



## Knowledge Exchange Seminar Series (KESS)

*...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland*



# Promoting wellbeing through partnership and co-production

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# Overview

Background

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# Background

The constituency of North Belfast is an area of multiple disadvantages and has the highest suicide rate in Northern Ireland  
(Constituency Profile Belfast North, December 2012).

“To promote, develop and support the crucial role of arts and culture in creating a cohesive community and delivering social change to our society on the basis of equality for everyone”  
(‘Strategy for Culture and Arts 2016-2026’, NI Assembly)



# Rationale

## Personal



Background as a practicing Artist working with community groups throughout Northern Ireland.

Within HE, supporting students with mental ill health.

## Institution



Ulster University position in its strategic plan as an institution committed to civic responsibility.

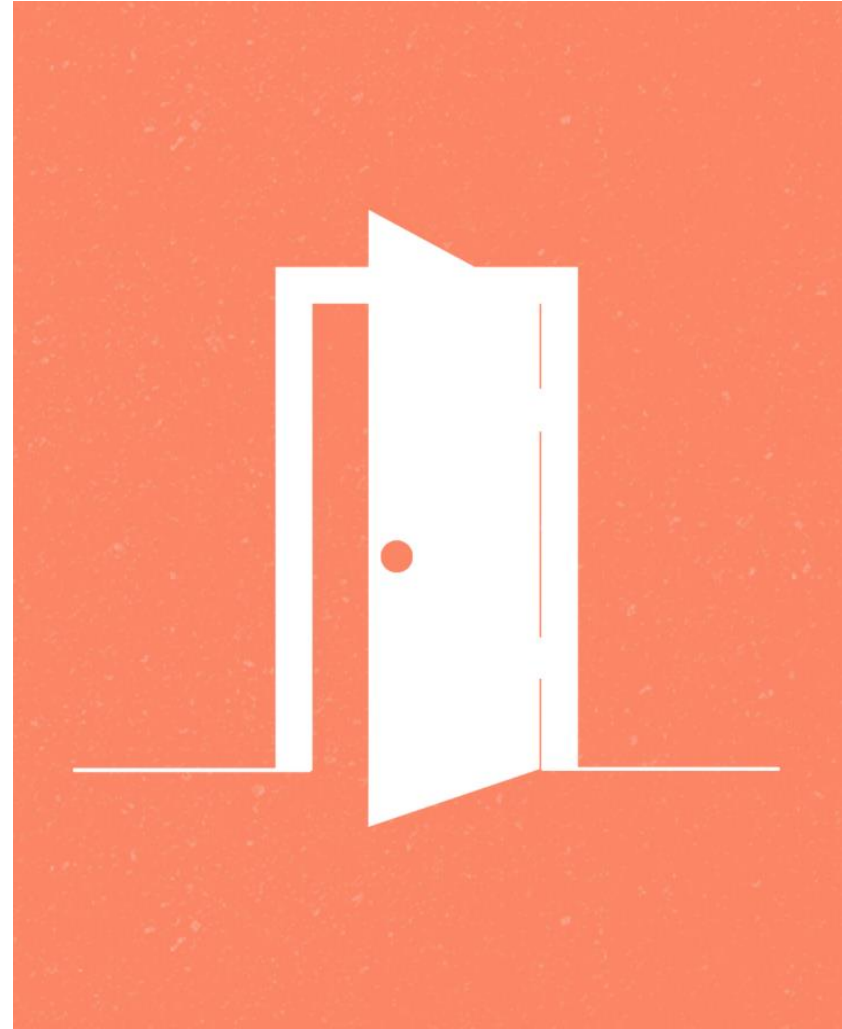
Contributing towards the wellbeing and economic prosperity of Northern Ireland's society.

# Activities

Series of collaborations with PIPS Charity, North Belfast.

The development of the partnership: the key considerations, synergies and modes of working.

How these activities have informed the recommendations and what can be learned that may inform future partnerships within communities.

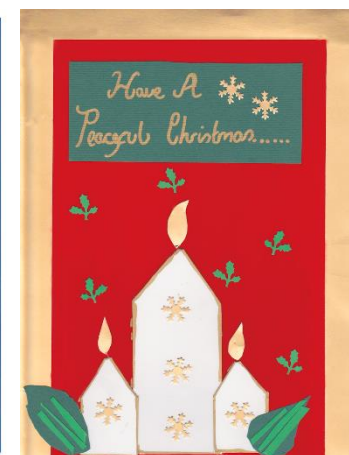
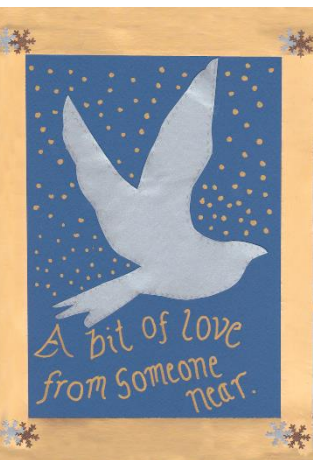




