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# Co-produced resilience research – why it's great

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# Who are we?

- We are Ambassadors of Arts Connect, part of Culture Shift
- We are a doing a resilience research project together – called co-inquiry
- Co-inquiry means investigating or research together
- We also co produce our activities and other things – this means producing together

# Co-inquiry

Co-inquiry means “investigating a subject together”

The academic definition is a way of working with other people who have similar concerns and interests, within a cycle of action and reflection, in order to:

- Understand your world, make sense of your life and develop new and creative ways of looking at things.
- Learn how to act to change things you may want to change and find out how to do things better.” (Heron & Reason, 1981; Reason & Bradbury, 1988)

As co-researchers we are all equal but we have different roles. The academic way of saying this is that we are active agents not passive subjects.

# Why co-produced resilience is valuable – what the literature says

- It builds self esteem, promotes competence and enables identification and progress towards development goals (Schofield & Beek, 2005: 2)
- It promotes belonging through friendships, team work and collective activity (Hart, Blincow & Thomas, 2007)
- It is asset based and enables people to be agents in their own lives and in changing their adversities
- It is linked to personal and community wellbeing, including resilience (Prilleltensky and Prilleltensky, 2006)
- It provides opportunities for controlled risk taking (see Stephens, L. & Ryan-Collins, J., 2015 for New Economics Foundation)
- Undertaken with an inequalities focus it addresses criticisms that resilience colludes with social injustice (e.g. See Friedli, 2012). It can result in transformative impact
- It is reflected in paradigm shifts in disability movements and studies (Gill, 1999; Mertens and McLaughlin, 2004; Wilson, 2005)

# Why co-produced resilience research is important – what we think

- We wouldn't like to have a researcher come and ask us questions, we tell our life story and then they disappear. What's that about?
- Its good that we are all in it together
- We don't single people out
- Its good to work as a team
- Its more fun
- Its important that people with learning disabilities speak out and say how they feel
- We have power to say what we should do and how we should do it
- We can say what its like from our point of view and in our lives

We are different but equal  
- all teachers and learners



# Some of the things we have done

- We have talked about different things that are difficult in our lives and how we can do well in spite of them
- We have made a game to teach others about resilience
- We have gone to different places and given presentations to different people
- We have made films to teach people that its important to give people with learning disabilities the chance to have a voice

# Our Suns and Clouds Game

We made our own game as a way of thinking about resilience (data collection) and helping others (action)



