



EGIN

ENT

IMPACT



*Drawing
on experience*



CREATIVE
collaborations
WITH EXPERTS by
experience

issue 2

NIHR

Applied Research Collaboration
North West Coast

WELCOME

Welcome to issue 2 of Drawing on Experience:
Creative Collaborations with Experts by Experience.

This issue was created on the 4th March 2024 in
Liverpool, UK by public adviser members of the National
Institute for Health Research, Applied Research
Collaboration - North West Coast. (ARC-North West Coast).

ARC North West Coast is a collaboration that embeds,
at it's core, co-production with academics, health and
social care staff and Public Advisors, collaborating
on seven work programmes, with an overarching focus on
health inequalities. Our vision is to improve health
equity and applied health research through the voice of
the population. Public Advisers have a critical role in
this achieving this and are part of all decision-making
processes, research and governance activities.

The artwork in this zine was created in response to small
group discussion about the impact of involvement in the
ARC from the beginning of an individual's involvement
through to the present and looking to the future.

We invite you to put the group playlist of songs shared
by each person who took part, and to explore the artwork.

If you'd like to find out more about public adviser
opportunities at ARC-NWC please visit:
<https://arc-nwc.nihr.ac.uk/get-involved/>

PLAYLIST

Give us our childhood _ Remi Bandali
Fields of Gold _ Sting
Hey Jude _ The Beatles
Knowing Me Knowing You _ ABBA
Make You Feel My Love _ Adele
You Gotta Be _ Des'ree
I Will Survive _ Gloria Gaynor
Swing Low Sweet Chariot
Imagine _ John Lennon
Kashmir _ Led Zepplin
What a wonderful world _ Louis Armstrong
We Are Family _ Sister Sledge
The Lark Ascending _ Ralph Vaughan Williams
This Place _ Jamie Webster
There She Goes _ The La's
Octopus's Garden _ The Beatles
(What's So Funny 'Bout) Peace, Love and
Understanding _ Elvis Costello & The Attractions



listen

https://bit.ly/playlist_vol2

LEARNING TOGETHER DA
MAKES US STRONG.

PARTNERSHIP

IT CAN BE
CHALLENGING
BUT
REWARDING

COMMUNICATION
BECOMES
EFFECTIVE



FATHER XMAS APPROVES!!

