

3rd Community Psychology Festival

Arnolfini, Bristol | 15-16.09.2017

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Book of Abstracts

Welcome to the 3rd Community Psychology Festival! The Festival is co-organised by the **BPS Community Psychology Section** and **UWE Bristol** and provides an accessible alternative to an academic conference, with public participation at its heart. We are delighted to bring this unique event to Bristol, a city that has gained a reputation for its creative and independent spirit, as well as the increased sense of community engagement of its residents. At the same time, Bristol faces familiar challenges: homelessness, defunding of welfare services, and marginalisation of minorities.

There is plenty of work aligned with Community Psychology out there, even though it might not call itself that. It is tricky to define Community Psychology in a straightforward, uncontested way. One attribute that does characterise those of us who practice psychology under this term, is our firm belief in the power of collective action to challenge toxic practices and facilitate social change. The Festival aims to bring people who are drawn to this field and the work it espouses together, whether they are psychologists or not. This year's theme: *Falling apart, pulling together: Collaboration in times of division* represents our wish to connect with and learn from others, debate and discuss issues that matter to us, and stand in solidarity while tackling some contemporary problems that face our communities. We have put together an exciting array of contributions, and thrown in some ice cream and glitter for good measure, just in case anybody forgets that this is a Festival in both name and spirit.

Feedback from the two previous Festivals identified intangible qualities as the best things about them: the atmosphere, the energy, the connections (old and new), the conversations that carried on beyond the curtain fall. Here's to another opportunity to capture and relive some of that community magic.

Enjoy the Festival!

Miltos

Festival Team

Organiser: Miltos Hadjiosif

Co-ordinator: Amelia Ince

Venue Liaison: Jodie Burden

Promo Queen: Katie Wood

Registration Overlord: Eleri Heathcote

Bursary Master: Jonathan Buhagiar

Art Director: Cathy Warner

Consultants: Meera Desai, Lucy Johnston

Programming squad: Carolyn Kagan, Rebecca Lawthom, Glenn Williams

Volunteer posse: Flora Strange, Roisin Farmer, Charley Cole, Jessica Ramplin, Sofia Olsson, Cariad Rees, Zoe Zook, Subitha Baghirathan, Ella Davison, Tamsin Curno

Thanks to Olena Doran, Peter Clegg, and Chris Pawson at UWE Bristol and Jon Sutton from *The Psychologist* for their support. Special thanks to Iain MacLeod from the BPS South-West branch for providing us with a small grant. We extend our thanks and gratitude to everyone who helped spread the word and took the time to contribute to the Festival.

Important Information

The Arnolfini

We would like to thank our host, the **Arnolfini** Centre for Contemporary Arts, for providing us a great space and all the help we've needed to bring this Festival to life. The Arnolfini is a gallery open to the public, and you are welcome to have a look at the exhibitions. The Café is open for business as usual.

Lunch

Lunch will be served at **Bordeaux Quay**, just across the water from the Arnolfini. Bordeaux Quay sources its ingredients with careful consideration for the environment, using local and organic produce when possible. It is a proud member of the Sustainable Restaurant Association, being recognised as a Three Star Sustainability Champion, the highest possible national award for its all-round sustainability.

Check it out here: <http://www.bordeaux-quay.co.uk/>

Ice Cream

On Saturday, we shall be treated to an ice-cream extravaganza courtesy of the **Brozen** bros. Joe and Ben, twins and ice cream enthusiasts from the beaches of Cornwall, left their corporate jobs with the vision of creating Liquid Nitrogen Ice Cream based upon the values of supporting the community and social responsibility. Brozen was born in the heart of St Nicholas Market, Bristol.

Check them out here: <http://www.brozen.co.uk/>

Why are some people wearing glitter?

The Festival Team have been instructed to show up in 'festival attire'. We left that open to interpretation, but if you see anyone walking around in welly boots, this probably means they can answer questions about the Festival and the Community Psychology Section. Feel free to join the fun (and confusion) by turning up in your most festively clothes.

The Festival has SOLD OUT! That is very exciting. Please arrive for sessions in time and pretty please only one ice cream per person.



Stay Connected

Tweet your reactions to the Festival



#commpsyfest17

Find out about future Community Psychology Festivals:

<https://www.facebook.com/communitypsychologyfestival/>



**the
psychologist...**

The Psychologist magazine has put together a collection of articles on Community Psychology to mark the 3rd Festival:

<https://thepsychologist.bps.org.uk/festival-community-psychology>

If you're interested in joining the Section:

<https://beta.bps.org.uk/psychologists/member-networks>



**The British
Psychological Society**
Community Psychology Section

And be sure to check out our Ning: <https://communitypsychologyuk.ning.com/>

FRIDAY, 15th September

8.30 – 9.30 Registration
Welcome coffee

9.30 – 10.00 | Auditorium

Welcome Talk

Miltos Hadjosif, *Festival Organiser*

Sally Zlotowitz, *Chair BPS Community Psychology Section*

10.00 – 10.10 Interval

10.10 – 12.00

10.10 -10.40 | Auditorium

Thrive Bristol - Creating a whole city approach to mental health and wellbeing

Asher Craig, *Deputy Mayor, Bristol*

10.10 -11.00 | Light Studio

Community Psychology, Wellbeing and Planetary Boundaries: a creative workshop

Carolyn Kagan, *Steady State Manchester and Manchester Metropolitan University*

Mark Burton, *Steady State Manchester and Manchester Metropolitan University*

We like Community Psychology because: *It has the potential to offer some hope for the future.*

Abstract:

In this participative workshop we invite you to explore how community psychology could extend its understanding to the broadest ecological, economic and social contexts. We will cover:

- (i) creative methods for expanding community psychological understanding and potential for action;
- (ii) the links between social experience, social justice and planetary boundaries;
- (iii) the potential for community psychology to intervene in this broader nexus to help secure viable futures for all.

Drawing on, for example, the participatory theatre of Augusto Boal and others, we will 'sculpt' different social experiences (such as health, housing, inequalities, employment, care) and the planetary boundaries (such as biodiversity loss, climate change, green house gases, sunlight, photosynthesis) and identify some of the social processes needed to ensure wellbeing and prosperous futures for all.

Throughout we will take an interdisciplinary stance, linking community psychology to new economics, drawing on our experiences of community psychology in different countries, being part of the Steady State Manchester collective and some of the recent social justice initiatives within UK Psychology.

If people want to find out more about this session then:

Email c.kagan@mmu.ac.uk mark.burton@poptel.org

<http://steadystatemanchester.net> Steady State Manchester

<http://uncommontater.net> Mark's personal blog.

Find our work on Academia or Research Gate or www.compsy.org

10.10 -12.00 | Meeting room

Social Poetry – Listening to Ourselves

Anne-Marie Cummins, *University of the West of England, Bristol*

Abstract:

This café style event is a unique chance to contact the 'under the surface' preoccupations of participants as citizens and workers and turn them into social poetry. The event is led by Anne-Marie Cummins (Lecturer in Sociology at UWE and group analyst in training) and will invite participants to:

- *share* their political and personal preoccupations
- to see if we can *make links* between these preoccupations and explore the underlying images and visual associations thrown up in discussion
- and, using the method the Surrealists movement called '*Exquisite Corpse*' turn these into group-produced 'poems' - which will *reveal more about us than we thought we knew*.

This is a fun workshop but also a way of using creative methods to access the social unconscious and to bring us together as citizens and workers to think about the links between the personal and the political

If people want to find out more about this session then:

Email: Anne-marie.cummins@uwe.ac.uk

10.40 -12.00 | Auditorium

Symposium: Are we critical enough?

Carl Walker, *University of Brighton, Brighton*

Miltos Hadjiosif, *University of the West of England, Bristol*

This research has implications for policy on...."- Why nobody listens to community psychologists

Carl Walker, *University of Brighton, Brighton*

The recent proposal by the Cabinet Office to block researchers who receive government grants from lobbying for policy changes marks the latest and least subtle attempt to shape the evidence/policy relationship through an ideological lens. This paper outlines the rational and irrational ways in which psychology evidence is selectively appropriated to meet neoliberal ideological goals and how these processes only fleetingly relate to the hierarchies of evidence which we insist on privileging as academic psychologists. Using a close analysis of the government's Behavioural Insights Team, the Troubled Families Programme and UK Gambling legislation, this paper draws upon the selective appropriation of certain psychological findings by recent governments to critique the implicit naïve assumptions that our discipline holds regarding evidence, policy and ideology. With few exceptions, we suggest that the enlightenment era policy logic of psychology does not allow the conceptual foundations needed to make meaningful sense of the relationship between what is framed as 'evidence' in the era of 'austerity' policymaking. There is no 'policy cycle' through which to inject scientific evidence to allow social progress. Rather, the policy process is hidden, messy, unpredictable, and utterly dominated by a range of ideological heuristics. The paper finishes by suggesting ways that critical community psychologists might draw upon our work to stand alongside those most marginalised by the austerity programme.

Criticality in Counselling Psychology Training

Miltos Hadjiosif, *University of the West of England, Bristol*

Counselling Psychology (CoP) has now firmly positioned itself as a legitimate branch of applied psychology with declared emphases on the therapeutic relationship, the reflective scientist-practitioner model, and social justice. At first glance, community psychology seems like a great fit with CoP principles and training standards. However, the task of bringing criticality into the classroom is hampered by CoP's incapacity to distance itself from problematic practices and ideologies.

