



# CLAHRCBITE

Brokering Innovation Through Evidence

June 2019

## Lunatic Fringe: Gaining knowledge about mental health experiences and support needs through creative engagement with diverse communities and festival goers.



### Background

With mental health strategy increasingly dictated by statutory requirements rather than local need, the expert views of people who experience mental distress are, once again, going unheard and community-based services that have provided much needed support in the past are being lost.

In Liverpool, 1 in 3 GP appointments are mental health related. This statistic alone shows that we need a much clearer idea of what works to improve mental health and wellbeing in our city's communities.

Action research methods and community engagement form part of a suite of methods that can be used to elicit the thoughts, experiences, concerns and solutions from diverse communities.

### What was the aim of the project?

Lunatic Fringe's main aim was to hear, and then synthesise, the views of diverse communities about their mental health and wellbeing challenges and needs. We aimed to involve a diverse range of people in the conduct of the research and also in campaigning around the causes and impacts of mental distress as it relates to their own lives. We believe that the information summarised here will be of interest and help in the decision-making of mental health professionals, policy makers, VCS organisations, social housing and care providers, educators and employers.

### What did we do?

This public engagement project ran over the course of 12 months from Autumn of 2018. The project involved collecting information using an on line survey as well as interviews and focus groups with Irish traveller women, trans writers, women affected by HIV, festival goers, users of local mental health services and people involved in wellbeing interventions/ courses.



## How did we involve people?

The project was PPI led through the project's Well Connected Group - a group of people with experience of mental distress – who facilitated focus groups and asked questions at events. Support in research design and analyses, as well as volunteering at festivals, came from staff and students of the University of Liverpool.

## Response

In total, 502 people responded to the mental health and wellbeing questions including:

- 222 Online Survey respondents
- 150 Festival goers
- 114 Focus Groups participants
- 16 Course participants

## What next?

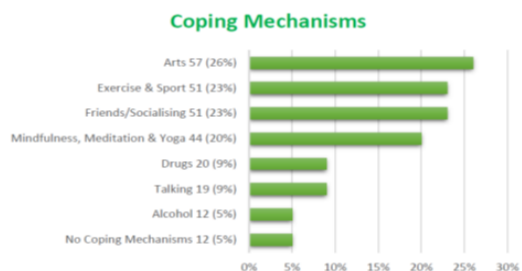
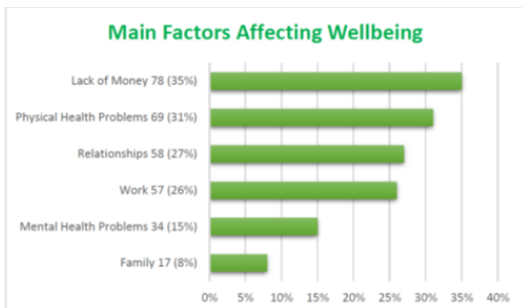


The above wish-list presents the beginning of a Liverpool Communities Wellbeing Manifesto . The next steps are to disseminate these findings more widely in order to influence thinking and inform future decision-making with this grounded public led research to improve mental health within and beyond the city.

## What we found and what does this mean?

The data collected was rich and nuanced with similarities and differences across different community groups. The graphs above provide just a few snapshots of some key matters.

## Graphs



## What is NIHR CLAHRC NWC?

The mission of the NIHR CLAHRC NWC is to work collaboratively with Partner organisations and other stakeholders including members of the public to co-produce and conduct high quality, leadership enhancing, applied research designed to decrease health inequalities and improve the health of the population of the North West Coast

## Find out more

<https://www.clahrc-nwc.nihr.ac.uk/index.php>

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