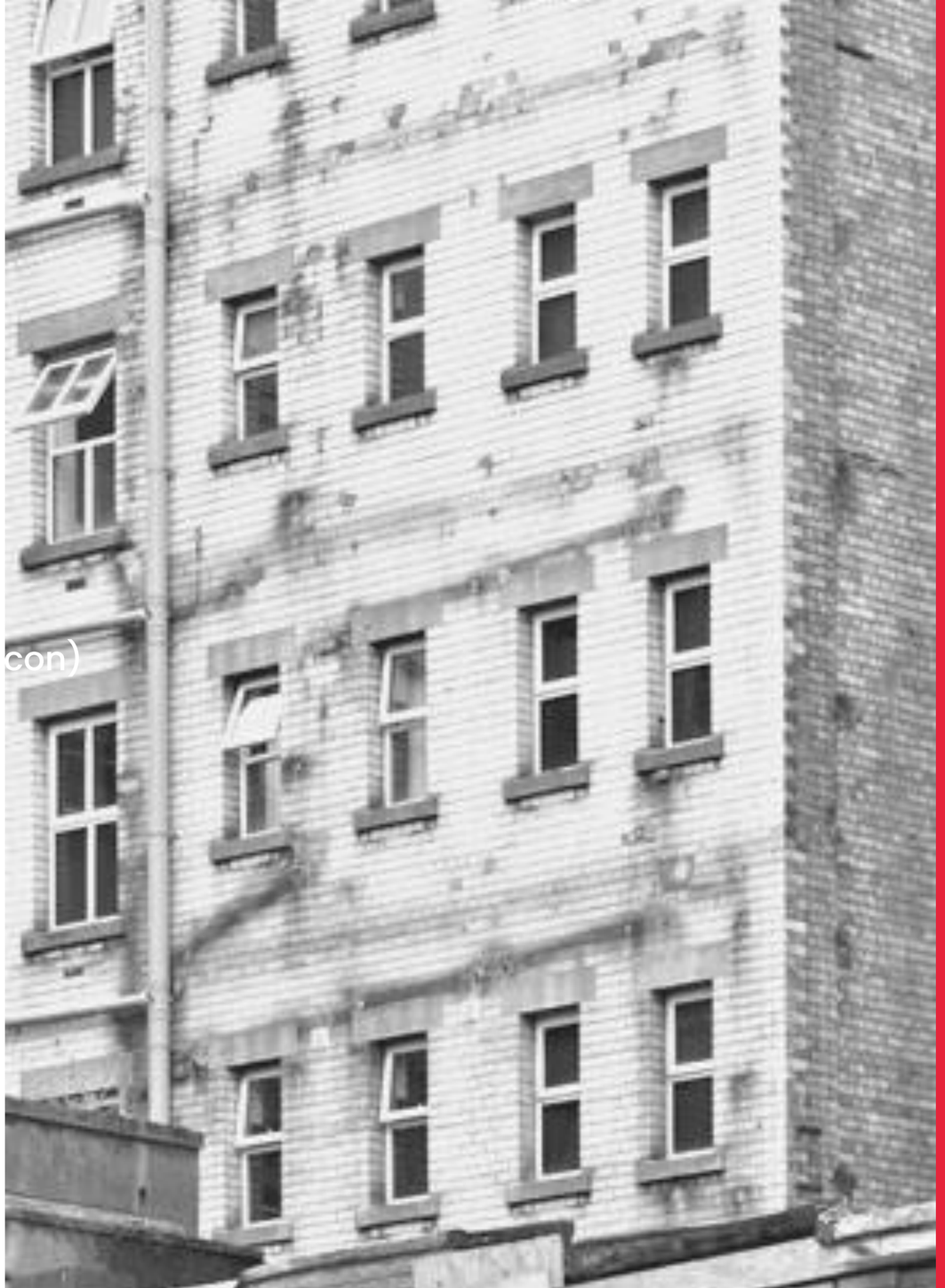
Examples

Waterborne disease is estimated to cause the death of 1.8 million people every year. The Environment and Public Health Research Unit (EPHRU) brings together researchers from several countries to develop new technologies to improve our understanding of waterborne disease risks and the team’s methods are already being tested as far afield as Hawaii, Brazil and Nigeria.



