

TIME TO PLAY

GUESS THE EXPERT!

1.

Choose a card

2.

Read the profile of the co-researcher and guess if they're a lived experience co-researcher or an academic co-researcher

3.

Turn over the card to reveal their identity

TIEGAN

RE-STAR



What experiences do you bring to research?

I have had multiple years of experience around autism and the impact on individuals at schools and other places.

What motivates your involvement in research?

Exploring depression in neurodivergent people is a really important area of research that hasn't been looked at in depth before, especially with the incorporation of lived experience voices.

What are the limitations of traditional research?

Traditional research has not been helpful for the communities that could have benefited from or learnt from it. It has perpetuated negative and hurtful stereotypes.

I am a
Lived Experience
Co - Researcher

MEG

Include Us In



What experiences do you bring to research?

I have designed and delivered creative projects around the world, working closely with communities to create programmes that fit their needs.

What motivates your involvement in research?

I am passionate about the value of entrepreneurship in the creative industries as a tool for empowerment and innovation, especially for those facing societal barriers and challenges.

What are the limitations of traditional research?

For researchers working on topics that do not resonate with their lived experience, I think it should be illegal to utilise more traditional techniques as it could cause more harm than good.

I am an
Academic
Co-Researcher

AMBER

RE-STAR



What experiences do you bring to research?

I have 23 years of experience with the topic of autism. Most recently, I have been designing and piloting autism training interventions for staff in Higher Education.

What motivates your involvement in research?

I want to centre the voices of neurodivergent young people who are struggling in secondary school and I want to support the use of truly participatory research practices.

What are the limitations of traditional research?

Some traditional research has provided important, practical results. However, in the field of autism and ADHD, traditional research often fails to meet the needs of the communities it intends to help.

I am a
Lived Experience
Co - Researcher

SOHAIL

Inspiring Ethics



What experiences do you bring to research?

Experience filling out frustrating research ethics applications, feeling awkwardness from imposing university rules on communities that I work with and making many, many mistakes.

What motivates your involvement in research?

I want to do more ethical research that does justice to the people I work with.

What are the limitations of traditional research?

Can I swear on this?

I am an
Academic
Co-Researcher

GEORGIA

RE-STAR



What experiences do you bring to research?

ADHD, experience with creative based participatory research methodologies and mental health research.

What motivates your involvement in research?

A desire to try to understand my own emotions when they go from 0 to 100 so quickly.

What are the limitations of traditional research?

Traditional research has not told us important details about the lives of people and often treats people as objects.

I am an
Academic
Co-Researcher

DORIAN

RE-STAR



What experiences do you bring to research?

I studied neuroscience and have lived experience of autism.

What motivates your involvement in research?

I want to make the world better for other autistic people.

What are the limitations of traditional research?

Traditional research has its place but it often misinterprets the experience of people with autism and unintentionally causes harm.

I am a
Lived Experience
Co - Researcher

KAAT

MORE Project



What experiences do you bring to research?

I have worked with pregnant and postnatal women for over a decade, both in maternity and mental health services. I specialise in women experiencing mental health problems or social adversity.

What motivates your involvement in research?

I am very passionate about working with people with lived experience through collaboration, kindness and mutual respect. I believe this is when research can be really empowering and transformative.

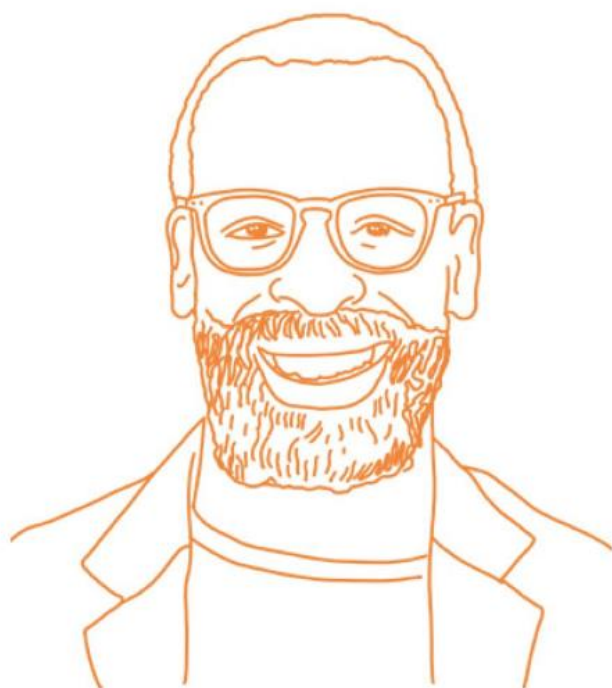
What are the limitations of traditional research?

I have been very lucky to work in a research environment that is very non-hierarchical and puts the voice of people with lived experience at the heart of all research. I would not want it any other way.

I am an
Academic
Co-Researcher

SYLVAN

RE-STAR



What experiences do you bring to research?

I was diagnosed with ADHD quite late in life. I have worked on several participatory research projects.

What motivates your involvement in research?

Sometimes researchers are far removed from the subject of their research. For RE-STAR to be successful, it has to begin from the point of view of the individuals with lived experience.