↓
RESEARCH
IS
DEVELOPED



ARC
A
Multi
faceted

Highly
Complex
Organisation

Multi
Themes

Bringing people
+ research together.
Community

Diverse
people

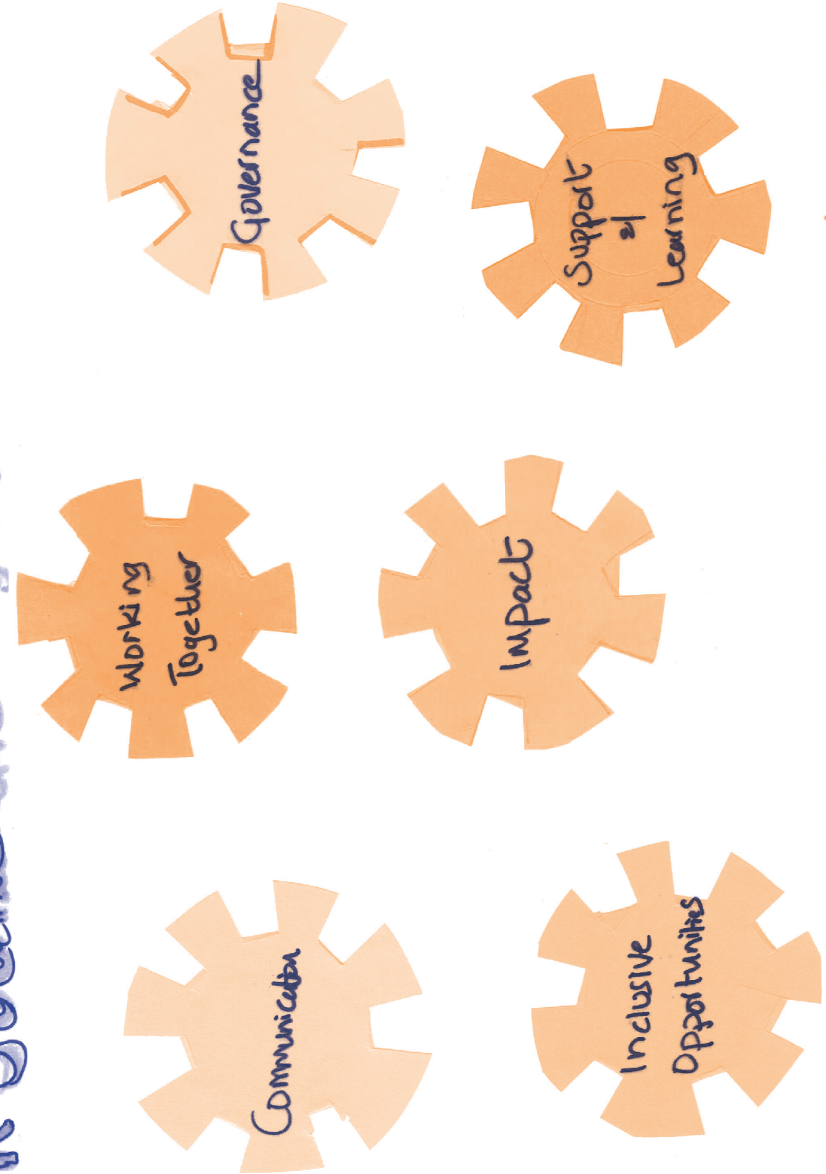
looking
through diff
lens

Common goals

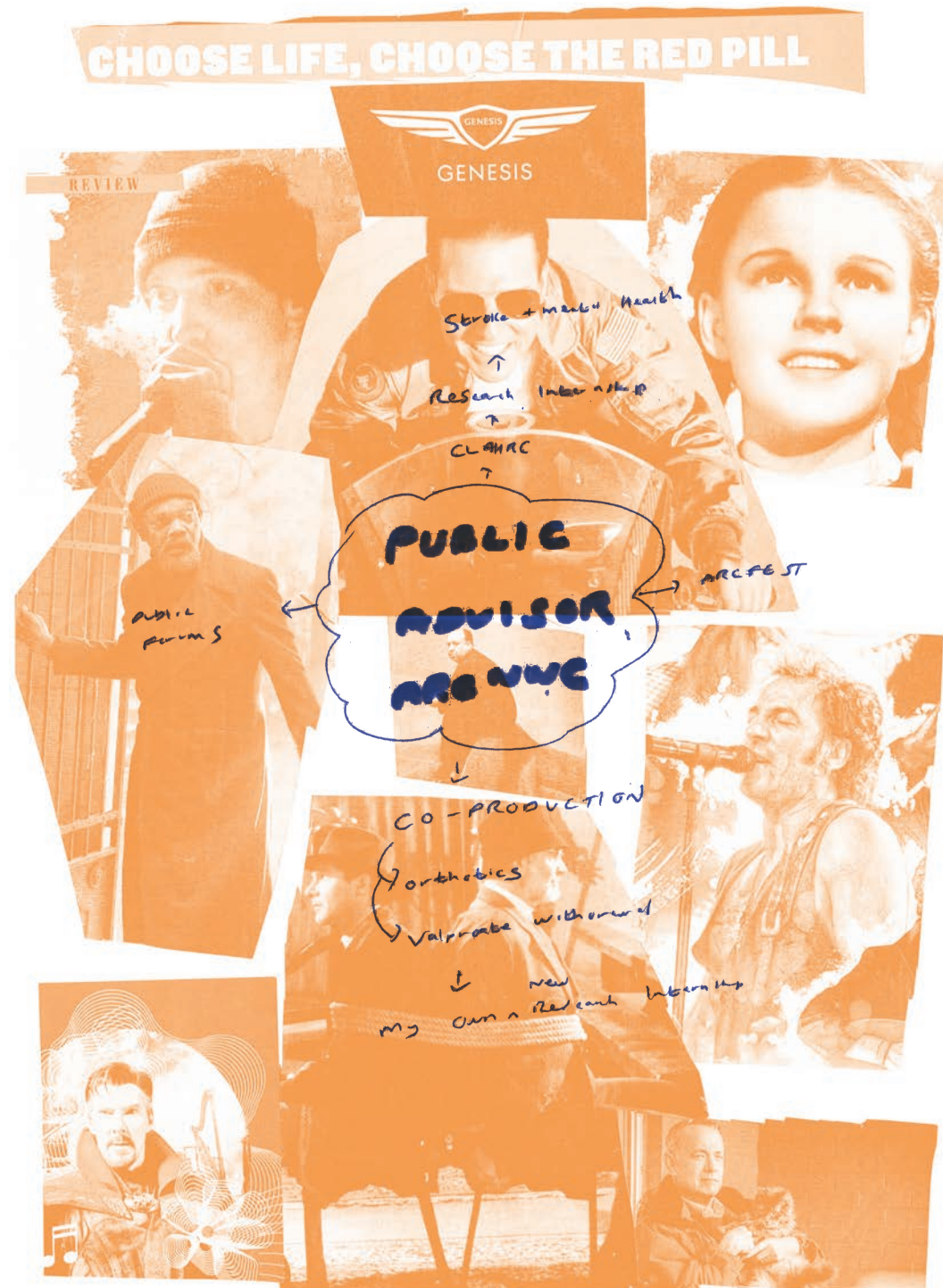
To have an
IMPACT!

