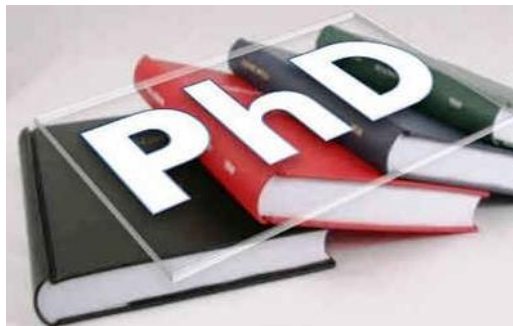


Closing remarks: Breadth, depth, impact and partnerships

Greer Wilson, Director of Care and Development NI



Breadth of our research programme



[praxiscare.org/
research-introduction/
research-bibliography/](https://praxiscare.org/research-introduction/research-bibliography/)



Empowering people through physical activity

A co-produced research project studying how to improve physical activity for people with severe and enduring mental health problems



- Commissioned by Disability Research on Independent Living & Learning.
- Serious mortality gap of 20 years for people with mental ill health and / or learning disability.
- Employed a panel of co-researchers with lived experience of mental ill health and / or learning disability.
- Co-researchers provided with support, flexibility – differentiated by individual need.
- Research debunked stigma that people affected by MH / LD are sedentary / inactive. People engaged well when supported with individualised plans.
- Good outcomes for co-researchers post research project.
- Substantial social value generated when social prescribing is promoted and enabled.



Mental Health Foundation



Depth of our research programme



'Lifts your spirits, lifts your mind': A co-produced mixed-methods exploration of the benefits of green and blue spaces for mental wellbeing

Transformative effects of co-productive research

Based on their experience, two peer researchers had been offered positions on advisory groups and another had secured a research post

On the job advertisement, it said that you must have ..current or past mental ill health and I was like, YES! I thought they're actually going to see it as an asset instead of a disadvantage for the job. So that was like 'Oh that sounds like the type of people I want to work for'.

It was a new perspective of self... Before the project started I guess I was just someone with mental health issues and that was a disadvantage whereas this involvement has been an asset...

Before the training I'd been a bit unsure about what the level of involvement was going to be, whether it was going to be a just token thing, you know to tick the box to get funding... which thankfully it hasn't been. It's been the complete opposite of it... The training wasn't kind of something that was forced on us. It was a dialogue and you could see that the rest of the team were listening to what I said so it was quite nice. It really was a team... so it was really good.



To find out more about our
research, including
partnership opportunities,
contact
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Thank you