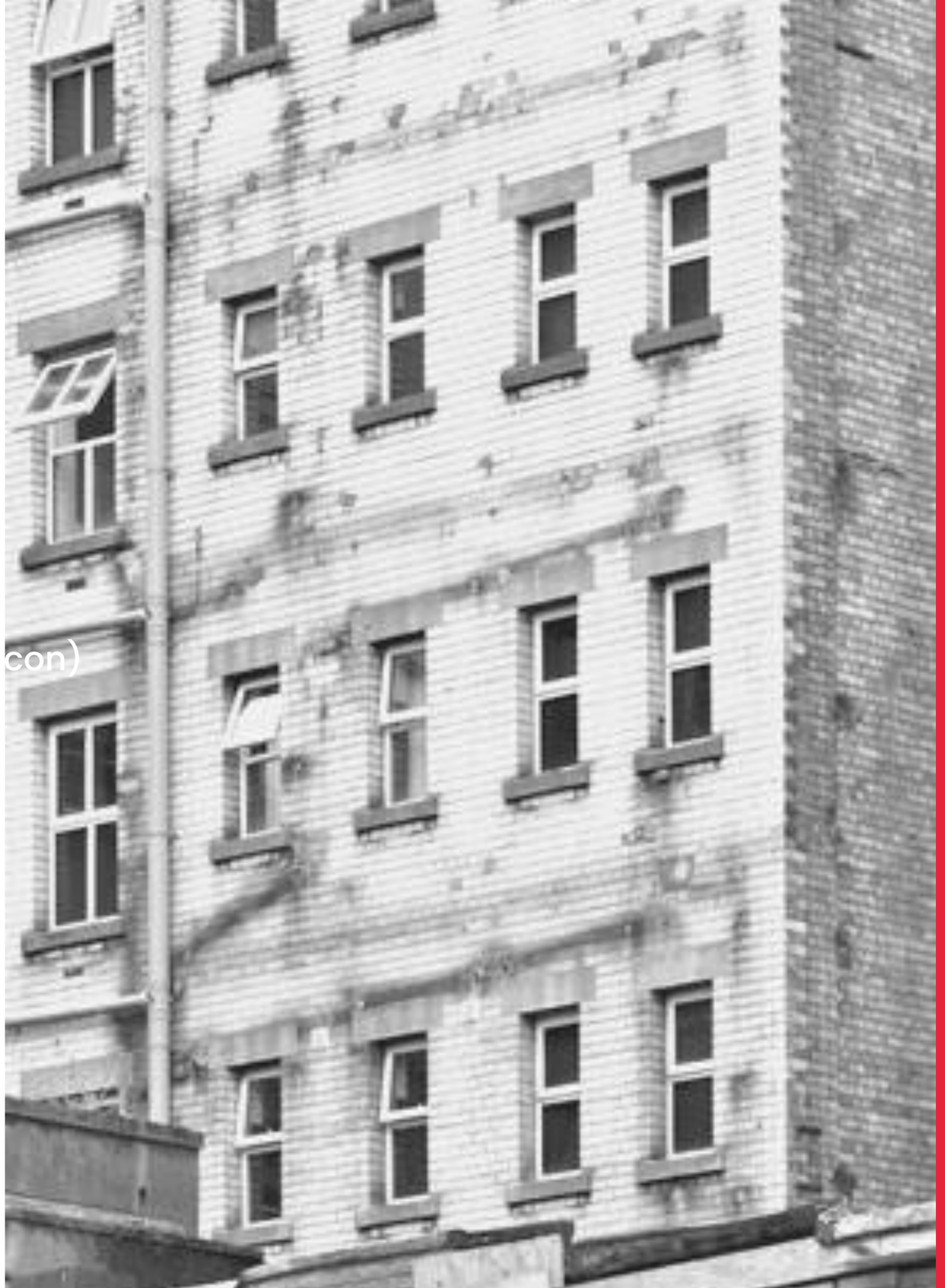
Examples

Justlife wants to make people's experience of temporary accommodation (TA) as short, safe and healthy as possible. No one should face homelessness alone but more than 100k households are stuck in TA with no understanding of their rights, no knowledge of their housing options, and no way out of homelessness. We work in partnership with people with lived experience of temporary accommodation, using first-hand experience to influence local and national policy. Were you aware of the conditions people have to endure in TA?