To make a
Difference

UK Standards Of Public Involvement



To Improve health equity and applied research through the voice of the
Population (vision: AEC NMC)

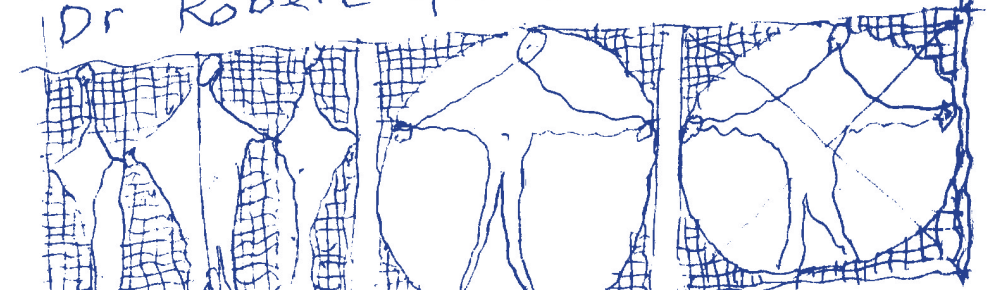




My Brown envelope contains fragmen
of my drawn autobiography.
I draw therefore I am, I see there
fore I draw. I cut and paste,
I use pencil, pen and scissors.
I deconstruct and reconstruct
my drawings, in my drawing
books everyday. I have over
100 drawing books and invite
you, the viewer to reassemble
them "as you like it."

Title:-
"Fragments of ~~an~~ drawn
autobiography."

Author:-
Dr Robert G. MacDonald



TOP
2003

IS IT ALL
ABOUT MONEY?
Helping Thinking
Improving Changing

OUTSIDE IN
●
INSIDE OUT

Dignity Confidence
Motivation Hope

IS APPREHENSION A
DOUBLE EDGED SWORD?

BO-1-103 UNP

WARMER CLIMATE

THE RAIN STARTED

HUMANS

POWER

TOGETHER

De-Extinction

wild

WE

influence

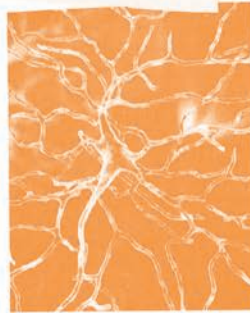
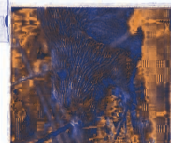
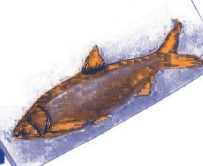
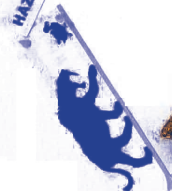
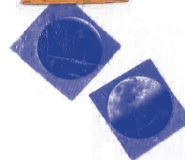
Taking
the lead

