

A story of a journey to a *chapter*
in our lives.

Survivor Research Network



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A photograph showing the lower legs and feet of several children standing in a muddy area. Their legs are covered in thick, dark brown mud, particularly around the knees and lower thighs. They are wearing dark-colored sneakers. The ground is a mix of dark soil and some dry grass.

PLAY IN THE DIRT

because
life is too short
to always have
clean fingernails

Survivor Researcher Network (SRN)

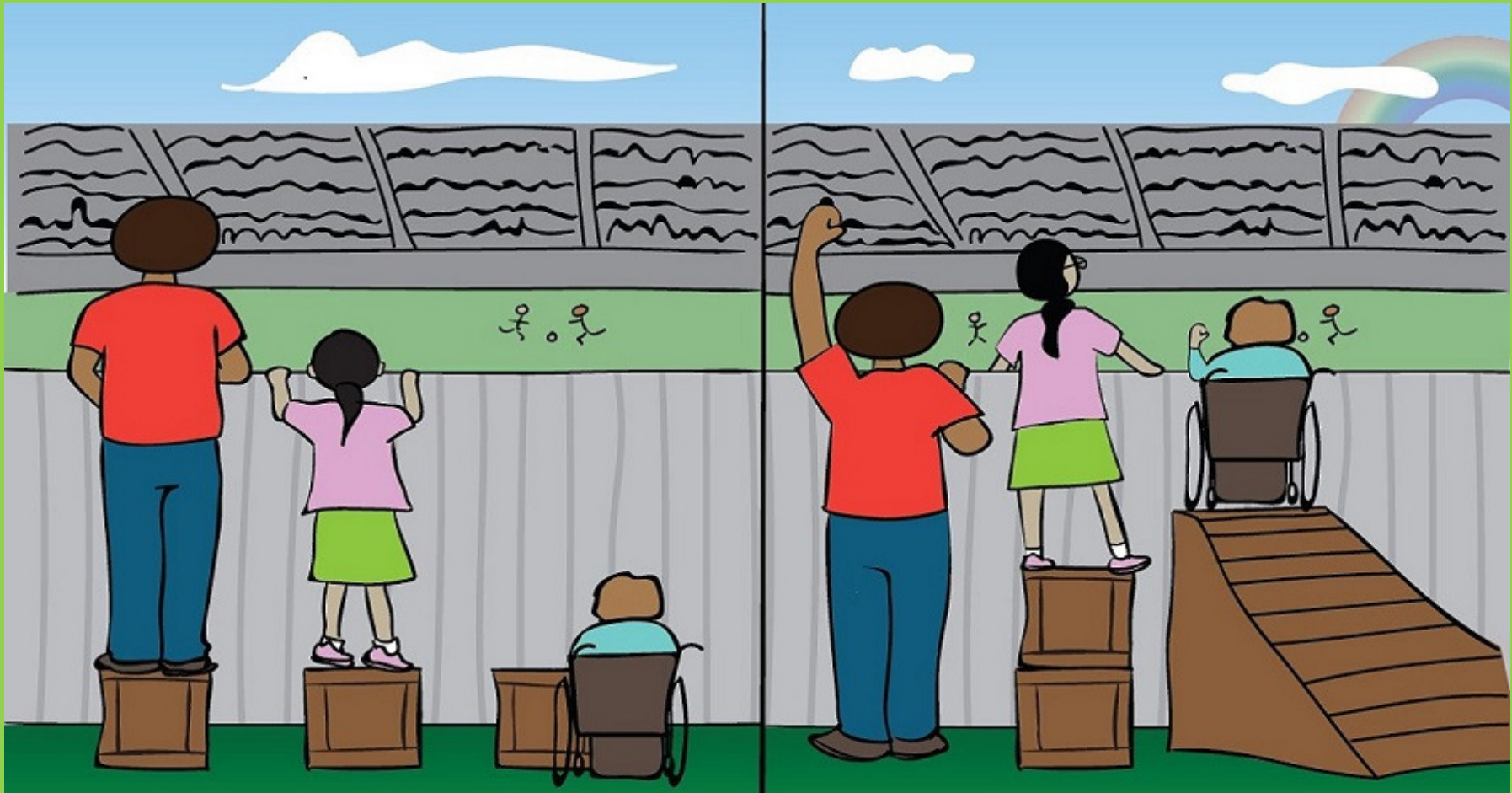
What is a survivor Researcher?

