

Find out what we've been up to and all our latest news in our blog. We have multiple contributors and cover a range of topics. If there's something you think we should be writing about, [let us know!](#)



[Could you be our next Activist in Residence?](#)

Seeking two Environmental Activists in Residence for the Lancashire Youth Climate Conference. Anyone can be an activist! Apply by 29th March.



[Watch our workshops: how to do community co-research on health equity](#)

Created as part of the ongoing Community Solutions for Health Equity project that Boingboing Foundation are proudly part of, we are pleased to share recordings of a series of workshops held recently in Blackpool. These workshops are free resources to be taken advantage of by any community members or organisations looking for a beginner's guide to developing the research skills and

knowledge needed to explore health inequalities in coastal areas.



[A guide to becoming more eco-friendly in Blackpool and the Fylde Coast](#)

Hi, I'm Maya, and I wanted to say a big thank you to you for reading. These guides were created to help people in Blackpool and the Fylde Coast become more environmentally friendly, without feeling too overwhelmed by climate issues. They were produced as part of the Boingboing Activist in Residence project, which gave me the opportunity to work as an Eco-activist in Residence at Blackpool Victoria Hospital. I decided that I wanted to use this role to make two guides: one for local residents, and another for Blackpool Teaching Hospitals' Green Champions.

NIHR | National Institute for
Health and Care Research



[The Research Ready Communities pilot continued](#)

For the past year and a half Boingboing has been working on a Research Ready Communities pilot project in Blackpool alongside the National Institute for Health Research as part of their Under-served

Communities programme. Typically, much of the funding for health research in the UK goes to universities in London, Oxford and Cambridge, but health research is needed the most in places like Blackpool, where the harmful impacts of health inequalities are worst felt.

Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Blincow 2007 www.boingboing.org.uk

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong Help child/YP understand their place in the world	Make school/college life work as well as possible	Understanding boundaries and keeping within them Being brave	Instil a sense of hope
	Enough money to live	Tap into good influences Keep relationships going	Engage reasons for children/YP	Solving problems	Support the child/YP to understand other people's feelings
	Being safe	The more healthy relationships the better	Map out career or life plan	Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	Take what you can from relationships where there is some hope	Help the child/YP to organise her/himself	Fostering their interests	Help the child/YP take responsibility for her/himself
	Healthy diet	Get together people the child/YP can count on Responsibilities & obligations	Highlight achievements	Calm down & self-soothing	Remember tomorrow is another day
	Exercise and fresh air	Focus on good times and places	Develop life skills	Lean on others when necessary	There are tried and tested treatments for specific problems, use them
	Enough sleep	Make sense of where child/YP has come from		Have a laugh	
	Play & leisure	Predict a good experience of someone or something new			
	Living free from prejudice & discrimination	Make friends and mix with other children/YPs			
	NOBLE TRUTHS				
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

The Boingboing Resilience Framework

The Resilience Framework is a handy table that summarises ‘what works’ when supporting children and young people’s resilience according to the Resilience Research base. The Resilience Framework forms a cornerstone of our research and practice. On this page we have pulled together lots of useful links so you can find out all about the Resilience Framework.

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An introduction to the Research Ready Communities pilot

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Loops – a review

On 22nd February Grace and Lauren, members of the Activist Alliance, attended the show Loops at the Blackpool Grand Theatre. It was a play made in collaboration with Liverpool Everyman + Playhouse, 20 Stories High theatre company and, “a brilliant group of activists and artists who all shared important stories of what their experiences were, with courage, honesty and jokes”.



Prevention in Health and Social Care Inquiry Submissions

Co-leaders of the Resilience Revolution made not one, but two submissions to the UK Parliament ‘Prevention in Health and Social Care’ inquiry last month. The inquiry is about preventing ill health, now and in the future.



Online Resilience Forum – 3rd April 2023 – Psychological distress and resilience among a population affected by conflict

This Online Resilience Forum from CRSJ and Boingboing is for anyone interested in resilience research. This month's forum is on 'psychological distress and resilience among a population affected by conflict' presented by University of Brighton PhD student Omar S Rasheed.



24th November – Transformative Conversations Workshop with Blackpool Activist Alliance

Join the Activist Alliance and the Ella Baker School of Organising as we reflect on how we can successfully engage with 'difficult' conversations with people who do not share either our values or our moral frames in this Transformative Conversations Workshop.



Ready, Set, Resilience

Ready, Set, Resilience is a workbook and supporting guidance created to support young people's resilience aimed at year 9 students. It uses mixture of activities which support individual resilience (beating the odds) and activities to support changing the odds like activism.



A PhD internship

This blog gives insights into a novel internship in which an undergraduate student from Quebec joined forces with Boingboing and a Phd student at the University of Brighton. Esme and Viktoria offer some top tips to anyone wanting to do an internship and also give a fascinating account of their partnership.



[More Than Words: Supporting effective communication with autistic people in health care settings](#)

Over several months our autistic CSRJ and Boingboing colleague, Dr Gemma Williams, worked with a stakeholder group to co-produce some guidelines for communicating well with autistic people in healthcare settings.



[Activism is for everyone – and it's essential for building resilience](#)

I stood there on a warm August day with a sense of hope. People of all ages had come together for Make A Change, the inaugural launch event of the Activist Alliance in Blackpool. And it seemed to have come at just the right time. Things seem to be going from bad to...



[Making Our International Resilience Revolution Conference Accessible](#)

Hi, this is Lisa and Mirika and recently we've been focused on improving accessibility for the International Resilience Revolution Conference which took place at the end of March. It was a hybrid event, with one day in Blackpool in person (but also live streamed...

[Older Entries](#)