VISIONS

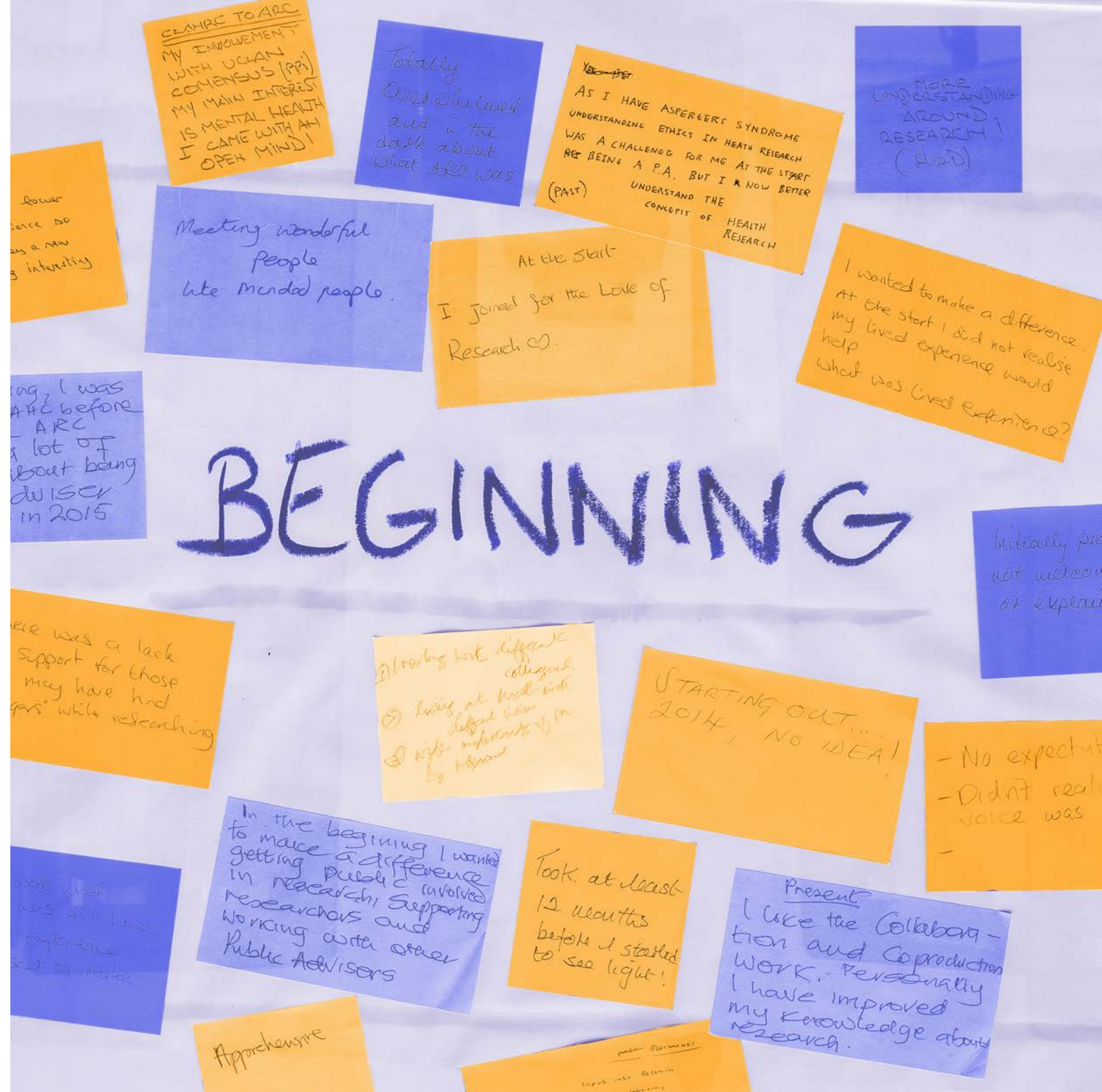
HAZARDS

Thirsty trees
SURVIVAL GUIDE

WORLD
WIDE



A robotic contraption
uses transistors to act in
a similar way to synapses



ement in
tal heath
ject and
search.

I would
have been able
out ARC/NWC

- Enjoyed solving problems
- Influencing
- Making a difference

DIGNITY
All 3

Present

I have enjoyed
my involvement
many Research
I have been given
opportunity to
comment on Research
papers

to
talk about
experiences and
do something about it!