Why do we use that language?

Different interests of the group including:
qualitative, quantitative, Rights based, creative
arts based, the experience of carers

What is a peer?

What does equity look like?



History of SRN

1997-2003

SRN formed during 'Strategies for Living' Project at the Mental Health Foundation

2011

Moved to National Survivor User Network

2013

Survivor Researcher Network Survey

SRN: what we do

A forum for networking and sharing

A space for mutual support

Challenge marginalisation in research

Being aware of discrimination and oppression

Promoting evidence based on lived experience

Challenging hierarchies of knowledge

Promoting the social model of disability

Critically reflect on praxis to set standards

Promote good practice



An INVISIBLE

Disability
in a

VISUAL
World



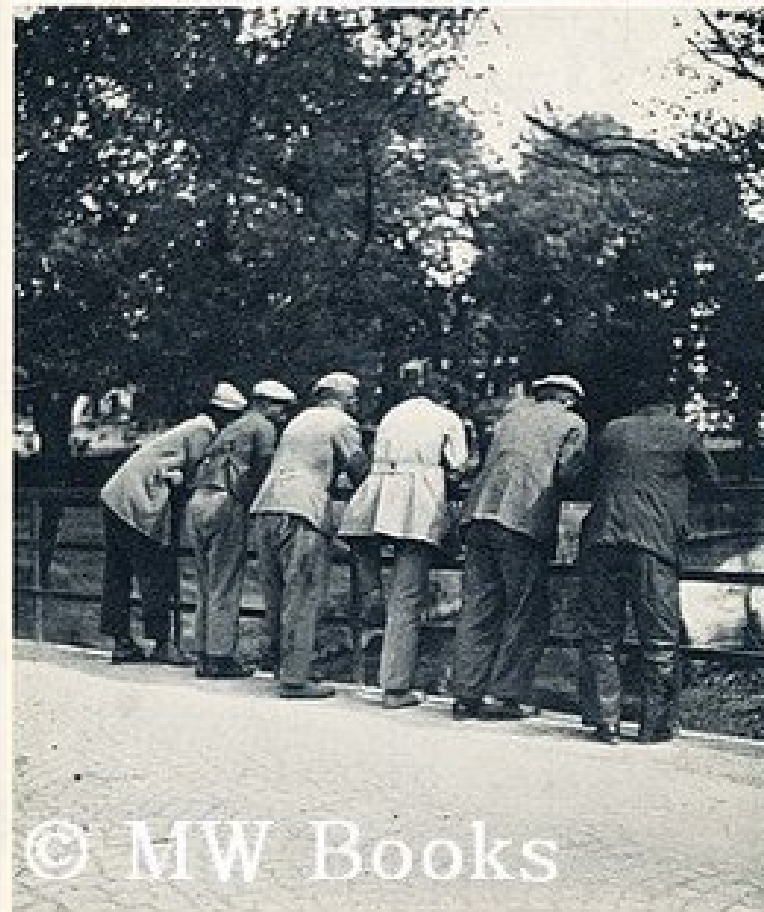




Marienthal

THE SOCIOGRAPHY OF AN UNEMPLOYED COMMUNITY

MARIE JAHODA • PAUL F. LAZARSFELD • HANS ZEISEL



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mental health liaison teams mental health liaison teams
day treatment services NHS 111 safe havens
NHS 999 NHS 111 NHS 111
NHS 999 night time drop in services NHS 111
specialist home treatment teams street triage teams place of safety suites out of hours teams out of hours teams
telehealth telehealth day treatment services place of safety suites
street triage teams out of hours teams
crisis cafés crisis resolution teams night time drop in services out of hours teams crisis resolution teams out of hours teams
safe havens night time drop in services NHS 111 night time drop in services out of hours teams
NHS 999 NHS 111 telehealth NHS 999
crisis cafés crisis cafés
crisis cafés mental health liaison teams day treatment services telehealth safe havens
NHS 999 street triage teams out of hours teams telehealth
specialist home treatment teams day treatment services out of hours teams
safe havens safe havens NHS 999
specialist home treatment teams day treatment services NHS 111 crisis resolution teams out of hours teams specialist home treatment teams
NHS 111 mental health liaison teams safe havens mental health liaison teams safe havens out of hours teams
crisis resolution teams place of safety suites safe havens place of safety suites
night time drop in services place of safety suites
specialist home treatment teams telehealth
place of safety suites crisis cafés mental health liaison teams crisis resolution teams
place of safety suites day treatment services street triage teams
crisis cafés crisis resolution teams
crisis resolution teams specialist home treatment teams night time drop in services

THEMES: emphasise the importance of involvement

The metaphor I would use is that it is like dancing. Sometimes they led, sometimes we followed; sometimes we led and sometimes they followed. ... I thought they were very good in facilitating that. [AG 5]

I think that as a research community we need to be far more honest about the challenges of it and the messiness of it." [DG 7]





Relationship