I teach and supervise research on UWE Bristol's Professional Doctorate in Counselling Psychology. I will briefly outline my own journey through CoP training, which led me to seek out Community Psychology as a more sophisticated and critical way of bridging the individual-social divide. I then identify four areas where urgent attention is needed: Firstly, the demands and constraints of training understandably limit the time and energy that trainees have to invest in critical scholarship and praxis. Secondly, the lack of placements

amenable to critical and community ideas, which forces many trainees to seek employment in orthodox mental health settings. Additionally, the perpetuation of methodolatry, relative dominance of positivistic and popularity of simplified qualitative research in psychology; factors that obfuscate attempts to integrate community psychology perspectives in CoP trainee research. Finally, the lack of scholarship on how to retain a genuine focus on the therapeutic relationship, without unduly obscuring other relational networks within which clients and practitioners are embedded. I argue that terms such as 'humanistic values', 'psychotherapy integration', 'diversity', the 'unconscious', the 'social' etc. need to be more deeply problematized in the light of both toxic and fallacious assumptions embedded in the very fabric of our parent discipline of psychology.

Attacking the neoliberal university from 'within'- statactivism, critical praxis and the National Senior Managers Survey

Carl Walker, *University of Brighton, Brighton*

Statistics are often contested and have been accused of 'freezing' human relations where the understanding of realities becomes mediated by what schemata designed in other worlds can capture. However social critique also often relies on statistical arguments and much can be gained by creating spaces where a 'militant use of figures' can be used to defend the utility and quality of public services. Statactivism has been defined as collective action using numbers, measurements and indicators as means of denunciation and criticism. What hegemonic logics of quantification have installed, statactivists can dismantle or at least roughen up. As a direct challenge to the dominance of regressive statistical ways of knowing that are currently bedevilling HE (the TEF and the NSS), the National Senior Management Survey is a potentially controversial subversion of neoliberal accounting. The Survey is a tool for academic staff around the UK to complete on the practices of their senior management team and seeks to move the focus from the narrow NSS/TEF metrics of staff performance to the senior management teams who set the conditions through which staff performance becomes possible. The survey mirrors the NSS process and will set up a national league table of senior management teams such that regressive and progressive higher education regimes can be made visible, critiqued and denounced. This paper discusses findings from 6,000 UK academics and highlight the multiple ways in which the marketization of UK higher education has contributed to a diminished capacity of academics to support students and their wellbeing. We finish by presenting the UK league table and discuss the political implications of academic activism 'in our own backyards'.

If people want to find out more about this session then:

Email: C.J.Walker@brighton.ac.uk or Miltos.Hadjiosif@uwe.ac.uk

11.00 -12.00 | Light Studio

Museums, Creativity and Wellbeing: Community art groups as a route to wellbeing

Nicola Holt, *University of the West of England, Bristol*

Louise Campion, *Holbourne Museum, Bath*

Finn White, *Bristol City Museums, Bristol*

Abstract:

The use of art in the community to promote health and happiness is both an ancient and flourishing practice. An example of this in practice is demonstrated by the Bristol Arts on Referral Alliance, where general practitioners in the local area can prescribe attendance at community art groups to patients, with the expectation that this will improve their wellbeing. The efficacy of art to promote well-being is increasingly recognised, with a growing evidence base. Nicola Holt will make a brief overview of this evidence base and will discuss some explanations for why the arts might promote well-being. This workshop/seminar will then provide an overview of two Museum-based community art groups: Shine at MShed, which is coordinated by Finn White; and The Gardener's Lodge Art Group, led by Louise Campion at the Holbourne Museum, Bath. Finn White and Louise Campion will discuss how these groups work in practice. Together we will then explore associated issues. For example, how can the efficacy of these groups be evaluated in a way that is meaningful for different parties (including the participants, artists and funding bodies)? Are Museum Staff sufficiently trained to deal with ethical issues that can arise in this context? Is there something special about Museums as cultural spaces that promotes wellbeing? We will end with a creative activity for all attendees; a collaborative process inspired by images from Museum collections. This activity will be facilitated by two museum art-group participants who will reflect on their own experiences of arts and wellbeing groups in museums.

If people want to find out more about this session then:

Email: nicola.holt@uwe.ac.uk

12.00 – 1.30 Lunch

1.30 – 3.00

1.30 -3.00 | Auditorium

Do we still need psychiatric diagnosis?

Lucy Johnstone, *Self-employed Writer and Trainer*

Abstract:

Something extraordinary has been happening in the world of mental health. No one doubts that people do have very real experiences of extreme distress and desperation. But the idea that these states are best understood as a kind of 'illness' which can be diagnosed as 'bipolar disorder' or 'schizophrenia' or 'personality disorder' and so on, is increasingly questioned. In fact, some of the most devastating recent criticisms have come from the very people who were responsible for drawing up the diagnostic manuals.

In this talk, we will discuss the flaws of psychiatric diagnosis, and ask whether giving someone this kind of label is the only or the best way of answering the question of why they are suffering in this way. It is perfectly possible to work with people in severe mental distress without using psychiatric diagnosis. Given the acknowledgement that psychiatric diagnoses are not supported by evidence and that the process of developing them is 'not scientific', then, arguably, no one should be forced to accept them. If many mental health workers are openly questioning diagnosis and saying we need a different and better system, then service users and carers should be allowed to do so too. While diagnosis may remain necessary for some practical purposes, acceptance of this particular way of defining yourself and your difficulties should not be the only option. We will discuss alternative kinds of understanding that may be more accurate and useful. This discussion will help to increase people's knowledge and choices.

If people want to find out more about this session then:

Email: LucycJohnstone@gmail.com

1.30 -2.30 | Light Studio

You may say I'm a dreamer: Using art therapy to visualise our role in social change

Katerina Alexandraki, *University of Hertfordshire*

David Berrie, *Off Centre*

Abstract:

You may say I'm a dreamer. Using art therapy to visualise our role in social change.

The fire at Grenfell Tower inspired thousands of individuals to offer their help. Following their experience of an art therapy response in the area, the facilitators share their reflections on being able to help, and on building communities of care. They argue that art therapy can be used in community action and invite participants to share their perspectives. In times of division, how can we facilitate a visual dialogue on the qualities of communities we want to build? How can we use art making to explore our individual identities as helpers?

This session will be an experiential workshop: a reflective space where we will be making images. We will explore together our visions for our communities, bringing personal meanings to a collective process.

If people want to find out more about this session then:

Email: katerinaalex@yahoo.com or daveberrie@gmail.com

1.30-2.00 | Dark Studio

"We can do it!"- A community psychology project aimed at improving the health and social care support for parents with a diagnosis of Learning Disability

Paula Grant, *Hammersmith and Fulham Learning Disabilities Partnership/University of East London*

Abstract:

Historically, there have been concerns about people with LD becoming parents. This has been demonstrated in the involuntary sterilisation of people with LD and the later compulsory removal of their children during the 20th century.

Parenting is now recognised as being a basic human right for all adult citizens (The Human Rights Act, 1998) and such rights have been reflected in policy documentation such as 'Good Practice Guidance on Working with Parents with a Learning Disability' (Department of Health and Department for Education and Skills (DOH & DOE), 2007). However the extent to which such policies have impacted the lives of such parents is questionable (Working Together with Parents Network, 2016). Parents with a diagnosis of learning disability are also exposed to a range of health and social inequalities, experiencing negative attitudes from family and professionals with regards to becoming a parent (Mayes, Llewellyn and McConnell, 2006) and exclusion from decisions regarding their children (Gould and Dodd, 2014).

This presentation will detail a community psychology informed project that aimed contextualise the difficulties that people with learning disabilities face when becoming parents. It will demonstrate some of the planned actions and moves towards change including network developments and connecting parents with change makers in mainstream services. It shall also detail some of the challenges of incorporating community psychology approaches into mainstream NHS services, focusing on difficulties with recruitment and managing small attendance.

The presentation shall include a video interview with a parent who co facilitated the group, followed by a question and answer session.

If people want to find out more about this session then:

Email: u1438304@uel.ac.uk

1.30 -3.00 | Meeting room

Social Dreaming Matrix– An Experiential Event

Lita Crociani-Windland, *University of the West of England, Bristol*

Anne-Marie Cummins, *University of the West of England, Bristol*

Abstract:

Social Dreaming workshops were originally developed by Gordon Lawrence as a means of consulting to organisations in a way which could go 'beneath the surface' to the unconscious preoccupations, images and phantasies that are ever-present but often unsurfaced in organisational life. Since then it has been developed in ways which take it outside of organisations and into community and community research.

This workshop will be an experiential event in which people are invited to offer their (recent) dreams and to free associate to them as a group. We try and work towards a collective sense of the emergent themes arising from the dreams and to do some thinking together about what they may be telling us. By pooling and connecting our dreams we aim to both 'take the pulse' of some of the broader and deeper social realities present in the temporary community of the Festival and to surface common concerns and creative possibilities.

The time is spent in two phases, an initial event in which participants share dreams and associations and a reflection event in which participants do sense making of the material that arose during the matrix.

For more information see <http://www.socialdreaming.com/socialdreaming/>

The numbers for this event are limited to 25. Please sign up in advance.

If people want to find out more about this session then:

Email: Lita.crociani-windland@uwe.ac.uk

2.00-2.30 | Dark Studio

'Helping them hold up their world'- the care practices of parents of children with complex needs

Carl Walker, *University of Brighton, Brighton*

Abstract:

Emotional distress is high among the parents of children with complex needs and many such parents appear particularly prone to experiences of financial strain during periods of government austerity. The technological paradigms of medical and psychiatric practice have effectively colonised such human distress experiences. However meaningful practices of care exist beyond these colonies. They reside in the material possibilities and relationships that people experience in settings like 'Amaze', a parent-led charity active in Brighton. Focussing on two collaborations between a community psychologist, Camhs and Amaze - a parent-led

peer support groups and the Disability Living Allowance project, which supports parents to complete a complex form - this paper explores a range of care practices that are varied, banal, multifarious, informal, and often ad-hoc. Taken as a whole, they open up a diversity of experiences, practices and opportunities, some of which are experienced therapeutically, others as more pragmatically helpful. This paper argues that informal care, whether implicit, visible or tangible, can best be understood as sets of disparate practices that are choreographed into patterns that people sometimes experience as useful and meaningful. It suggests that the utility of an organisation like Amaze is in its capacity to implicitly understand wellbeing not as a set of entities to be acquired or as internalised qualities of individuals but instead as relational, fluid practices in specific times and places. The rich forms of knowledge accrued and negotiated between parent-carers implicitly recognise the social codes, habits, instruments, needs and ways of making sense that resonate so powerfully with other parent carers who reach out for help. This paper presents pictures of care as advocacy and solidarity which is complex, messy, demanding, multi-stakeholder and often seemingly intractable but which has implications for the way that informal care is understood in debates about the role and capacities of the state during periods of 'austerity'.