Rewarding us
Encouraging us
Challenging us
Partnership work

I have enjoyed being
a public Adviser.
It has enlightening
my Research
understanding.
I have been
empowered in Looking
at Research papers

Present.
Having brilliant
opportunity to
hear others views
and developing
my own thinking
& understanding

ENJOYED
MEETINGS
IN LIVERPOOL

Having an equal
Voice with
ALL research projects

PRESENT

Present.
Delighted to be
working with
such a great
& cross section
of people + have
friends

Public Adviser I have
enjoyed having a "voice"
and being recognised as
someone who can contribute

built confidence
again.

Doors have
opened a huge
amount of
opportunities.

It has enabled
make some life
friends who share and
understand my experience
of life.

Learned many
different and
unexpected
things.

Present
Good opp to
influence
Policy & Strategy
drawing on own
skills + experience

Changing clinical
practice

Present.
New people are
welcomed much
more. Induction
done + Buddy system
in place.

I AM PLEASED THAT MY COMPUTING
BACKGROUND HAS ENABLED ME
TO BE PART OF A RESEARCH PROJECT
GETTING PUBLIC PERCEPTIONS ON ARTIFICIAL
INTELLIGENCE USED IN HEALTH + SOCIAL
CARE. AS A RESULT A BLOG HAS BEEN
PRODUCED BY MYSELF ABOUT THE RESEARCH
PROJECT AND A PUBLISHED PAPER.



Present
sometimes
frustrating
we are not
greater help

Present.
Understand much
more about
Health inequalities
so I can try
& do more about
them.

NOW Present
I am now more confident
in my contribution & understand the
value my involvement brings to
health research.
I love the flexibility of choosing
projects I am involved in.

Present.
Feel voice is
heard, listened
to & it trains
what applies

Due to my involvement
with ARC, I have
been able to work
with other ARCs
across the

MY INVOLVEMENT

continue to speak
for seldom
and groups.

more Research
for children

CONTINUED
CONSULTATION
(PPIE)

FUTURE
P.A.'S TO BE INVOLVED IN CREATING
TRAINING MODULES ABOUT THE SKILLS AND
ABILITIES REQUIRED TO BE A P.A.
FOR THE TRAINING MODULES TO BE
IN A FRIENDLY ENGAGING FORMAT FOR
DISABLED PEOPLE LIKE DEAF + AUTISTIC
PEOPLE.

about
rich and
is can have
making

research means for
the P.A. role.
take vision & think ahead
ways for others.

TO MAKE
A MEANINGFUL
CONTRIBUTION AS
A PUBLIC MEMBER,
AND ACT AS A
"MIRROR" FOR APPLIED
HEALTH & CARE RESEARCH

Implementation
research for
otherwise what's the
point

Future
opp to hear more
from local Public
Health/Community Council
etc about the
changing local
Landscape & what
need priority. Just as did
in ~~the~~ COVID.

Future
Are we making
out funding
work as well/for
as it could be.
Big Budget = Big
Impact.

Have more opportunities available
Bring more of the present into the P.A. group
How values closer to home (Morecambe)

become listening
more involvement in wider for others

making projects

Have more opportunities available

① Bring more of the personal life into the PG group (not one hour)

② Move venue closer to home (Morrisville)

able to identify
of Research
CO
Impact on
Quality of Care

FUTURE

ARC 2

In the future I would like to see how the research and outputs have actually led to change.

What we could do better?
I will like to see more of how the researchers have made impact

Future:
Focus more on
IMPACT.
What difference
we realistically
can make + act
on those plans

I would like to reduce the health inequalities gap in my region & specifically for my Community, to improve health via Research.

Don't sell of
NHS

WHAT COULD BE
ANOTHER TO
OF COOPERATION
WITH LIFE

ED
AWARE
PROM

Dyscalculia
DYSPRAxia
A.i.