Examples

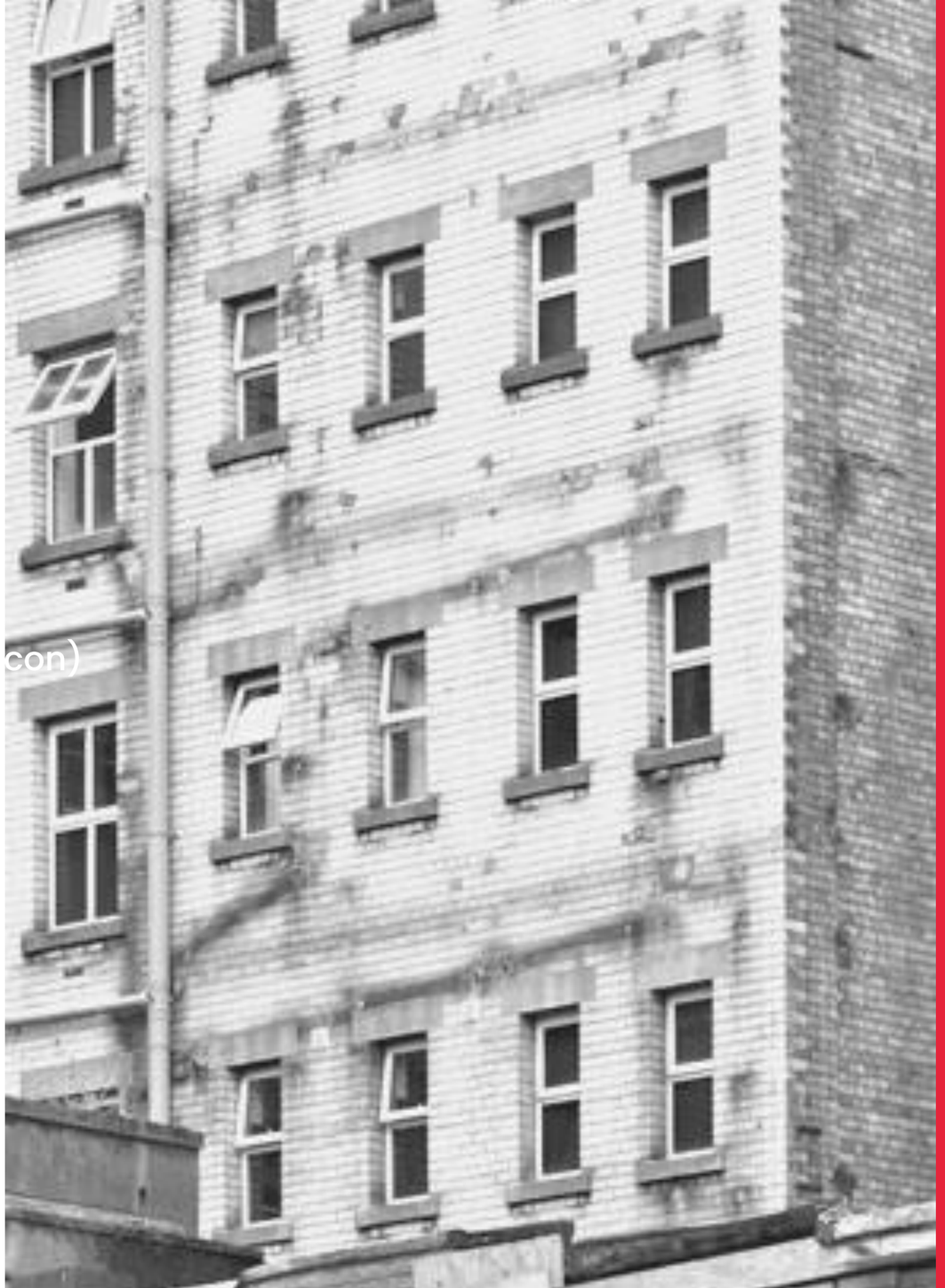
Intergenerational trauma is the passing down of the trauma effects of an event from one generation to the next. There is evidence that children whose parents were exposed to a traumatic event or experience, for example, homelessness, are at higher risk of mental health issues like depression, anxiety, and post-traumatic stress disorder. Given that, we need to research and design interventions that prevent the trauma transmission within family generations. This could look like a psychosocial program that builds resilience for children currently living in Temporary Accommodation.