# A Peaceful Christmas

2 post-primary schools in North Belfast  
8 Workshop sessions (4 sessions per school)  
40 pupils  
4 teachers and teaching support staff





**“I have really enjoyed coming to these (workshops),  
I didnt think that everyone thinks bout some of  
things I do I mean when you feel whats the point”  
(student 12)**

**“I hadn’t thought about how your family would feel”  
(student 24)**



# Family Support Group





Creative activities can afford opportunities for reflection, evaluation and often the articulation of what we know or see, but cannot verbalise orally or through prose.

By participants controlling the creation and selection of images they can most legitimately present their meaning or response to an issue and/or concern.

Discussions then evolve to further explore the significance and themes emerging from the imagery.

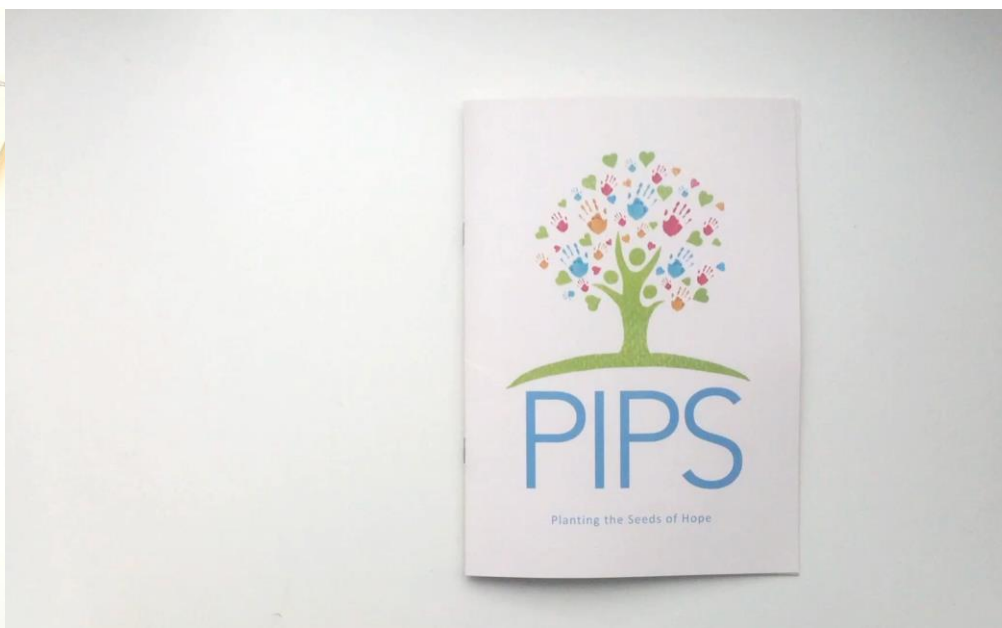




Affording people the opportunity to develop and articulate their voice and present it to the wider community can be a route to motivate and empower those involved and build social capital within their communities.

(Thomas, 2008; Esche and Bradley 2007, Matarasso, 2015).