What are the limitations of traditional research?

It can be quite unemotional, lack the complexity and struggle to deal with nuance and ambiguity. At worst, it can only see knowledge as something that is evidence based.

I am an
Academic
Co-Researcher

LAUREN

RE-STAR



What experiences do you bring to research?

I have experience in youth work, creative workshop facilitation, and conducting participatory research for social change. I also have lived experience of neurodivergence.

What motivates your involvement in research?

I want to be involved in systems change in education and I am interested in learning from a wide range of perspectives.

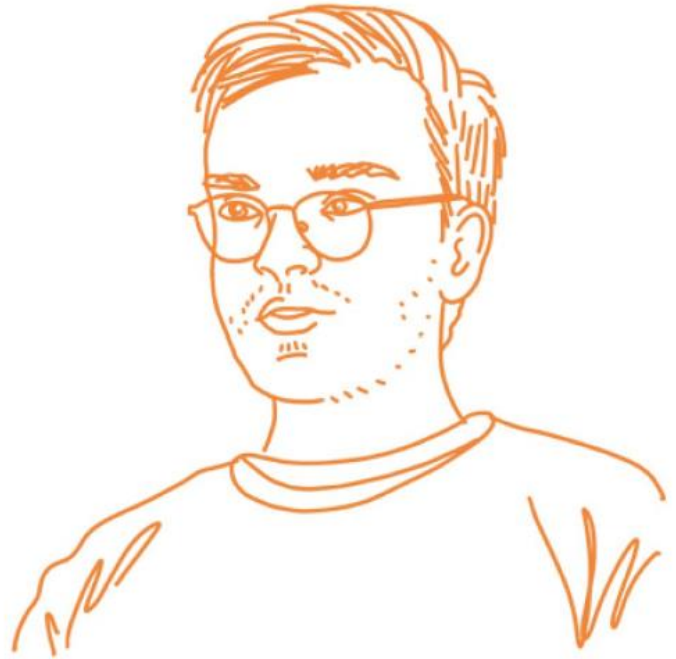
What are the limitations of traditional research?

It can sometimes inhibit innovation and the scope of possibility. Sometimes it leads to research that is not fully relevant to the people it's trying to reach.

I am an
Academic
Co-Researcher

MACIEJ

RE-STAR



What experiences do you bring to research?

I've been working with autistic people for several years as an English teacher. As an MA student, my thesis explored empathy and theory of mind among autistic people. I am autistic myself.

What motivates your involvement in research?

I wanted to put my academic and lived knowledge of autism to good use and be part of a project that deeply involves neurodivergent people.

What are the limitations of traditional research?

Traditional autism research has had limited benefit and has reinforced stereotypes. Autistic people have been missing from research for a long time, and we're changing it now.

I am a
Lived Experience
Co - Researcher

HANNAH

MORE Project



What experiences do you bring to research?

Experience of maternity services, motherhood, social deprivation and health inequalities.

What motivates your involvement in research?

To understand how different people experience maternity care and motherhood and how their local community has an impact on their experience.

What are the limitations of traditional research?

Traditional research practice often focuses on the issues or problems in society without a focus on the strengths and assets of people and places.

I am an
Academic
Co-Researcher

VITA

MORE Project



What experiences do you bring to research?

I've been involved in many conversations between health professionals and service users to amplify seldom-heard voices.

What motivates your involvement in research?

My experiences as a mother and a foreigner in the UK. I choose to use my education and my privilege to listen to and empower women and birthing people who are disadvantaged due to their social, financial or physical or mental health circumstances.

What are the limitations of traditional research?

Hierarchical structures act as barriers when we are trying to empower people to express themselves.

I am a
Lived Experience
Co - Researcher

ZOE

MORE Project



What experiences do you bring to research?

I am a midwife working with women who are pregnant whilst managing long-term health conditions.

My research seeks to understand their experiences of maternity care to reduce inequalities in experiences and outcomes.

What motivates your involvement in research?

I want to enable a diverse group of women to share their experiences and priorities creatively.

What are the limitations of traditional research?

Women who are at greatest risk of experiencing poor outcomes or care have not always had the opportunity to contribute to research in ways that focus on their own priorities.

I am an
Academic
Co-Researcher

TANIA

MORE Project



What experiences do you bring to research?

My own experience of conception, pregnancy, birth and maternity care. I also hear various stories from the community around the topic of maternity and maternity care.

What motivates your involvement in research?

I am trying to understand how the maternity care system works and contribute towards improving health services.

What are the limitations of traditional research?

I think the balance should shift in order to improve the communication and exchange between researchers, healthcare professionals and service users.

I am an
Academic
Co-Researcher

MYROFORA

RE-STAR



What experiences do you bring to research?

I am passionate about understanding how school impacts the emotions of autistic/ADHD young people and how we can make it a place where they feel understood and supported.

What motivates your involvement in research?

Young people's first-person accounts have been consistently overlooked, which limits our understanding of how we can best support them.

What are the limitations of traditional research?

Hierarchical structures are prevalent within traditional research. This can be problematic and limit the effectiveness of interventions on how to promote youth mental health.

I am an
Academic
Co-Researcher