If people want to find out more about this session then:

Email: c.j.walker@brighton.ac.uk

2.30 -3.00 | Light Studio

Resilience Lab - Educating young people on how to bounce back from adversity before adversity arises

Cat Taylor, *Off the Record, Bristol*

Charlotte Randomly, *Off the Record, Bristol*

Abstract:

We all know that life has it's ups and downs and sometimes things get stressful. Knowing how to bounce back from these challenges is really important for our health and happiness and at Off the Record we're big believers in taking care of yourself – knowing when to rest, how to relax and recognise your strengths are important features of good mental health. The proposed Resilience Lab workshop is designed to teach individuals about ways they can monitor their mental health and build resilience and wellbeing. Our target age group is 11-25, however sessions are designed to also skill up those who work with young people, or just want to learn some ways of supporting their own wellbeing. We're called a "lab" because we believe that life is like one big experiment, and finding ways to support your mental health, build resilience and take ownership of your wellbeing can be a bit trial and error. In a typical workshop participants will receive a small taught element, including the background and evidence base of Positive Psychology and how it's techniques can be

valuable in staying well. However the main element of our workshops is participatory, asking attendees to test out different activities, worksheets and games (such as pressures Jenga and wheel of stress) illustrating that although stress is a fact of life, it can be acknowledged and engaged with in a positive way.

Off the Record's core aims are to support young people to empower and intellectually defend themselves through the provision of mental health services and development work, to promote positive mental health and the resilience of all young people, and to challenge the wider social and structural inequalities that lead to poorer mental health and life chances. Resilience Lab is no exception, and although our sessions focus on skilling up the individual, we believe that a community wide, health promotion approach should be taken with the hope that the whole community can support young people in finding ways to overcome emotional and psychological issues before they even arise.

If people want to find out more about this session then:

Email: cat@otrbristol.org.uk

2.30-3.00 | Dark Studio
The role of nature in well-being
Naomi Stone, *St Monica Trust, Bristol*

Abstract:

During a time when our lives are increasingly spent indoors and in urban environments it feels intuitive that spending time in nature is good for us. Recent media reports and the lifestyle industries further endorse our inherent connection with nature, known as biophilia. This workshop will encourage a critical eye over whether the well-being benefits of nature is 'fad' or 'fact'.

By sharing case studies, research and personal experiences, this interactive workshop will discuss the evidence around how contact with nature or natural elements can, as claimed, reduce stress, restore attention, promote health and increase levels of well-being. We'll also consider the practical implications of incorporating nature into our lives.

You will come away with:

- up to date knowledge of biophilia – a term coined by EO Wilson known as the human-nature connection;

- authentic approaches for contributing to your, your community's and family's well-being;
- practical, evidence-based applications for introducing or enhancing the human-nature connection within the community, home and work settings;
- a critical eye on the lifestyle industries, fads and fashions associated with well-being and nature.

Join in the conversation for a fresh perspective on your own relationship with the nature around you.

Naomi completed her Masters in Occupational Psychology in 2016 with the University of the West of England under the Supervision of Dr Paul Redford. Her dissertation was on The Impact of Biophilia in the Workplace. She's an HR professional (CIPD Assoc) with over eighteen years' experience.

If people want to find out more about this session then:

Email: naomilisastone@gmail.com

3.00 – 3.30 Coffee Break

3.30 – 5.00

3.30 -4.00 | Auditorium

What pulls us apart and what holds us together-the management of resentment

Lita Crociani-Windland, *University of the West of England, Bristol*

Abstract:

This paper aims to outline how the social and political climate of our time has fed and been fed by grudges and how different political stances have manipulated or managed the emotional pulse of UK and US populations. That politics is more about feelings than rationality has been amply demonstrated by recent events of historical magnitude. The politics of our time has been repeatedly named as politics of resentment, but this should be more correctly stated using the Nietzschean term 'ressentiment'. There is a difference between these two terms in that resentment is the angry feeling a group has when it feels it has been wronged and when it directs this feeling towards the real source of injustice rather than an object of fantasy, an "out group". 'Ressentiment' is more like a grudge and is typically provoked when people feel they have to give up something and yet no body, party or institution will stand up for them. Politicians and media can exploit it and manipulate it by offering scapegoats, distracting people from the actual causes of their suffering and

perpetuating what Nietzsche would have termed a disease 'par excellence' or they can offer containment and channel the grievance to create the conditions for change that will address the source of grievance. The difference in how grievances are managed has a big impact on whether it helps us to pull together or pulls communities apart.

If people want to find out more about this session then:

Email: Lita.crociani-windland@uwe.ac.uk

3.30 -4.00 | Light Studio

Research paper: "Making my voice heard": the impact of community engagement forums with older people

Katie Wright-Bevans, *Keele University, Staffordshire*

Abstract:

In disadvantaged cities such as Stoke-on-Trent, community engagement forums offer older community members the opportunity to get together, gain information on local services and voice their opinions. Such forums have been facilitated in Stoke-on-Trent for over five years with many forums attended by over 100 local residents aged 50 plus. Despite their popularity, there has been little evidence of the impact of community engagement on the older people involved. This collaborative project used the innovative world café methodology to gain insight in the benefits and barriers to community engagement experienced by older people. Over one hundred older adults participated in one of two world cafes. These involved participant-led round table discussions about community engagement during community engagement forums.

The recorded discussions were analysed to search for common themes. Five key themes emerged: having a voice and being heard; action by the council and the community; forums as providing community knowledge; forums as providing social opportunities; and organisation as vital. Collectively these themes illustrated the wide-reaching impact of community engagement forums. Formally the forums represent an opportunity to learn about services and voice opinions and the older participants described this experience as valuable. Other benefits such as social opportunities and empowerment to take action in the local community were also clearly experienced. Participants described location, funding and communication as barriers to engagement. This project provided evidence of the wider social impact that community engagement forums have on older communities as well as insight into how such forums might be strengthened further.

If people want to find out more about this session then:

Email: k.wright.bevans@keele.ac.uk

3.30-4.00 | Dark Studio

Community psychologists' experiences and understanding of *Weltschmerz* (feeling the world's pain)

Amelia Ince, *University of the West of England, Bristol*

Abstract:

Undergraduate research exploring how community psychologists understand and experience *Weltschmerz*. *Weltschmerz* is found in the German language and translates into English, as a sense of world-weariness or feeling the world's pain. Six community psychologists, who are members of the BPS Community Psychology Section, were interviewed and thematic analysis was applied to identify patterns within the data. The emotional contours of *Weltschmerz* were explored by participants and patterns identified that allude to commonalities with more familiar emotional experiences. Socio-political Western ideas helped to construct understanding and experiences of *Weltschmerz*, which directly linked to the context of community psychology. *Weltschmerz* was described as developing through the process of obtaining a global perspective and managing responsibility derived from power and guilt associated with privilege. Mechanisms for coping with *Weltschmerz* were captured by participants and whilst some found positives in shared experiences, others reported negative strategies such as withdrawing and compartmentalisation. The traction of *Weltschmerz* within the English language will be discussed.

If people want to find out more about this session then:

Email: Amelia2.Ince@live.uwe.ac.uk

3.30 -4.00 | Meeting room

'Comrades' – how being with others can facilitate positive psychological changes following acquired brain injury

Ionie Lyon, *University of East Anglia, Norwich*

I like Community Psychology because: The integrating of context into understanding people and the communities they belong and identify with, whilst acknowledging strengths and social inequalities.

Abstract:

Research was carried out in collaboration with Headway (a brain injury charity) with the aim of understanding the process of Posttraumatic growth (PTG) following acquired brain injury (ABI). PTG is the positive change experienced as a result of the struggle with a major life crisis or a traumatic event. Common areas of growth are - strengthened relationships, changed priorities, and believing they are stronger as a result of experiencing a traumatic

event. This research interviewed 10 people who self-reported PTG and were members of Headway with grounded theory method being used to look for common experiences. The results suggest that PTG develops in a non-linear process with the initial distress and emotional impact of their ABI changing over time so that they were able to accept what they could still do and manage the things they could not do. Following on from acceptance it was important for the participants to develop new and positive social relationships with others who had similar experiences. Being able to spend time with others with shared experiences at Headway, facilitated the development of a person's shared identity and sense of companionship following ABI. Throughout the research process collaboration with Headway was considered and in response to the findings of this research members of Headway developed a sculpture with the aim to exhibit it. Engagement with participants during the research will be discussed and the importance of being with others for the process of developing PTG following ABI.

If people want to find out more about this session then:

Email: i.lyon@uea.ac.uk (up until the 29th September 2017)

Ionie.Lyon@hpft.nhs.uk (from November 2017)

4.00 -5.00 | Auditorium

Biodanza workshop

Paula Jardim, *Biodanza facilitator, Supervisor & Didactic Teacher*

I like Community Psychology because: It is about social change, happiness, mental health and wellbeing, creativity, resilience, empowerment, community spirit, equality, etc. And these are all things that socially engaged Biodanza facilitators are also interested in...