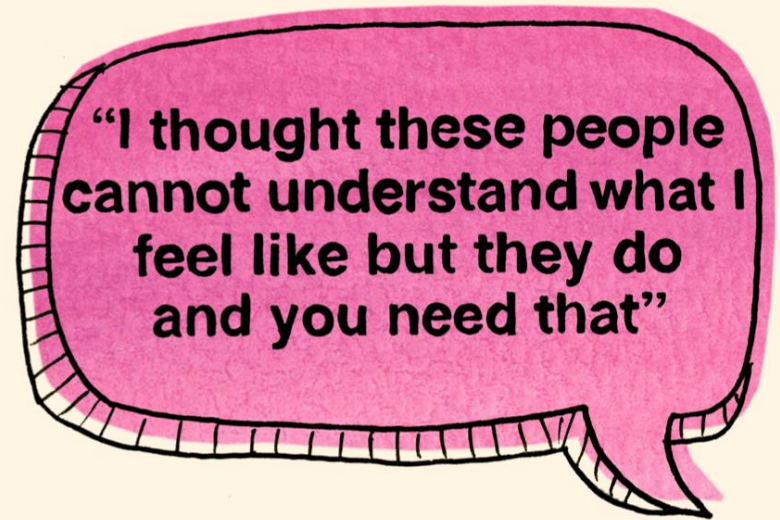


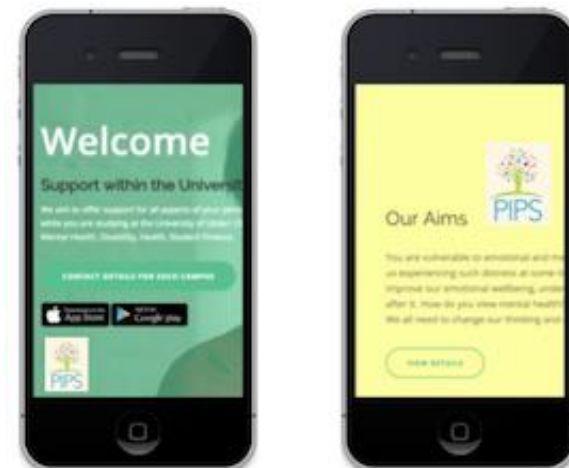
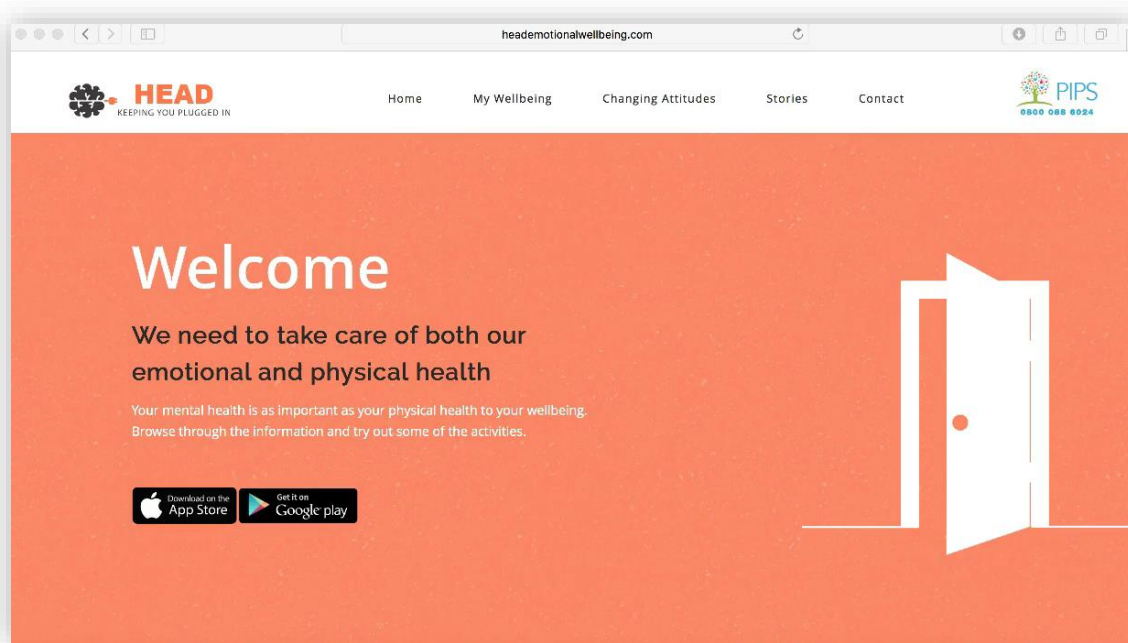
# Key Findings

Fundamental to the development of any partnership is recognition that knowledge can be created outside of the academy and other formal bodies.

Who the experts are and where they are located is changing and this approach to partnership can lead to coproduced forms of knowledge.

Communities can inspire and inform public bodies and in turn be supported by them.





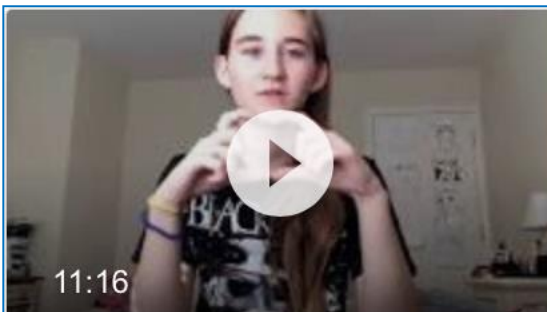
# Changing social practices



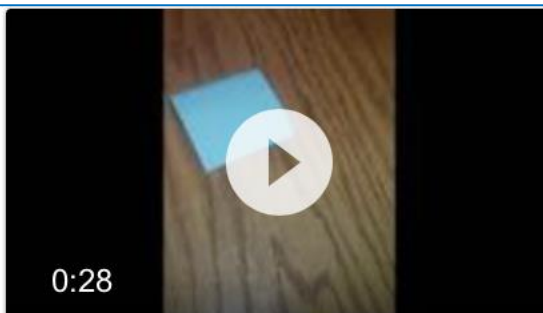
# Future Focus







HOW TO CUT  
YOURSELF (FOR THE  
EMO) ;)



How to cut yourself  
without pain 100% legit



How to properly cut  
yourself Tutorial.