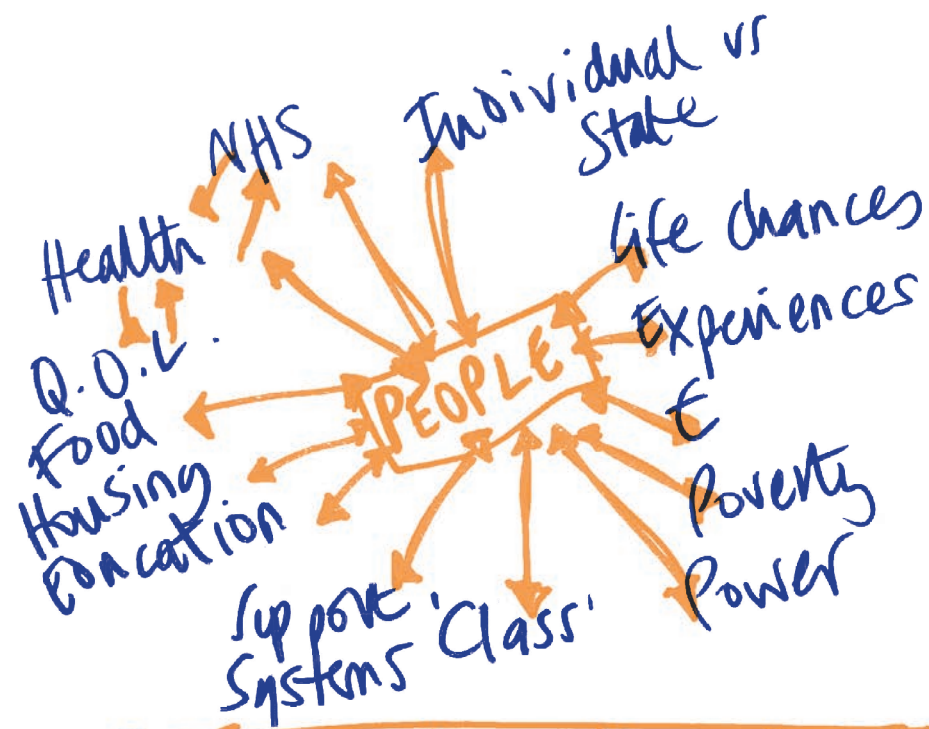
HEALTHCARE



as
per
gers

BSL





Professionals vs. Lay-People

How? Why? When?

Research vs. Theory

vs. Life

Economics

Science vs. 'Art' vs Life!

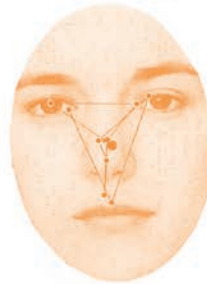
Academia vs. Life/NHS

HOW TO PULL IT ALL TOGETHER?

POWER



Face-to-Face



the power to do more

LIVING A
HEALTHY LIFE

IS SCIENCE
COMPLICATED,
BORING,
ONLY FOR NERDS?



Everything happened
slowly—

*Together
we thrive*

inclusive

It All
Began
in Chaos

VISIONS

POWER
TO YOUR
NEXT STEP

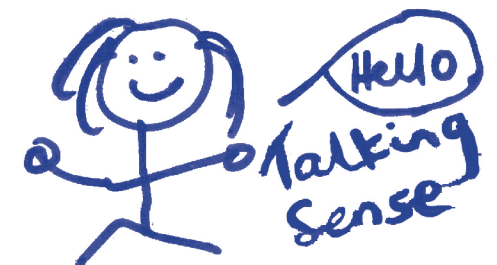
THE LEGACY

Innovation rules

We all have
a next step.
Make yours
getting closer

Counting the cost


↑
*The Voyage of
the unread
document*



VISION

Expert advice

Explore

UPGRADE

Best of health

WINTER

improvements

THE MISSING ADVANCE



Force of nature



Diversity



Escapism

calming the storm



Good to talk!



Complexity

Powerful voice



20-25-30



1. Untitled

Dorcas Akeju, OBE
2024

2. Who am I?

A reflection of my inner child and the voice of hope I have become.

My lived experience of being a public adviser and the creativity and impact it has had on myself and the work I do.

Naheed Tahir
2024

3. ARC N.W.C The Organisation ARC sometimes nebulous

Sometimes sure
Sometimes focused
Sometimes lazy
Always bringing wonderful ?
of diverse people together
all wanting to add value and
reduce health inequalities.
Lynn Hedgecoe
2024

4. Untitled

Irum Durani
2024

5. Active PPIE

Shaima Hassan
2024

6. Untitled

Sean Barnes
2024

7. Fragments of a drawn autobiography

Dr Robert G MacDonald
2024

8. Can research make a difference?

Some of my words have come from the discussion we had and some from the images I picked for my border.
Stephen Rimmer
2024

9. Turning catastrophe into opportunity.

Neil Joseph, Public Adviser
2024

10. My ARC Expression

A Mixed expression of instant thought relating to what comes to show WHY I am involved with ARC NWC. Being part of something that is important to me; where I have come from and looking to the future! (with colour) (lots of colour).