Abstract:

Biodanza is a system of human integration developed in the late 1960s by Toro, a Chilean psychologist and anthropologist who believed that personal difficulties stemmed from socio-historical situations. In Brazil, thanks to Góis*, Biodanza has been part of the biggest community psychology program since 1982, becoming a tool for community development and an approach to facilitating educational and therapeutic group processes. Toro once described Biodanza as a community-centred system for social change. Music, movement and group interaction are used to generate shared experiences capable of empowering individuals and communities. Affectivity is its core – at its highest level it manifests as social action. Toro repeatedly encouraged facilitators to defend human rights and to use Biodanza as an education for collective living, and for empowerment of marginalised and/or minority groups.

This workshop is an opportunity to experience how Biodanza promotes physical and psychological wellness, and a sense of connectedness and belonging. Expect great music from around the world. No previous experience required – just a little openness to experience.

Paula Jardim is pioneering socially-engaged Biodanza in the UK, sharing the benefits of Biodanza with a wide variety of groups, e.g. children, families, unschoolers, older people in care homes, homeless women, adults in addiction rehab, refugees, people with disabilities and mental health difficulties, professionals, and more. Her background includes music, education, community arts, psychosexual counselling, mental health and Eastern psychology.

*Gois is a Biodanza School Director and a social psychology professor from the University of Ceará who has authored several books on community psychology.

If people want to find out more about this session then:

Email: moveintowellness@gmail.com

Follow me on twitter: <https://twitter.com/moving2wellness> @moving2wellness

4.00 -4.30 | Light Studio

Falling leaves return to their roots? Pulling together health care in an increasingly privatised system

Anna Zoli, *University of Brighton, Brighton*

Carl Walker, *University of Brighton, Brighton*

Abstract:

The Health and Social Care Act (2012) (HSCA) was a recent legislation that entrusted £80bn of UK health commissioning budget to newly formed Clinical Commissioning Groups (CCGs). During and following the passing into statute of the HSCA in 2012, a number of dimensions of this manoeuvre emerged concerning what this legislation meant for the delivery of healthcare nationally and locally. In this light, a crucial aspect is the accountability regime that will reign (Checkland et al, 2013), and to what extent it will allow for citizens' engagement and democratic processes to actually take place.

Thereafter the Brighton Citizen's Health Services Survey (BCHSS) was designed to hold regular public consultations with a substantial number of citizens from Brighton and Hove in order to explore some of the broader controversies pertaining to local healthcare commissioning that were not being recorded under the current accountability regimes. In so doing this work sought to heed the Organisation for Economic Co-operation and Development (OECD, 2001) call for new ways to include citizens in policy making through citizens actively engaging in defining the process and content of policy making.

This contribution presents the results of two extensive thematic analysis conducted on the qualitative data collected from two BCHSS surveys, for a total of 634 answers analysed. In particular, we will discuss the main themes identified in relation to how people experience the increasing privatisation of the NHS, the fear of a “wilful destruction” underway, and the grassroots call for a moral commitment to public health.

If people want to find out more about this session then:

Email: a.zoli@brighton.ac.uk

4.00-4.30 | Dark Studio

Counselling Psychology and Intersectionality: A Practitioner's Personal Account

Tiffany Wing-sum Leung, *University of Manchester, Manchester*

I like Community Psychology because: It allows me to meet and connect with people from different disciplines who share similar interests on social justice.

Abstract:

I am going to present an article I am currently working on which is a practical engagement with advocating social justice and equity. Despite the claims of counselling psychology to firmly situate itself close to social justice, and counselling psychologists as the active agents of social actions, little focuses on elaborating transformations in action, in particular social justice values on the individual level. By critically reviewing my development as a trainee counseling psychologist, I used integration model (counselling psychologists' tri-identities of authors/researchers, clinical practitioners and trainees/ex-trainees as a solid foundation for me to connect with the wider socio-political levels. To put such ideas into an appropriate context, I used myself as an example of the narrative perspective, to explore themes of diversity and equality. Findings of the self-study, in form of a conceptualized model (proposed by myself), indicate how processes of power and oppression are inseparable influences on mental well-being, and hence the strong implications of the relevance of an intersectionality model for counselling and community psychology. In order to articulate such account, I highlight the important roles of 1) implications from clinical practice; 2) active self-agent; 3) reflexivity and 4) Inform from research, which allow the impact of critical pedagogy on oppression to be transitioned from the academic to the level of material action. Last but not least, I attend to how intersectionality and counselling psychology principles can interweave to stimulate further inter-disciplinary development.

If people want to find out more about this session then:

Email: wingsum.leung@postgrad.manchester.ac.uk

Follow my page: <https://corimuscounseling.wordpress.com/> or twitter/facebook:

CorimusCoun

4.00 -4.30 | Meeting room

Using theatre to change perceptions of people with intellectual disabilities

Danielle Dickinson, *University of Hull, Hull*

I like Community Psychology because:

Proper answer: It acknowledges the social rather than only the individual in distress, and enables meaningful change in people's lives.

Engaging answer: Because the fish can't always see the water.

Abstract:

The research was completed as part of a Doctoral Programme in Clinical Psychology. Negative perceptions of people with intellectual disabilities (PwID) are prevalent within wider, social contexts and more immediate contexts. Such perceptions link to widespread exclusion of and discrimination towards PwID, whilst also detrimentally impacting upon PwID themselves. Numerous attempts to change negative perceptions have been implemented with varying degrees of efficacy, including educational interventions and facilitating contact with PwID. In the 1980s, the Disability Arts movement emerged in an effort to change perceptions, and display more positive capabilities and identities of PwID. Theatre is one such art form, linked to various benefits for PwID, including improved self-confidence and self-identity, and increased visibility within society. However, the existing literature mainly focuses upon the impacts of these theatre companies on PwID themselves, rather than in the surrounding contexts where negative perceptions thrive. Therefore, this qualitative study considers the impacts of a theatre company, Castaway, on understandings and perceptions of PwID from multiple perspectives representing various contexts. Themes from interviews with members of the theatre company who have intellectual disabilities, and from focus groups with families and carers, and the wider community are presented. The theatre company is shown to have widespread impacts, and to positively change understandings and perceptions of PwID. It is therefore argued that art has got a lot to do with it! The theatre company is contextualised within a Community Psychology approach, and the development of similar organisations is promoted for PwID and other oppressed groups.

If people want to find out more about this session then:

Email: danielledickinson@live.co.uk

4.30 -5.00 | Light Studio

Research paper: Society vs the Individual: How can we work together to enable behaviour change?

Laura Fogg-Rogers, *University of the West of England, Bristol*

Abstract:

Psychological and social research indicates that asking individuals to change their behaviour against the norms of society is at best ineffective, and at worst harmful to the individual. In this paper, we argue that communications therefore need to focus on creating societal change in order to enable individual behaviour change. In other words, people need to be given opportunities to change, they need to see others doing the same and they need to be supported in doing so – “everyone else is doing it and so can/should I”.

In the European project ClairCity (www.claircity.eu), we apply this approach to reducing air pollution and carbon emissions in cities. The project is engaging with citizens and policymakers from six European cities/regions. Several public engagement strategies are being employed, including crowdsourcing issues and solutions in each city, an interactive policy game, a mobile app for businesses, schools competitions and workshops for action. The project doesn't aim to change individual behaviour in its lifetime, but is instead aiming to influence city development in order to ensure that low emission patterns of behaviour are encouraged, enabled and supported sufficiently for them to become new normals. Policy packages will be generated for each city that will reflect how changes can be made to the social and structural organisation of the city to ensure that low emission options can become embedded in citizens' everyday lives. This presentation will talk about the process and challenges in this approach, so that others can learn from the project developments.

If people want to find out more about this session then:

Email: laura.foggrogers@uwe.ac.uk

Follow my page: <http://people.uwe.ac.uk/Pages/person.aspx?accountname=campus%5Cla-foggrogers>

@laurafoggrogers

4.30-5.00 | Dark Studio

Dripping water hollows out stone, not through force but through persistence: continuing the discourse of the role of psychologists in reducing social inequality

Wendy O'Neill, Laura Cole, Sara Holloway, Nina Carey, Serene Hadj-Hammou, Romena Toki & Becky Grace, *University of Hertfordshire, Hertfordshire*

I like Community Psychology because: We need to work together to improve our society's wellbeing and opportunities.

Abstract:

Background:

As first year clinical psychology trainees at the University of Hertfordshire, with a shared interest in social inequality, we each completed a written piece on how psychologists might intervene to reduce inequality. Feeling inspired by the incredible work happening within Community Psychology and in the spirit of the assignment, rather than putting our conclusions away in a drawer, we decided to pool our ideas, and then start to put them into practice. We hope this brings existing and new ideas together in a practical and accessible way.

Method:

We each explored the question individually in our essays. We then met to share our ideas and pool them together. We had generated ideas for interventions to reduce inequality in research, in our clinical work, via activism and by encouraging changes in clinical training courses. There was overlap in our suggestions, but there were also interesting differences, which enriched our perspectives on the subject. We decided we wanted to push the benefits of multiple perspectives, and gather further ideas for change from those attending the conference.

Results: We were particularly interested in being realistic about the changes that can be made by trainees. However we also wanted to encourage and create more ideas for action, a lot of which are already being employed although we hope we have added a few new suggestions that could potentially be adopted. Some of the results we felt were of value to disseminate were gathered into the following themes:

1. Taking responsibility
2. Encouraging change in training courses
3. Addressing inequality in clinical work
4. Working for change in mental health services
5. Spreading values within teams
6. Campaigning and taking action
7. Continuing to rethink research

Discussion:

Clinical psychology is increasing its influence outside the therapy room, contributing to interventions at social, political, and global levels. Raising issues of societal injustice is felt more important than ever, particularly in the current political and economic climate. Following this, we invite you to take part in our project by committing to an idea and signing a pebble pledge card to support this commitment. As first year clinical psychology trainees, we hope to stand together, show solidarity, and be part of the growing impetus of psychologists and communities becoming more active in order to fight for social change.