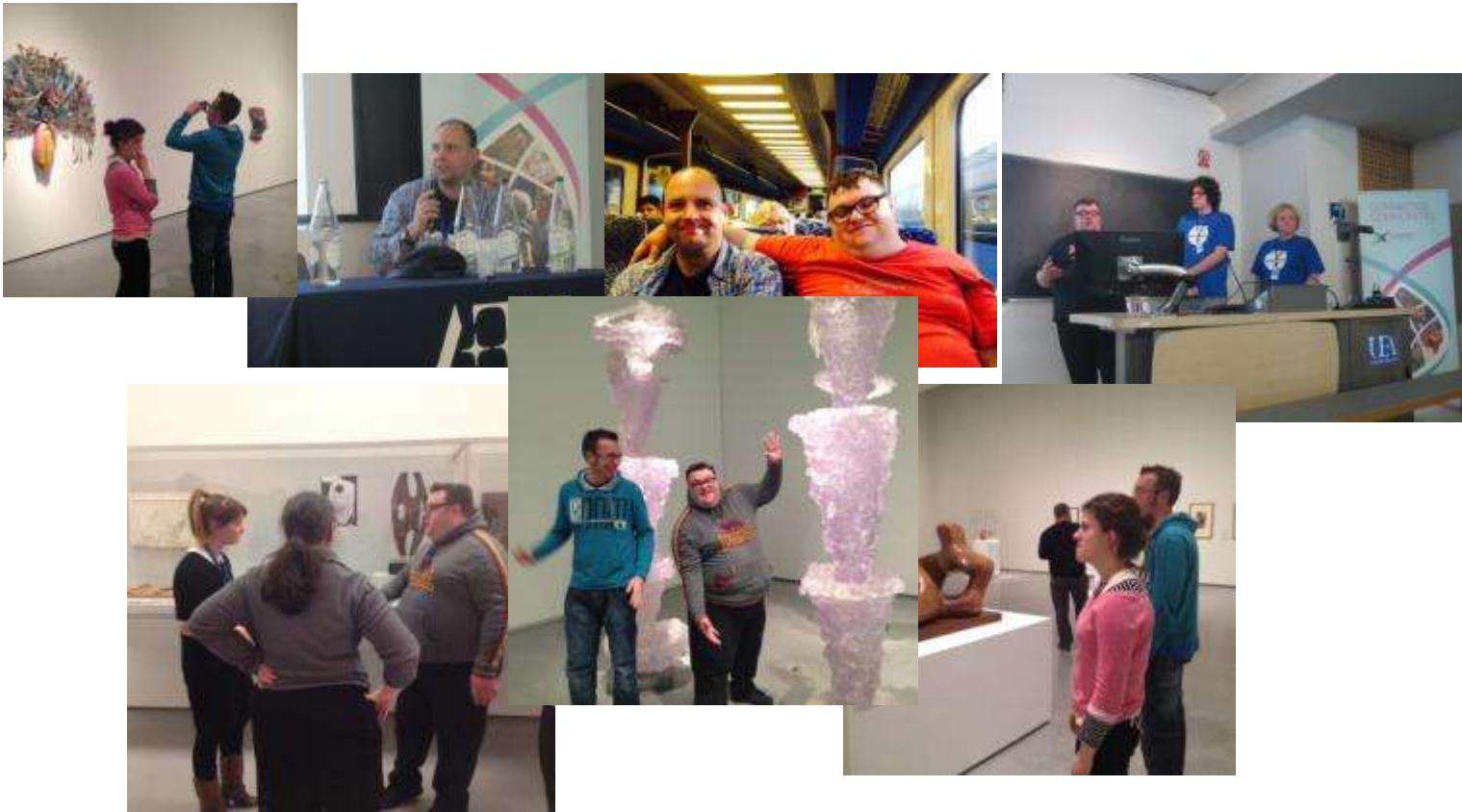


We drew pictures of suns and clouds and then our artwork was used to make the game



# Presentations and trips

For example: Norwich, Hepburn gallery, Cardiff



# One of our films

- We agreed to make a film for Headstart areas, to encourage them to include people with disabilities in their engagement activities

[http://www.youngminds.org.uk/training\\_services/head\\_start/resources](http://www.youngminds.org.uk/training_services/head_start/resources)

# What have we got from the experience of doing the research (amongst other things)

- It's helped us with our confidence and our resilience
- We have been able to do things we wouldn't normally do
- We have learned about our own resilience

# Some of our challenges (identifying the adversity context)

- Transport and travel
- Staying calm in challenging situations
- Finding the right words to talk about our feelings and challenges
- Some of us have hidden needs that people don't appreciate
- On the other hand, we are tired of people only seeing our disabilities, not our abilities
- Its hard when you are not in control of things

# A challenge for Dominic

- “You have traits that are part of your disability. I want to try and snap out of the cycle of my disability but you can’t leave your disability alone, even for a day. You can’t snap out of one body and into another”
- Despite this we CAN be resilient!

# Some things that help us be resilient

- We realise that you can't change who you are, but you can do well despite your challenges
- Practising things we find difficult
- Having friends and people you can rely on
- Standing up for our rights
- Speaking out
- Being diplomatic when necessary
- Making sure we are understood
- Working as a team – “Team work can make a dream work”

# Changing ignorance and discrimination and standing up for our rights

Our game has showed our abilities and our creativity and is helping others to develop their resilience

Our presentations and films have challenged people's attitudes and shown them its important that people with disabilities are respected and have a voice

We are going to challenge the bus company in East Sussex to improve their service

We have a lot of cuts now and we have more confidence to take action and make our voices heard



# What's next for us

- Make a film about transport and meet the bus company
- Use our Suns and Clouds Game to teach others about resilience, and get feedback about how useful it is
- Anne will write about our experience and we will make a film about our research and what we found out

Thanks for listening – any questions, ideas or comments?

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