Keith Holt
2024

11. Thoughts on the beginning, the present and the future of involvement in ARC NWC -

ARC NWC Public Advisers
Fold out spread
2024

12. Untitled

The two hospital baby photos in my Zine are photos of me. I was born in the North Middlesex University Hospital Edmonton District of North London with a very rare health condition known as a Congenital Diaphragmatic Hernia the mortality rate for babies born with this rare health condition ranged from 40 - 60 %. My mother had an emergency caesarean birth, and I was rushed immediately in an ambulance to the Queen Elizabeth Hospital which then existed as the sister hospital of Great Ormond Street Children's Hospital, Camden District of North London. The photo of the mug is a souvenir from the Queen Elizabeth hospital, here I was operated on and had all my lower organs put in the right place as my lower organs come up to my left chest cavity restricting the alveoli and bronchioles from developing in my left lung, as you probably know a baby is born in a woman's stomach upside down. The hernia (hole) in my diaphragm was successfully repaired and sealed up with a substance known as Dacron. The photo of the white polar soft teddy bear is a teddy that was given to me by my mum's close school friend, the teddy bear is a mascot for me. The teddy bear must be as old as me now but is still all intact like me, we have both survived this long, despite the obstacles in this world I have faced, it has been God that has inspired me to keep going.

My life can be better described by the lyrics of the Des'ree song called You Gotta Be. I have had to be bold, tough and calm in life but God and my family's love has saved me, managing me to pull through each day living in this world.

My mother probably like most Anglo-Indian mothers would have loved her son to go into medicine to be a paediatrician managing medical conditions affecting infants, children and young people. It was evident this ambition my mum had for me, as at a young age my mum bought me a German line of toys called Playmobil, it was an ambulance and an ambulance helicopter both saving a young infants life. Unfortunately, due to my learning disabilities of Dyspraxia, Dyscalculia and Asperger's Syndrome (words mentioned in my Zine) because of a difficult birth. I was not academically clever enough to become a doctor despite liking Science at school. So instead, I graduated with a Computing Degree from a Band C University, but everything happens for the best according to Gods plan for us, after graduating I struggled endlessly trying to mask my Aspergers Syndrome trying to communicate efficiently and confidently in job interviews wanting to work for an NHS trust dealing with managing computer health records. Unfortunately, it was not meant to be, and it led me to a depressive breakdown which was inevitable.

Although God again, with his devoted love for me, guided me to volunteer for an NHS Merseyside Mental Health Trust working on a health research project evaluating a social prescribing college called the Life Rooms based in locations across the City of Liverpool and a location in the town of Southport in Merseyside. I was diagnosed with high anxiety, moderate depression and Aspergers syndrome by Clinicians at the Autism & Mental Health Department at NHS MerseyCare. Volunteering as a service user researcher for NHS MerseyCare evaluating the Life Rooms on whether the social prescribing service helps service users to better manage their mental health conditions and learning disabilities. It then enabled me to enter a paid role as NIHR CLAHRC/ARC NWC Public Health Research Adviser which consists of five universities across the Northwest Coast of England collaborating for better health and social care for residents living within the Northwest Coast of England. I don't know what the future brings but already I have typed out a blog featured in the NIHR ARC's National Newsletter about embracing Artificial Intelligence (A.I.) technology to be used to better help residents living in the UK by providing better health and care across the life course of people's lives. The words A.I Healthcare is represented in the Zine. I have also developed my working skills by studying part time at

a B and B University one of only three universities in the UK teaching the subject area of learning about British Sign Language (BSL) and the deaf community like deaf health charity within the U.K. Learning about the deaf community there are quite a few similarities with people diagnosed on the Autistic Spectrum and other learning disabilities like Dyspraxia hence the reason why the course is very popular among Autistic Spectrum students. The letters BSL are also mentioned in my Zine and hoping that in the future more health and social care research into the deaf community's health and social care needs and intentions can be focussed upon by NIHR ARC's, as the deaf community are a seldom heard community in the UK so hopefully this can bridge the gap in terms of health inequalities. Thanks, taking the time to read this extract explaining the purpose behind my Zine design, Jamie Hunter 2024

13. Untitled

Paula Byrne
2024

14. Untitled

2024

15 Power of...

-voice, thought, opinion, lived experience
Paul Moran
2024

16. We are all equal

Public advisers have the power to do more. We are inclusive but everything being in chaos and everything happens slowly. We have visions, the power to make the next step. It is getting closer but we have to count the ?, leaving a legacy. Unfortunately some of our documents and papers are unread and go up in the air. We all talk sense.