If people want to find out more about this session then:

Email: wo16aah@herts.ac.uk

4.30 -5.00 | Meeting room

Pulling together the strands of life: Body & Soul's whole-person approach

Zoë Reynolds, Head of Member Outreach Services, Body & Soul

Ida Andreason, Head of Suicide Prevention Services

We like Community Psychology because: It's an area of psychology that resonates deeply with the work we do at Body & Soul.

Abstract:

When we talk about times of division, we often think of division between communities or political ideologies, but what about the division of people's lives into discrete strands? Health and social care systems are usually atomised, with separate services targeting physical health, mental health, social welfare and legal representation.

At Body & Soul, we have pioneered a whole-person approach to the care of our members, informed by Maslow's hierarchy of needs. We recognise that anxiety around insecure housing, for example, cannot be broken down into a mental health problem (anxiety) and a practical issue (housing); the two are inextricably linked, and both can harm someone's sense of wellbeing.

The services we offer at Body & Soul include psychotherapy and psycho-education, legal support, casework and advocacy, health and wellbeing seminars, employment programmes and complementary therapies. No matter the nature of the struggle, we support members to find the best path through.

Zoe Reynolds, Body & Soul's Head of Member Outreach Services, will lead an interactive discussion session with her colleague Ida Andreassen on the importance of addressing people's problems in the round rather than as isolated challenges. They will explore how community organisations are uniquely placed to nurture social connections, provide therapeutic interventions and offer vital practical support.

The session will include a filmed contribution from a Body & Soul member reflecting on how the whole-person approach has not just helped her with practical problems, but has also made her feel that she has something valuable to offer.

If people want to find out more about this session then:

Email: zoe@bodyandsoulcharity.org

SATURDAY, 16th September

8.30 – 9.30 Registration
Welcome coffee

9.30 – 12.00

9.30 – 12.00 | Auditorium

Build a City: A Multigenerational Place-making workshop

Chris Pawson, Elena Marco & Amelia Ince, *University of the West of England, Bristol*

Abstract:

The capacity for different physical environments to elicit psychological responses has been hypothesised to underpin geographical variation in mental health and wellbeing (Pedersen & Mortensen, 2001; Van Os, 2004), and the so called 'urbanicity effect' (Corcoran et al., 2017).

The facilitators of this workshop argue that we must seek to ameliorate the deleterious impact of urban living experienced by some, while widening access to the benefits that are so often offered by the rich diversity of cities. We must consider ways that we can promote prosocial urban environments that develop collective mental, social and physical capital. One approach to achieving this is to consider how communities might co-create places that put people first and promote prosocial behaviour. However, the facilitators argue that in order to develop capital equitably across urban populations a broad range of co-creators must be encouraged and enabled to work collaboratively.

The current workshop explores how intergenerational co-creation might be facilitated. Specifically, the organisers invite adults and young people to co-produce a vision of a more prosocial and equitable urban environment. People of all ages are encouraged to contribute to the workshop, and there are opportunities to contribute to both planning and design, as well as the use of scrap materials to produce various model components of a prosocial urban environment. The urban designs and models generated in the workshop, and the process of inter-generational co-production and learning, will be documented to enable the sharing of ideas to a broader audience beyond the workshop.

Children under 10 years of age must be supervised at all times by a parent/guardian.



With thanks to Gaffer Tape for their kind donation

If people want to find out more about this session then:

Email: chris.pawson@uwe.ac.uk

9.30 -10.30 | Light Studio

Building bridges – Working with local communities and making a difference through improving communication across languages and cultures

Staff and students, c/o Rachel Tribe, *University of East London and therapeutic services manager from the Refugee council*

We like Community Psychology because: It is important

Abstract:

Community/Civic engagement sits at the heart of the University of East London's (UEL) educational provision. The London Scholars scheme represents a flagship of this commitment through providing small scale funding for collaborative projects between students, staff and the community. It serves as a resource that helps to develop projects that contribute to the community. An objective of the scheme is the provision of learning experiences concerned with promoting a sense of inclusion, active citizenship, enhancing social capital and developing employability and skills for the participating scholars and the wider community.

Our Building bridges London Scholars project is an active celebration of the dual cultural heritage and bilingual language skills of many UEL students and works towards using these assets in the service of the wider community. The project offered personal and professional development opportunities combined with the potential resourcing of individuals, migrant and refugee communities. The scholars received training on interpreting /translating skills, psychology, diversity and human rights. We worked in collaboration with a nationwide charity based in East London.

We have;

- Translated materials for our web portal on refugees and mental health into 7 languages
- Produced a relaxation DVD in 7 languages
- Trained 34 interpreters/ translators

We will;

* introduce our web portal www.uel.ac.uk/Schools/Psychology/Research/Refugee-Mental-Health-and-Wellbeing-Portal which we are developing as a community resource and to which we welcome contributions.

* Have short presentations from students of bicultural heritage relating to well-being, their culture of heritage and relevant resources in the UK

* Facilitate relaxation and wellbeing using our relaxation DVD

* Provide an (optional) opportunity to dance

If people want to find out more about this session then:

Email: Catch us at the festival

Email r.tribe@uel.ac.uk or D.E.Jidong@uel.ac.uk , or d.bell@uel.ac.uk

Access the Mental Health and Refugees web portal at:-

www.uel.ac.uk/Schools/Psychology/Research/Refugee-Mental-Health-and-Wellbeing-Portal

9.30-10.15 | Dark Studio

Spring into Creativity: Creative Writing for Wellbeing Workshop

Claire Williamson, *Metanoia Institute*

Christine Ramsey-Wade, *University of the West of England, Bristol*

Asha Sahni, *Dissertation student on MSc in Creative Writing for Therapeutic Purposes*

We like Community Psychology because: We are interested in hearing lesser heard stories to understand our community more fully.

Abstract:

Spring into Creativity: Creative Writing for Wellbeing Workshop: This workshop is open to all (capacity 15) and is an opportunity to explore personal responses to the Festival and what brought you here around a *Spring into Creativity* model.

In this workshop, CWTP facilitators (from UWE and Metanoia) will demonstrate some of these community-based participative arts-based interventions by supporting workshop participants to create new work from their experience of the festival. If they would like, participants will then be encouraged to read their work in the linked performance event *Spring into Creativity: Creative Writing Open Floor* at 1.30pm in the Dark Studio.

Creative Writing for Therapeutic Purposes is a fast expanding field of practical work and research. Metanoia Institute's MSc in Creative Writing for Therapeutic Purposes (CWTP), based in Bristol, is the only programme of its kind in the UK, preparing students to work in communities as creative writing group facilitators at Masters level.

Workshop capacity 15. Please sign up prior to attendance.

If people want to find out more about this session then:

Email: Claire.williamson@metanoia.ac.uk

9.30 -10.00 | Meeting room

Homelessness in Times of Austerity: What Next?

Bruno De Oliveira, *University of Brighton, Brighton*

I like Community Psychology because: I was born in Recife, Brazil and the methodology developed by Paulo Freire had a transformational impact on my life. I grow up in a poor neighbourhood and I had a teacher that used Freire's methods with her students it made me see myself as a person with agency. Now, I see Community Psychology as a powerful mean to collaborate and act communitarian.

Abstract:

Bruno De Oliveira is a PhD researcher and Visiting Lecturer at the University of Brighton. He has an M.A. in Community Psychology where he used Participatory Action Research. Bruno is originally from an impoverished neighbourhood in Recife, Brazil. Bruno's passion for

Participatory Action Research, User-led Research, and social justice focussing on homelessness. Bruno has also written extensively about current affairs in Brazil's politics. The focus of his current research thesis is based on co-analysing the lived experiences of homeless people through collaborative research. He has collaborated with the NGO Emmaus Brighton on homeless issues and has produced some publications on homelessness. Bruno de Oliveira who is a professional with a robust experience of working with organisations such as Emmaus Brighton (Homelessness NGO), Mosaic BME (Brighton), the London South Bank University, IARS and the University of Brighton. Bruno has been a nominee University of Brighton Alumnus Award 2015 nominee / outstanding community involvement and nominee University of Brighton Excellence in Facilitating and Empowering Learning Award Scheme 2015 & 2016.

If people want to find out more about this session then:

Email: B.DeOliveira2@brighton.ac.uk

10.00 – 10.30 | Meeting room

Hope as Relational - Working with people experiencing homelessness

Coral Westaway & Lizette Nolte, *University of Hertfordshire, Hertfordshire*

Abstract:

People experiencing homelessness, particularly those who encounter multiple moves around homelessness projects, often have histories of trauma, relational disappointment and hurt. This has major implications for identity, as well as for hope and moving forward. This presentation will explore the relational nature of hope, with a particular focus on working with people experiencing homelessness, whilst being relevant to working with all people with complex needs. We will consider how best to develop psychologically informed environments for people to live in and for professionals to work in. We will think about working with people for whom building new relationships is challenging, and scary, given their experiences of relationships as inconsistent, distressing or dangerous. We will consider how to use the relationship to scaffold trust and hope, whilst remaining flexible and contextually grounded. We will reflect on hope, the fragility and complexity of this, and how to facilitate the development and movement towards preferred futures, particularly when working with people without positive historical points of reference. We will consider the needs of staff, how scaffolding will also be relevant for them, to manage the challenges of turning up, being present and holding hope for a group of people who struggle to trust, yet crave positive relational contact. Finally, we will think about endings, how they work in this context, and best practice moving forward.