## A VIRTUAL PATH TO SUICIDE / Depressed student killed herself with help from online discussion group

Julia Scheeres, Special to The Chronicle Published 4:00 am, Sunday, June 8, 2003

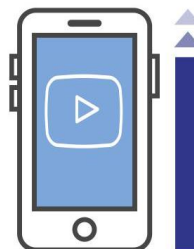






# FIRST PHONES ARE A MAJOR MILESTONE

PING!

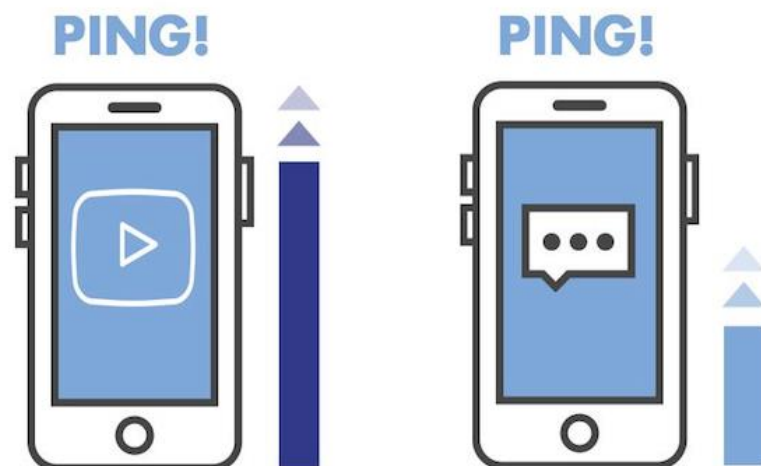


"Our generation is taking way too many selfies and staying up all night watching videos. Some of my friends only sleep for three hours, and they still go to school the next day. I kind of think it's normal because I do that too sometimes" (age 14)

Median age at which respondents report getting their first phone



Source: M2 At what age did you get your first smartphone? Please type in the age you were below. Base: All respondents 13-17 (428), 18-24 (504), 25-29 (449), 30-34 (429)



More teens spend 3+ hours watching video on their phones every day than any other activity

Across all age groups, more time is spent watching online video on their phones than any other smartphone activity, but teens watch the most. Seven in 10 teens say they spend more than three hours per day watching mobile video.

**VIDEO  
RULES**



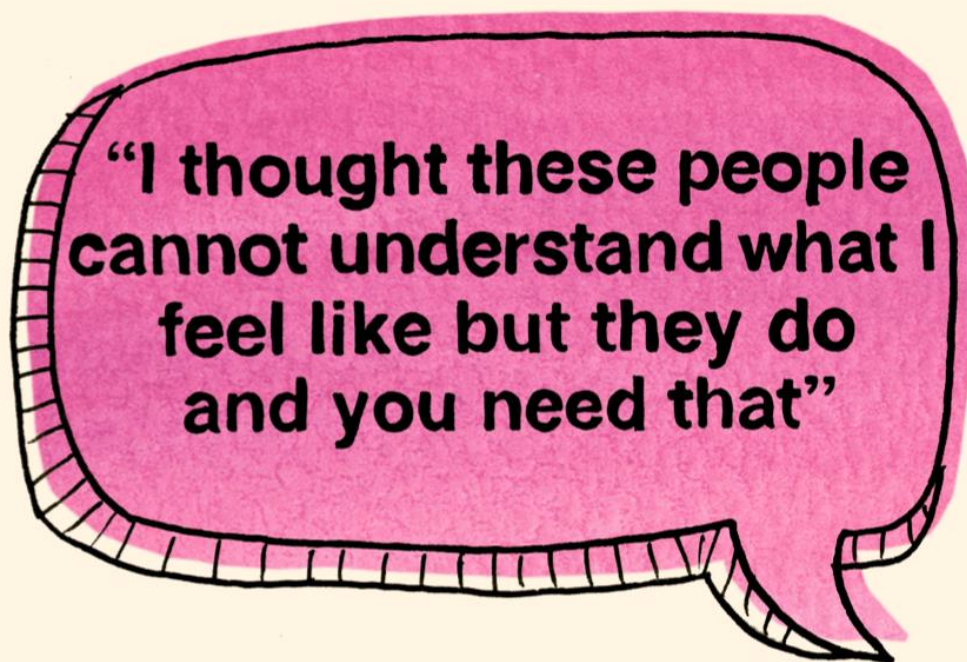
# Recommendations

Public health initiatives and/or interventions should engage with the developing social practices of young people (aged 10-25) in our society.

These engagements should be informed in their design, content and implementation by authentic research partnerships with young people (aged 10-25).

This approach to partnership can lead to coproduced forms of knowledge. Communities can inspire and inform public bodies and in turn be supported by them.





**Thank you for  
listening**

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Northern Ireland  
Assembly



The Open  
University



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