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Examples

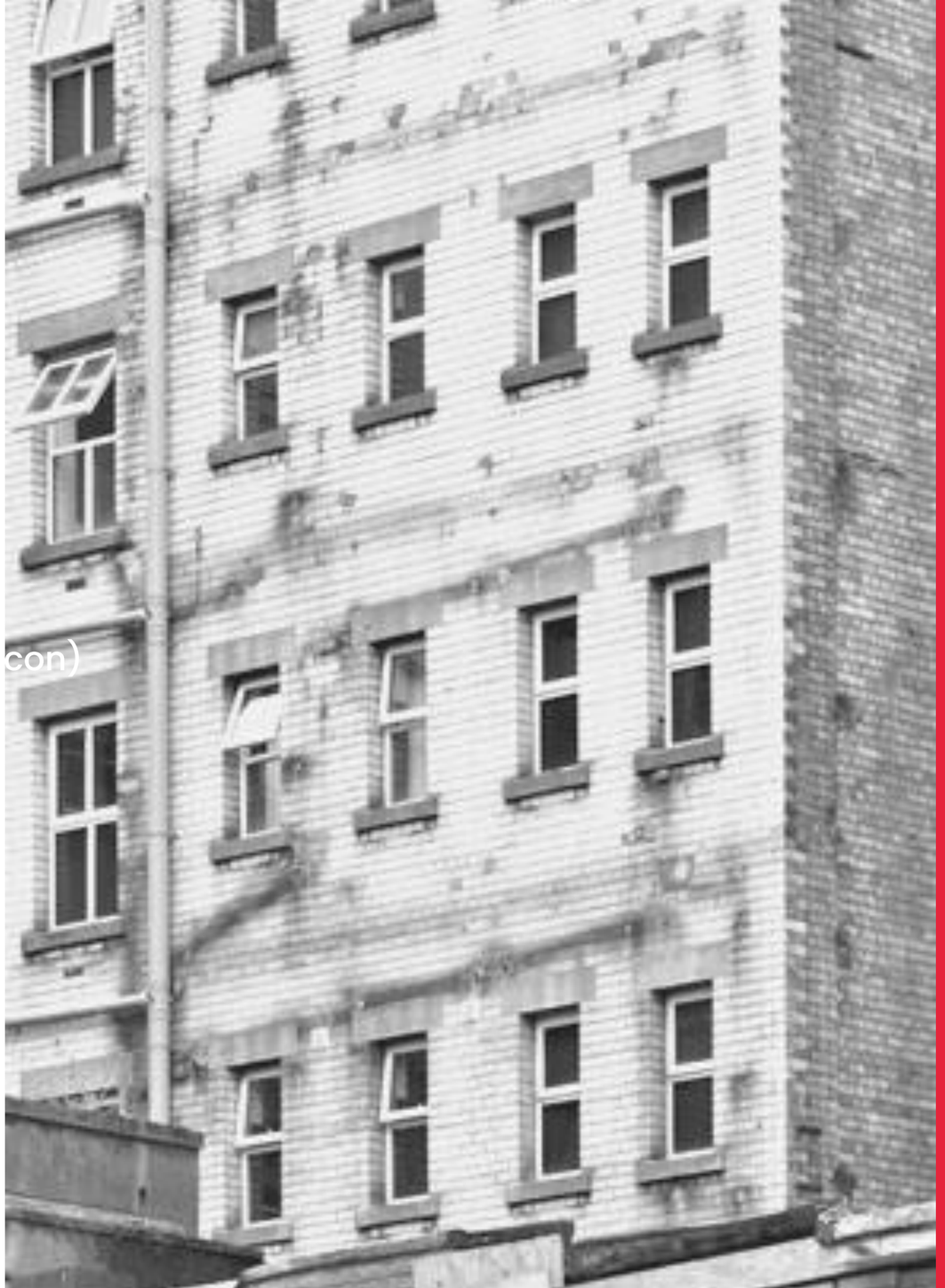
Systemic factors underpinning homelessness do not receive adequate research attention. We often focus too hard on either individual factors, or systemic, rather than the interaction between them, resulting in over-simplified interventions. Our work seeks to understand these interactions, in order that interventions addressing the complexity of homelessness may be more effective.