If people want to find out more about this session then:

Email: Coral.westaway@outlook.com

10.15-10.45 | Dark Studio

Autism research from the inside out

Monique Botha, *University of Surrey, Guildford*

Abstract:

Traditionally research has had an unequal power dynamic between those who are researchers and those who are participants. The pathology of difference, the formation of theories and design of treatments in the field of psychology is usually done without respectful consultation, or meaningful input from the community it affects. Traditionally someone without autism, as a professional, has designated what it means to be autistic, and whether, it is positive thing. The aim of my research is to invert the dynamic and put autistic individuals at the forefront and centre of autism research. Rather than a power dynamic in which psychology researchers designate meaning to autistic individuals the aim of my research is to draw upon autistic individuals to designate the meaning themselves, and as a community. The theories that I currently work on include the minority stress model, and community resilience. Rather than only focusing on what happens to the autistic community as if it is a passive entity, I delve into the rich interaction between autistic individuals and the wider community, and how the wider community interacts with autistic individuals.

The foundation of research is underpinned by five core values:

1. Respect for a transparent system of research, in which there is open and honest communication between all the researchers of my team, and the participants.
2. A flexible method of data collection to prevent the exclusion of any participant, where possible, with suitable adaptation to various needs.
3. On-going public engagement to disseminate the research, to encourage favourable social policy for the communities enacted and
4. Accountability to the community for the research I produce.
5. Continually upholding respect and dignity as the foundation of all well-done community based research.

If people want to find out more about this session then:

Email: m.botha@surrey.ac.uk

10.30 – 11.00 | Light Studio

Responses of People with Physical Health Conditions to Changes in Disability Benefits

Jessica Saffer, *University of Hertfordshire, Hertfordshire*

I like Community Psychology because: I'm passionate about disability rights and inclusion, and I think Psychologists should be promoting wellbeing within society and getting involved in approaches that strengthen communities.

Abstract:

This talk will present doctoral research on the experiences of people with physical health conditions who make disability benefit claims and live as a benefit claimant. This is an increasingly important area since the recent and ongoing changes to the benefits system in the UK. The research aimed to explore the social processes that impact on people with a physical health condition who have experienced a loss of or change in disability benefits, particularly in relation to their identity and their relationships with society. Results from interviews with fifteen people with physical health conditions or disabilities will be presented. The research found that participants experienced the benefits system as dehumanising, and felt that they lived in a judgemental society, where they were perceived as 'scroungers' and faced discrimination from others. These experiences seemed to negatively affect their mental and physical health and wellbeing. Participants often internalised the stigma surrounding disability benefit claimants and they attempted to resist this in order to maintain a preferred sense of self. The presenter will share her conclusions on how the findings demonstrate the significant impact of benefit changes on wellbeing and identity. This talk might be interesting for anyone who has ever received health care from the NHS or any kind of state support! The findings will be particularly useful for people with physical health conditions, Psychologists who work in the NHS, and other professionals who have contact with service users and families.

If people want to find out more about this session then:

Email: jessica.saffer@gmail.com

Follow me on Twitter @jessica_saffer

10.30 – 11.30 | Meeting room

How to bring community psychology to economics students via consideration of the housing market

Katerina Raoukka, *University of Bristol, Bristol*

Abstract:

The housing bubble in the 00s and the recent financial crisis has brought to the surface the importance of the housing market in an economy, and the long-term social and financial benefits to individual homeowners. Undoubtedly, housing is one of the most basic human needs and buying a home is an aspiration for many people. However, it is increasingly feeling out of reach for many people, not only in the UK, but globally. The costs associated with the provision of housing are among the largest expenses a household will incur over a lifetime.

I am a Teaching Fellow in Economics at the University of Bristol, and am developing an interest in community psychology principles, as well as the idea of social justice.

In a typical economics lecture, the facilitator attempts to outline the structure of the housing market, the price trends, the wealth effect of ownership, and the consequences of a rise and burst in the estate bubble. However, even though students get introduced to the technicalities and economic principles, the human impact of the housing market crisis remains obscured. More specifically, in the UK, chronic housing problems are causing people stress, anxiety, depression and panic attacks. Polling company ComRes interviewed more than 3,000 people in England finding that 30% of people experience poor housing, rent

problems, or eviction threat leading to psychological distress. This in turn leads to increases in the government health budget to support afflicted people. Despite this information, research on housing and mental health is relatively underdeveloped. As a teacher of Economics, I wish to enrich my practice with insights garnered from other Festival participants. The question this session is raising is how to connect the housing market and mental health topics in our teaching, in order to familiarise Economics students with community psychological knowledge and values. I would be delighted if people who attended this session were willing to think with me on how best to approach this issue.

If people want to find out more about this session then:

Email: katerina.raoukka@bristol.ac.uk

10.45-11.15 | Dark Studio

Dementia experiences of Caribbean, Chinese and South Asian people in Bristol: learning through local Black, Asian and other minority ethnic-led community organisations

Subitha Baghirathan, *University of the West of England, Bristol*

I like Community Psychology because: We each have so much to learn; equally so much we can offer to teach.

("I must learn to love the questions themselves [...] like locked rooms full of treasures to which my blind and groping key does not yet fit." Alice Walker)

Abstract:

Bristol is beginning to consider how dementia affects groups of people under-represented in current diagnosis figures, such as Black, Asian and other minority ethnic (BME) people. There is relatively little known in the UK, about how dementia is understood and experienced by people of BME origins. We need to address this now, as the number of BME people with dementia is predicted to increase seven-fold up to 2051, in contrast to a two-fold increase of white British people with dementia.

Bristol City Council/Public Health funded University of the West of England (UWE) in 2016 to carry out an eight month qualitative study on dementia experiences of Caribbean, Chinese and South Asian people in Bristol. These are groups often mis- labelled with epithets such as '*hard to reach*', plus the topic of dementia is still often layered with stigma across all communities in UK. Building reciprocal and equal relationships with local BME-led voluntary and community sector (vcs) organisations enabled the UWE Research Associate to hear from people of BME origins through 48 one-to-one interviews and 8 focus groups, and through informal groups such as in local barbers' shops and social groups. Using a grounded theory approach, this report was shaped by and shared with people from local BME communities throughout.

The report went public on 20 February 2017 and is complemented by a Directory of local BME-led older people's vcs organisations and a 5 min. film funded by Bristol Ageing Better. All available on the Bristol Dementia HIT website:

<http://www.bristolhealthpartners.org.uk/health-integration-teams/dementia-hit/research/>

If people want to find out more about this session then:

Visit: <http://www.bristolhealthpartners.org.uk/health-integration-teams/dementia-hit/research/>

11.00 – 11.30 | Light Studio

Experiences of coping in young unaccompanied refugees: "We give strength to each other"

Jacqui Scott, *University of Hertfordshire, Hertfordshire*

I like Community Psychology because: It gives me hope that together we can bring about change and reduce inequality.

Abstract:

Research with refugees has a tendency to be dominated by medical and trauma models. However, development of resilience theories and research on coping increasingly find that such constructs can open up currently limited understandings of the refugee experience. The research presented took a culturally relativist approach to explore experiences of coping in young unaccompanied refugees in the UK.

Following extensive consultation and involvement in a community youth project in East London, five young refugees were recruited for interview, who were living independently or semi-independently, having arrived in the UK without family at the age of 15 or 16.

Experiences, strengths, and understandings were discussed, and Interpretative Phenomenological Analysis of transcripts was used towards a co-constructed understanding of 'coping'. This acknowledges the relative contributions of their own and my own cultural frameworks, as well as the additional limitations of language.

I will talk through the experience of an individual refugee, to show how his story and words demonstrate strength as well as loss and hardship endured. Alongside examples from other participants, this story will illustrate how the main themes became apparent during the research to so many aspects of their lives. The three major themes were: 'Adaptation in the context of hardship and loss', 'Beliefs and worldview in shaping a new life', and 'Building strength and self-reliance'.

The findings and experience of this project will be considered in relation to implications for practice, including the personal and the professional. Areas for discussion could include standing together as allies of refugees, and socially inclusive practices that align with individual, community and cultural values.

If people want to find out more about this session then:

Email: Jacqueline.scott@bath.edu

11.15 – 12.00 | Dark Studio

Performance – "Alonely" - a play performed by community actors.

Alan Nye, Alexandra Pickford, Carol Jubb, Steve Franks, *Community Actors, Community Researchers & members of LILAC (Local isolation and loneliness action committee)*

Lucy Tuck, *Producer*

Ruth Green, *Community Developer Worker (LILAC Group)*

We like Community Psychology because: It allows us to work together with the community and understand the needs of our neighbourhood. LILAC is based in BS3 and currently facilitates 4 drop in 'social and computer' sessions a month for the over 55's.

Abstract:

In 2015/16 a group of older people in the community worked with a Bristol University Research Associate and engaged with members of the community in BS3 – Greater Bedminster. Researchers openly discussed loneliness and isolation with older people, at flu clinics, at cafes, at doctors surgeries, in the street. The informal talks were to engage people and understand what the community could do to help reduce isolation and loneliness. The group wanted to deliver their findings back to the community and decided that a free to attend play, telling real stories about real people would be a way of achieving this. *Alonely* was produced and has been performed at several venues and Age Friendly festivals and events.

One of the findings was that technology was daunting to many older people and although some wanted to learn about mobile phones, tablets and laptops, they did not want to attend a class / go on a course.

Members of the original research group applied for a Big Lottery grant with the support of the SCDA (The Southville Community Development Association), the charity that runs the Southville Centre. The application was successful and enabled a new group to be formed – LILAC – local isolation and loneliness action committee. LILAC recruited a community development worker and together a 'Tech & Talk' project was formed.

The project allows people over 55 to come to a safe environment (2 local cafes), fortnightly to ask questions about tech. The approach is very much participant led and volunteers support LILAC and the community development worker. Volunteers include IT students from Ashton Park school.