- *Relationship is all. Our relationship to ourselves, to each other, to each other's others' however, whoever and wherever we and they are. Together we are a force to organic-ise and to be reckoned with, as we organically feed and water ourselves and each other, to grow what we want, instead of passively waiting for this to happen.*

(Lovell, 2015, n.p.)

**I dig, you dig, we dig,
he dig, she dig, they
dig..**

**It's not a beautiful
poem, but it's very
deep.**

Extract from 'I poem' No.6

*I don't think
I will ever do anything
more difficult than
I couldn't believe the kinds of
childhood some of
I was like being exposed to
I mean, I remember going
home and feeling knackered
because absorbing all
I mean very, very severely
I mean attempting suicide*

Extract from 'It poem' No. 6

*it's the secondary trauma isn't
it like being er because
in all the pieces of work
that in particular and all this
it was part of a programme
very intensive ethnography
that was very difficult,
very challenging
that, that was, that was
secondary trauma
that was well that was very
traumatic to be part of...*

Extract from 'I poem' No.10

*I think, I'm struggling
with some of the issues, where do
I go and who am
I gonna ally myself to?
I've been looking around
I could slide into
feeling like well
I was, when I was saying well look
I've got my PhD but what use is it,
what use if I'm not actually putting
I got it, I mean just the fact that
for me, me as an individual
getting that PhD
I mean it took,
researcher roles
are all doing things that
I really don't have an investment in
doing because
no longer believe in*

Extract from 'We poem' No.2

*where do we go
for us to be on an equal par
with each other when
we're doing the work and trying to
find
someone who will go along with
our bottom up style of working*

Extract from 'They poem' No.1

*they designed this post erm
as part of the application
they hadn't thought about support
they thought that
they would just throw somebody
in there and
the person would cope
they bullied people, they bullied me,
they have bullied others*

I love asking kids what
they want to be
when they
grow up
because
i'm still
looking
for ideas.



Galeano (1977)

We are what we do, and
above all what we do to
change what we are: our
identity lies in action and
struggle.

That is why the revelation
of what we are implies
denunciation of what
prevents us being what we
can be.

**“PRIVILEGE IS WHEN
YOU THINK SOMETHING
IS NOT A PROBLEM
BECAUSE IT’S NOT A
PROBLEM TO YOU
PERSONALLY.”**

FACEBOOK/STOPTHETEAPARTY

Privilege

What actions can we take (from our location in the Northern hemisphere) within our praxis to reflect the diversity of lived experience of mental distress?

Power

What power over and within the process, including the allocation of resources, do we have?

What are our support needs?

Parity

What actions can we take to challenge inequity in the process?

Progression

What are the opportunities for us to progress?

What opportunities could and should there be?



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