Sandra Smith
2024

17. Untitled

Health research suffers from a narrow readership. Those who read or hear original work in the field are usually competitors for recognition or seeking funding. Benefits from research in the wider world are fewer because of limited publication.

Professionals cannot easily spread their findings for lack of access to journals read by those who would be interested in the results.

The development of the public adviser role could facilitate this diffusion of research findings between groups that do not usually communicate with each other.

Trevor Bayley
2024

18. Untitled

We live in a complex world. A world which can be overwhelming at times and enjoyable at other times. We can embrace the many diverse opportunities presented to us. We can successfully navigate our way through the buffer and trials and tribulations. But when we can't? We can turn to each other. We can find an outlet.

We can seek solutions where we may have otherwise thought there were none. We can be better together.

Sheila Samuels
2024

19. Don't forget the children!

My artwork represents how I feel about the state of our world these days. As we are all related to one another, I feel my work as a public adviser has no meaning without having justice in the world and safety for all the children of the world. We have a duty to keep children safe, healthy, to be able to grow in peace and have the opportunities to be the best they can. Only then the world will become a better place to live in.

Patricia Jamal
2024

Drawing on Experience: Creative Collaborations with Experts by Experience

Issue Two - In Collaboration with ARC NWC

A collaborative zine made by ARC NWC public advisers at a workshop facilitated by Nicola Harman, Mark Roughley, Abby Sumner, Shaima Hassan, Paula Byrne, Ruth Ball, Sian Cunningham, Anne Liu and Selina Wallis in March 2024.

100 copies, risograph printed using melon and federal blue non-toxic inks, in Liverpool, UK

Paperstock: Context Natural 115gsm

A digital version, is available by scanning the QR code or following the link below.

If you've got any questions, would like to feedback or have an idea for future issues please get in touch with Nicola Harman by email: n.harman@liv.ac.uk. For questions about ARC NWC please contact: arcnwc@liverpool.ac.uk



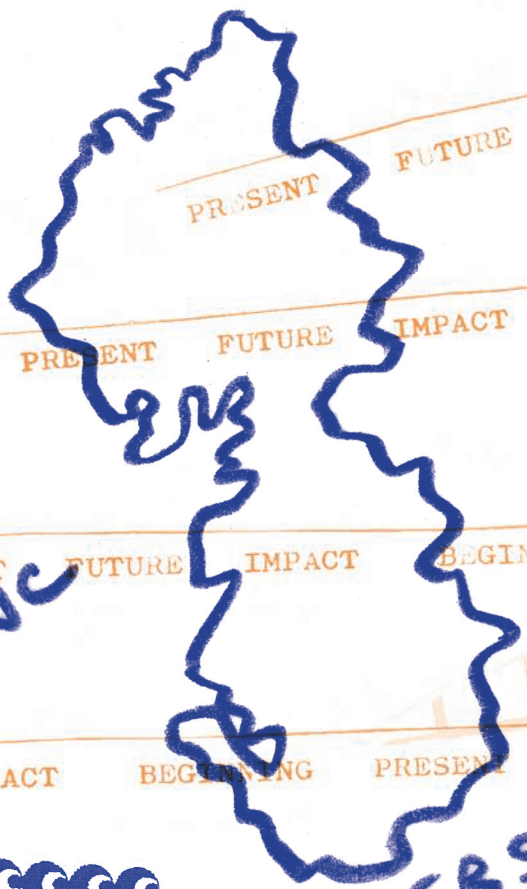
NIHR | Applied Research Collaboration
North West Coast

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https://bit.ly/drawing_on_experience_volume2



BEGINNING PRESENT FUTURE IMPACT



ARC-NWC



ADVISERS

TURE IMPACT BEGINNING PRESENT FUTURE
PUBLIC

