

Voices of Cornwall Shaping Research

How to hear the voices of the community

A guide for Researchers

To enable communities to have ownership of research and to work with you to shape future health and care services, it is important that you make research FAIR:

F luid	<ul style="list-style-type: none"> • Move with the audience, adapt and overcome to fit the group setting. • Make it easy for people to relax and engage by showing fluidity in approach, tools and adapting to the participants needs.
A ccessible	<ul style="list-style-type: none"> • The research should take place in spaces easily accessible to a local audience. • Make the process informal and adaptable also allows more people to share their perspectives. • Make it straightforward, consider easy-read formats and don't use jargon.
I nformative	<ul style="list-style-type: none"> • Enable sharing of information, ideas and tips in a group setting, supporting people to give their perspectives and views. • Share information in return, keep people updated with progress, and how through their inputs they are shaping the future.
R elevant	<ul style="list-style-type: none"> • Make it relevant to the audience. • Take the time to get to know the participants, know their past, know their present, understand their challenges. • Engage in culture and inclusion training and conversations to better understand the impact of traumas • Ask questions that mean something.

To conduct research that helps people to feel genuinely represented and included, make it FUN:

F riendly	<p>Research is intimidating in just the word. It suggests "men in white coats", laboratories and educational settings. If you want to represent and include people, it means:</p> <ul style="list-style-type: none"> • Coming to people's spaces, to the locations with most need, • Creating a friendly and inclusive environment and holding space for sharing ideas in safety. <p>It needs to be done by those with lived experience and through shared connection and fun.</p>
U nited	<ul style="list-style-type: none"> • Bringing people together through shared experience, • Choosing groups with things in common, • Allowing creative and free expression. •
N urture	<ul style="list-style-type: none"> • Nurture people through safe, inclusive environments, • Create opportunities for easy movement and conversation through food, health and wellbeing activities. • Invest in the people and not just the outcomes.

To hear people's true voices and understand what matters most to them and their life at the time that you are asking for them to take part in research that matters to you, consider what it means for research to be conducted 'with ME, about ME, and for ME'.

<p>Mental Health</p> <p>Empowerment</p>	<p>Lots of people struggle with their mental health. Going into a group setting, speaking their truths, takes courage and support.</p> <p>Allow people to speak their truth and express themselves in their own way,</p> <ul style="list-style-type: none"> • Hear what they have to say, show that you're listening. • Empower people to come forward through respect and acknowledgement.
<p>Money</p> <p>Environment</p>	<p>It's expensive to travel, to get around, to leave the house.</p> <ul style="list-style-type: none"> • Help people with travel costs, • Offer incentives for participation. <p>It is important to meet people where they are, emotionally and psychologically as well as physically.</p> <ul style="list-style-type: none"> • Be a part of the community you are supporting. • Go to people's homes, • Go to people's safe spaces, <p>And remember and respect the fact that they are people's homes and safe spaces that you are being welcomed into.</p>
<p>Meaningful</p> <p>Equitable</p>	<ul style="list-style-type: none"> • Give it meaning through helping people in the ways that matter to them. • Give an equal voice to all members of the community. Especially those voices that are often hidden.