If people want to find out more about this session then:

Email: lilacruthgreen@gmail.com

11.30 – 12.00 | Light Studio

Refugee and migrant perspectives of Germany – a photographic exhibit and presentation

Carmen Lienen, *London School of Economics and Political Science, London*

Emily LeRoux-Rutledge, *University of Surrey, Guildford*

I like Community Psychology because:

Carmen: It provides the opportunity to produce knowledge and act upon social inequalities at the same time.

Emily: It is critical, political and committed to social change.

Abstract:

Starting in 2015, the refugee situation changed European societies, cultures and politics – particularly in Germany. The arrival of more than 1 million refugees from the Middle East and Africa has garnered attention in everyday conversations, the media and political policies. Much media coverage and research has focused on the perceptions and attitudes of European nationals towards the newcomers. However, little voice has been given to the refugees themselves, and to their experiences. Using Photovoice, a participatory action research method, Carmen Lienen collected photographic images and accounts from more than 20 refugees and asylum seekers in two German towns, in 2017, in an effort to understand their perceptions and representations of Germany and of Germans. All research participants were considered 'refugees' or 'migrants' under German law, and had applied for

asylum in Germany during the crisis. The research also sought to understand how the research participants constructed their identities in their new environment. At the Community Psychology Festival, an exhibition of their photographs will be on display, along with explanations – in the photographers’ own words – of what they represent. There will also be a short 10-minute talk by Carmen Lienen and Dr Emily LeRoux-Rutledge, in which Carmen Lienen will talk in depth about the research findings, and Dr Emily LeRoux-Rutledge will talk in general terms about the insights community psychology offers with respect to the identities and wellbeing of refugee and migrant communities.

If people want to find out more about this session then:

Email: C.S.Lienen@lse.ac.uk

e.leroux-rutledge@surrey.ac.uk / emily.leroux.rutledge@gmail.com

Twitter: @LeRouxRutledge

Follow my page: <http://lse.academia.edu/EmilyLeRouxRutledge>

11.30 – 12.00 | Meeting room

Community Capital: The Value of Connected Communities

Suzanne Wilson, *University of Central Lancashire, Preston*

Abstract:

The ‘Connected Communities’ approach, adopts an asset-based philosophy to community engagement, focusing on the strengths available to each local community, while acknowledging their needs. Through co-production, this approach empowers communities to better understand themselves, address their own problems in partnership with other organisations, and realise opportunities and aspirations.

The ‘Connected Communities’ approach uses an innovative and inclusive methodology as a means of building community capital (“the sum of assets including relationships in a community and the value that accrues from these”, RSA, 2015, p. 12¹). This involves training community researchers to survey local communities, and holding community playback sessions, providing community members with the opportunity to discuss the results, and work together in the co-production of an intervention project.

Using this approach, the research aims to strengthen community assets, and develop social value (or dividends). The four key areas we would expect to see an increase in social dividends are in well-being, citizenship, capacity and finance.

This presentation will provide an overview of the conceptual, theoretical and methodological frameworks of the ‘Connected Communities’ approach, along with providing examples of the dividends generated by communities in previous projects. Current projects in West Cumbria and Preston will then be presented, highlighting how the same methodology can produce bespoke outcomes suited to the needs of each community.

If people want to find out more about this session then:

Email: SWilson21@uclan.ac.uk

12.00 – 1.30 Lunch

1.30 – 3.00

1.30 – 3.00 | Auditorium

Symposium: Working outside the box: building on the strengths of our communities - followed by panel discussion chaired by Angela Byrne

Maria Qureshi, *NHS Foundation Trust*

Nisha Patel, *Great Ormond Street Hospital*

Romena Toki, *University of Hertfordshire, Project Co-ordinator for Central London Youth Development*

Shirin Mustafa, *University of Hertfordshire*

Shinal Patel, *Kings College, London*

Neelam Ahmad, *HM Prison Service*

Maryam Tahir, *Support Worker for children in care*

Angela Byrne, *East London NHS Foundation Trust*

We like Community Psychology because: It allows us to draw on resources within communities to promote wellbeing and help reauthor narratives.

Abstract:

Research indicates there are clear barriers to accessing mainstream mental health services within minority ethnic and faith communities (Memon et al, 2016). These barriers are both caused by and result in stigmatised beliefs, lack of understanding and awareness of mental health, thus increasing the inequalities experienced by the community. This symposium will present the work of four unique projects led by Psychologists at different stages of their careers with South Asian communities of mixed faith groups.

Each project is unique in that they take place outside of mainstream mental health services. Using knowledge held by the community, combined with psychological theory and understanding to highlight people's strengths, destigmatise mental health, promote help-seeking, and begin helpful dialogues within each community.

Nisha and Shinal will present their work running mental health workshops and groups at one of the largest Hindu temples in London.

Maria, Maryam and Neelam will present their work offering mental health workshops to women within a marginalised Muslim Community.

Romena will present her work on an oral history project with intergenerational groups in the Bangladeshi community.

Shirin will present her work in developing the use of Faith in Recovery using a tree of life approach.

These projects make use of faith based text and scriptures, cultural stories and narratives, drawing on expertise that exist within the communities to engage people in meaningful discourse that is currently lacking in mainstream services.

The talks are followed by a panel discussion chaired by Dr Angela Byrne.

If people want to find out more about this session then:

Email: Maria: maria.queshi@nhs.net

Nisha: nicks.patel@gmail.com

Romena: atoki@clyd.co.uk

Shirin: shirin.mustafa@nhs.net

Angela: Angela.Byrne@elft.nhs.uk

1.30 – 2.15 | Light Studio

Space, place and relational well-being: doing Participatory mapping in community spaces

Rebecca Lawthom, *Manchester Metropolitan University, Manchester*

Abstract:

This workshop originates from research which is being carried out with older people in Brazil and the UK. As researchers we are interested in how older people understand and conceptualise their communities, using sense of place. Principles of aging-in-place emphasize the importance of creating sustainable environments that enable older people to maintain a sense of belonging, autonomy, independence, safety and security. Simply altering the built environment is insufficient for creating more inclusive environments for older persons, as creating 'meaningful' places for aging involves consideration of psychosocial and cultural issues that go beyond issues of physical space. This workshop illustrates how applications of community-based participatory research methods, in particular, participatory community mapping workshops (PCMWs), can be used to access experiences of place, identify facilitators and barriers to accessing the built environment and co-create place-based solutions. PCMWs typically comprise (i) experiential group walks around the community to access understandings of place and community and (ii) mapping exercises, whereby participants articulated their place-based needs within the context of the surrounding neighbourhood. The workshop will include an introduction to sense of place, followed by an experiential group walk and then a dialogue to consider the meanings. Everybody can contribute bringing their understanding of place.

If people want to find out more about this session then:

Email: r.lawthom@mmu.ac.uk

1.30 – 2.30 | Dark Studio

Performance: Spring into Creativity: Creative Writing Open Floor

Claire Williamson, *Metanoia Institute*

Christine Ramsey-Wade, *University of the West of England, Bristol*

Asha Sahni, *Dissertation student on MSc in Creative Writing for Therapeutic Purposes*

We like Community Psychology because: We are interested in hearing lesser heard stories to understand our community more fully.

Abstract:

Spring into Creativity: Creative Writing Open Floor. This reading of creative work will quite literally 'speak for itself'. Jointly facilitated by the MSc in Creative Writing for Therapeutic Purposes programme from The Metanoia Institute and UWE Bristol, there are 20 spaces for *Spring into Creativity: Creative Writing for Wellbeing Workshop* participants and other festival attendees. Readers will be reading and/or performing poetry or creative writing on the themes of the arts and mental health, while exploring what brought us to the Festival and responses to being at the Festival.

There may be a some spaces for Festival attendees who have not attended the earlier workshop to read or perform a short piece on the theme 'What's art got to do with it?' Each reader will be limited to one piece of writing (maximum 1 x A4 sheet of poetry or 500 words of prose).

If people want to find out more about this session then:

Email: Claire.williamson@metanoia.ac.uk

1.30 – 3.00 | Meeting room

Psychologists Abroad: The challenges, dilemmas and rewards of mental health work in international development

Kate Danvers, *Barnet, Enfield and Haringey Mental Health NHS Trust*

I like Community Psychology because: Community Psychology is the radical little sister of Clinical Psychology!

Abstract:

Dr Kate Danvers is a Clinical and Community Psychologist who has spent most of her career in the NHS, working with children and families and adult refugees. She is interested in how psychologists can take a trauma informed and rights-focussed approach in their work, and use their professional skills to promote social justice. As such, she has spent two extended periods working in developing countries, supporting those who provide humanitarian and mental health interventions in community contexts.

This workshop will provide a reflective space for those interested in the moral and ethical dilemmas that cross-border working can throw up. Dr Danvers will share some of her experiences working as a Clinical and Community Psychologist in Sri Lanka in 2004-2006 and Ghana in 2014-2016. Together we will cast a critical eye and explore themes such as

privilege, the politics of helping, neo-colonialism in development, the relevance (or not) of Western mental health concepts in other cultures and social justice approaches versus humanitarian approaches.

The workshop will provide an introduction to some key concepts relating to mental health in international development and humanitarian contexts, through presentations, debates and small group exercises, and will be partially led by the interests of the participants. The workshop could be of interest to people considering work in developing countries, those who have experience of working overseas and those who are interested in cross-cultural psychology, or how the lessons learned working cross-culturally can be applied in our countries of origin.

If people want to find out more about this session then:

Email: drkatedanvers@gmail.com

Twitter @DanversKate

2.15 – 3.00 | Light Studio

Critically exploring social change

Miles Thompson, *University of the West of England, Bristol*

Ben Rosser, *John Moores University, Liverpool*

We like Community Psychology because: The challenges the world face needs thinking beyond the individual.