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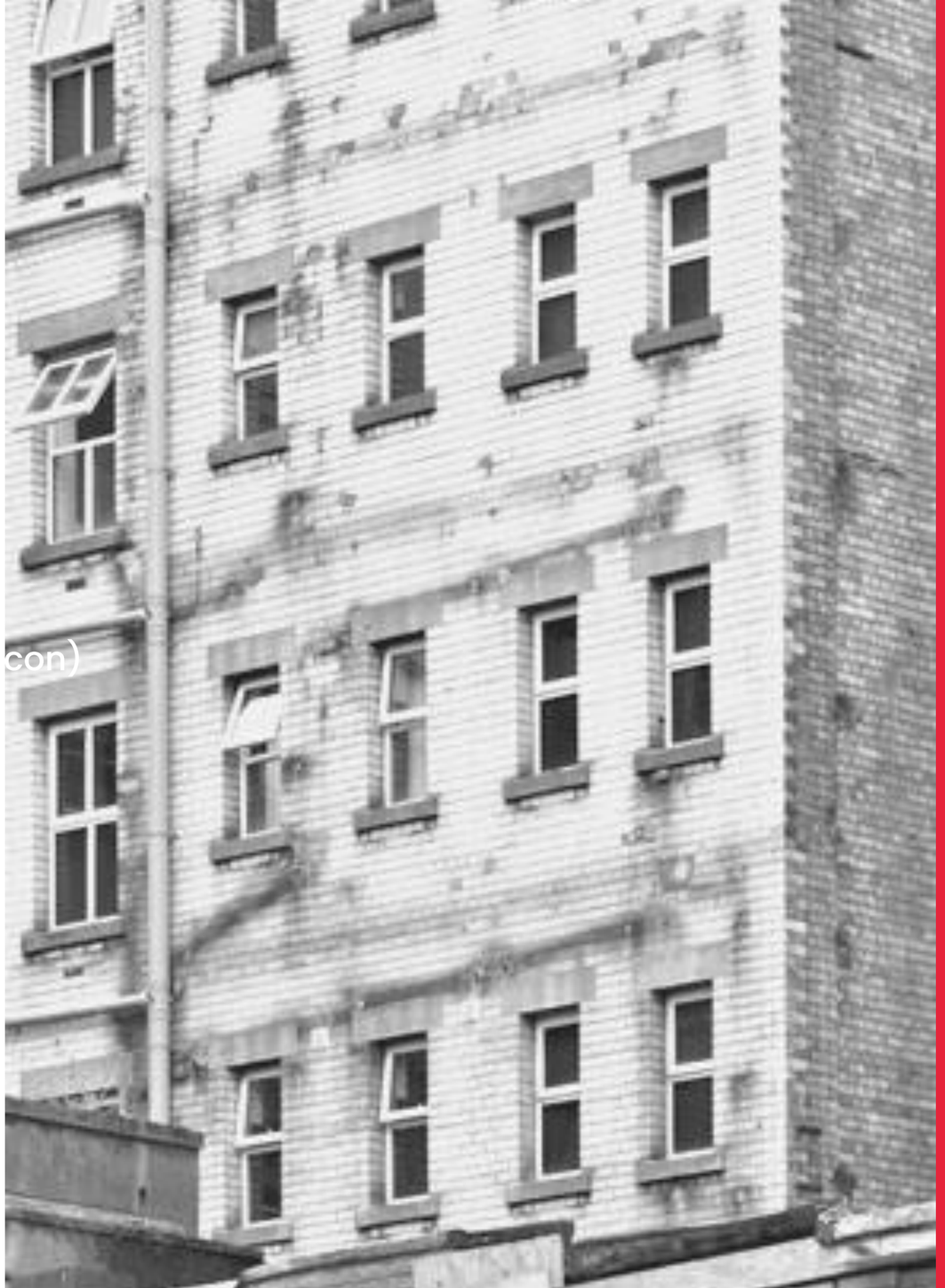
Examples

There has been a lot of discussions over the years on the interaction between mental health and substance use, and the support provided for people experiencing these issues as well as homelessness. Therefore, there is a need to explore and better understand the views of stakeholders including service users, providers, workers/practitioners, commissioners, and government advisors, in relationship between mental health and substance use, and service design.



Examples

We want to work out why people are homeless, and think that there are individual and systemic factors involved. We will use multiple methods designs to understand this, with regression models to understand the interaction of factors at multiple levels. Qualitative data will be used to understand mechanisms of change, thereby informing the kinds of interventions that will be effective over time.



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Examples

Peer mentoring has shown to be effective in helping people experiencing homelessness, mental health, and substance use to better engage with services. Peers usually undergo a training module and shadow other peer mentors before they start working. As it is a developing and growing role, there is a need to design a measurement tool to evaluate the training’s effectiveness in preparing the peer mentors for their role.

Now it’s time for you to do the talking! (And listening!).....

Spend 10 minutes developing your elevator pitch.....

When the alarm goes off you will have 15 minutes to talk to as many people as you can about your research. Take some notes, if you like, as you will be reporting back on whichever elevator pitch interested you the most! (It can’t be your own!)



The National TA Network

The TA Network provides a platform to share experiences and learn from each other (400+ members across England)

Annual conference takes place in London on 23rd September 2023

MISSION:

To galvanise a nationwide network that drives systemic change through collective action for people living in temporary accommodation making their stay as short, safe and healthy as possible.

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If you are interested in knowing more about Justlife and the work we do please get in touch!



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