Abstract:

Many suggest that national and global populations face numerous challenges of considerable magnitude: e.g. well-being, division, inequality, poverty, environmental destruction, climate change. Many also suggest that meeting these challenges requires considerable individual and wider social change. If social change is required, then it seems important that interested academics, practitioners and non-academics collaborate and that we share a grounded, critical understanding both of what social change is and how it has come about in the past so we can best move towards future social change.

Utilising psychological frameworks this short, interactive workshop invites all participants to jointly engage in a number of tasks that may help us critically engage in social change.

These include:

- Crowd-sourcing exemplars of social change

- Exploring the usefulness of formulating social change using a functional analytic (ABC) approach.

If time, the workshop leaders will present short summaries of their wider research findings in this area to date. However, more important for this workshop is the interaction that takes place in the room and how that might critically inform our understanding of the challenges we face and the levels of collaboration required to bring about desired social change.

If people want to find out more about this session then:

Email: miles2.thompson@uwe.ac.uk

B.A.Rosser@ljmu.ac.uk

2.30 – 3.00 | Dark Studio

"Parenting in uncertain times": Empowering communities, empowering parents (EPEC). Peer supported parenting course for parents living in temporary accommodation

Caroline Bradley, *Tavistock NHS foundation trust*

Vera Perez, *The Anna Freud national centre for children and families*

Alice Thomas, *The Anna Freud national centre for children and families*

Hannah Istead, *The Anna Freud national centre for children and families*

We like Community Psychology because: Our team are passionate about accessing local communities and working with the communities' own resources to enable others to support others, we take a social/political stance in our work and looking forward to sharing ideas and also receiving feedback too.

Abstract:

Family homelessness is a growing issue in Great Britain with recent estimates reporting that 88, 663 families are currently declared statutorily homeless and live in temporary accommodation (Crisis, 2015) ranging from bed and breakfast accommodation to hostels (Shelter, 2015). Due to increased economic hardship and changes to housing legislation (Housing Reform Act, 1996), there has been an increase in the duration of time families are housed in temporary accommodation, with 41% of families in London remaining in temporary accommodation for over two years (Shelter, 2014). The "double crisis" model of homeless parenting (Hausman & Hammen, 1993) posits that families face both the traumatic experience of losing one's home as well as the impediments this creates to effective parenting. As a direct response the Anna Freud National Centre for Children and Families and Michael Rutter Centre (South London & Maudsley NHS foundation Trust) developed a supportive course for parents living in temporary accommodation across the borough of Camden. EPEC is a community-based programme which uses a peer-led delivery model to offer parent training facilitated by parents who have previously completed the programme in the role of service user. Standard parenting interventions are often found to be unsuitable to vulnerable families living under these circumstances and the current model offers a unique approach to offering support, often drawing on the communities' own resources and peer support. Within this workshop the team will share their current journey from the beginning of the project, through to the outreach working that has continued and the challenges. We hope to offer an engaging discussion to ask the audience to think about communities and the systemic impacts of the housing crisis in the UK.

If people want to find out more about this session then:

Email: hannah.istead@annafreud.org.uk

3.00 – 3.30 Ice Cream Break

3.30 – 5.00

3.30 – 4.00 | Light Studio

Democracy and wellbeing: A Participatory Action Research study exploring the democratic processes of a survivor-led mental health organisation

Gemma Budge, *Plymouth University, Plymouth*

Terry Rampling, *Bridge Collective, Exeter*

Patrick Down, *Bridge Collective, Exeter*

Abstract:

The Bridge Collective (<http://www.bridgecollective.org.uk/>) is a "A democratic community where people who have experiences, beliefs, and feelings that have sometimes been labelled as mental illness are welcomed and can talk about these experiences freely, safely and without judgement; a place to participate in friendship, support, learning, teaching, discussion, being active, and making a valid contribution both within the collective and the wider community."

This session will explore a Participatory Action Research project carried out by a trainee clinical psychologist, in partnership with Bridge Collective participants. The project explored the Bridge Collective's democratic working processes and the impact of these on participants' wellbeing. Opt-in, interactive exercises will be included to invite session attendees to explore their understanding of democratic processes and wellbeing.

The session will include details of the Participatory Appraisal method used and reflections on how this method shaped the participation of Bridge Collective participants.

In addition, the research findings around both the benefits and challenges to wellbeing of being involved in the Bridge Collective's democratic processes will be presented. These are explored under the three main themes of "Negotiating relationships", "Feeling the responsibility of involvement" and "Sharing power". Session attendees will be asked to explore their own experience of involvement in relation to these themes.

Finally, the researchers will reflect on their experience of the research and invite session attendees to ask questions and make their own reflections about the research and the relevance that the democratic processes at the Bridge Collective have for participatory democracy more broadly.

If people want to find out more about this session then:

Email: gemma.budge@plymouth.ac.uk

3.30 – 4.00 | Dark Studio
Housing and Mental Health network
Sally Zlotowitz

Abstract:

The Housing, Austerity and Mental Health network invites you to join us to think, experience and sing about the impact poor housing conditions have on individual and collective mental health and what we can do to transform housing policy.

Who are we?

We are a collective of local community members, community and clinical psychologists, artists, health/social workers, community workers, teachers, and academics addressing issues of mental health, austerity, housing and homelessness that have come together to take action on housing. We launched in April 2017.

Our workshop

Evidence suggests the number of people finding themselves without permanent, secure and safe housing is on the rise as austerity policies have been implemented. The housing activist group Focus E15 and housing academics from the University of Leeds, conducted a participatory action research study that demonstrated the impact of this on community mental health, leading to the Focus E15 campaign 'Housing is a Mental Health Issue' in London.

Our participatory workshop will firstly very briefly review this participatory action research study, its methodology, the findings and actions that arose directly from the research, including the development of the 'Housing, Austerity and Mental Health' network and its aim to work towards transformational change of housing policy.

Either:

Secondly, we will use this workshop as an opportunity to hear from other local housing campaigns as a way to broaden the dialogue around housing and well-being. We have invited Bristol-based housing activists, tenants union and anti-poverty group, ACORN, to join us and contribute their stories and experiences, as well as the opportunity to experience being part of a 'Rebel choir', a local community choir that sings about issues of austerity.

Or:

We have discussed with a housing activist group whether they might be available to perform a Forum Theatre performance piece which they have developed on the topic of housing, austerity and mental health. If they are available we think this would be an excellent opportunity for the whole Festival – and perhaps could be performed to all participants, rather than just a workshop?

If people want to find out more about this session then:

Email: sally.zlotowitz@gmail.com

3.30 – 4.00 | Meeting room

Social Prescribing in Bristol's 'Deprived' Communities: How to move on from the rhetoric?

Sue Cooke, Beccy Wardle & Rhian Loughlin, *The SPEAR Programme – Social Prescribing for Equality And Resilience, Bristol*

Abstract:

In July 2017, Bristol City Council funded a 4-year social prescribing programme – known as SPEAR – for residents of some of the city's most 'deprived' communities. The SPEAR Programme – Social Prescribing for Equality And Resilience is a partnership between Knowle West Healthy Living Centre, Southmead Development Trust, The Care Forum and Wellspring Healthy Living Centre. It uses asset-based community development and community-centred approaches to address social and health inequalities.

The session will include elements that demonstrate the impact of other social-prescribing programmes delivered by the partners, and will introduce the key elements and work-streams of the SPEAR programme. We will also debate notions of empowerment and resilience, within the framework of social prescribing and explore the limitations of delivering a local programme, based on key principles of social justice, in a national landscape of growing inequity and division. There will be space for critical feedback on the SPEAR model, with the opportunity to offer recommendations for the adaption of the programme.

If people want to find out more about this session then:

Email: Rhian.loughlin@wellspringhlc.org

Poster | Auditorium

'It's only a pain, nowt wrong with me': challenging the stereotypes of men and health.

Michael Richards, *Edge Hill University, Ormskirk*

Paul Simpson, *Edge Hill University, Ormskirk*

I like Community Psychology because: Community psychology's values challenges the psychologisation of disabled people.

Abstract:

This qualitative research aimed to provide a contextualised account of working class men in relation to their health and well-being. Using photography, semi-structured interviews and focus groups, the research asked what health knowledges and practices have been reproduced across the generations and why by men. Participants included men over the age of 18 up to 70 years of age, who participated in local men's groups, including at Everton FC in Liverpool, a fathers group in Salford, male students at a local university and a mental health charity in Chester. The men were asked to take photographs of a stand-out image about health within their life world and say a little about why this was chosen at the focus group, and what it means to the individual before asking other group members for their thoughts.

The findings suggest that participants generally acknowledge persistence of traditional pressures on men to be strong and resilient. However, many of these men have faced

challenges relating to their mental health, and have developed ways of reflecting, knowing and questioning health seeking behaviours that challenge stereotypes of working-class/disadvantaged men as lacking vigilance, ignorance about their bodies and being emotionally inept. In conclusion, the health and well-being of working class men is not a pathological, individualised issue, but instead it relates to a complex, multifaceted set of problems that manifest in wider society.

If people want to find out more about this session then:

Email: richarmi@edgehill.ac.uk

4.00 – 4.10 Interval

4.10 – 5.00 | Auditorium

Closing Activity

Good Karma: A Community Music Making Workshop

UWE Music Therapy Team

This is a space for all conference participants to make live music together or simply listen whilst eating ice cream. Supported by a band and singers from the music therapy department at UWE, we will have lyrics on screens, instruments to help form an impromptu orchestra and will feature music by Clean Bandit and Queen.

It is also a chance to make any spoken or written contributions about how you have felt about the conference if you wish.

The music and the Festival organisers will help us make this a finale to remember.



Arnolfini, Bristol | 15-16.09.2017