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CREATIVE INSIGHTS

Exploring young people's perspectives on health inequalities

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Economic
and Social
Research Council

Arts and
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**Why are we interested in
young people's perspectives
on health inequalities?**

Project aim and objectives

To explore young people's perspectives on the drivers of health inequalities and co-produce insights for policy-making based on their perceptions of opportunities for change

- Work in partnership with young people in Glasgow and Leeds to build the project around their priorities and concerns
- Work with creative practitioners to create alternative spaces for discussing how to address health inequalities (arts-based research)
- Produce creative outputs with young people, expressing their perspectives to policy-makers and public audiences
- Evaluate the process of engagement to inform future policy-relevant research.

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Partnership working



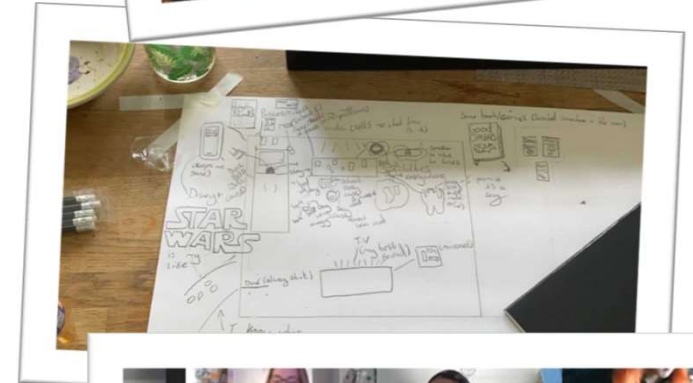
Young people	Researchers	Creative Partners
Ensuring the project was engaging to young people – from range of backgrounds	Brought new perspectives to exploration of health inequalities evidence and how it could be engaged with	Opportunity for engagement with communities, building on existing partnerships but outside of current projects
Opportunity for creative capacity building, with facilitators experienced in working with diverse groups of young people	Opportunity to explore relationship between art and research	Engagement in a process of creative inquiry – deep dive into area, with resources and support to maximise participant experience and support output generation

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What did we do?

- Six groups of young people, each group four days of workshops
- Diversity across groups: drawn together by common interest
- 39 young people, aged 14-18+
- Art materials, evidence and schedule sent out
- Fully online: facilitation led by creative practitioners, with resources/provocations co-developed with researchers
- Glasgow groups facilitated by Impact Arts – focus on visual arts, Leeds groups facilitated by Leeds Playhouse – focus on creative writing and performance
- Content of each group's workshop driven by young people's interests and concerns



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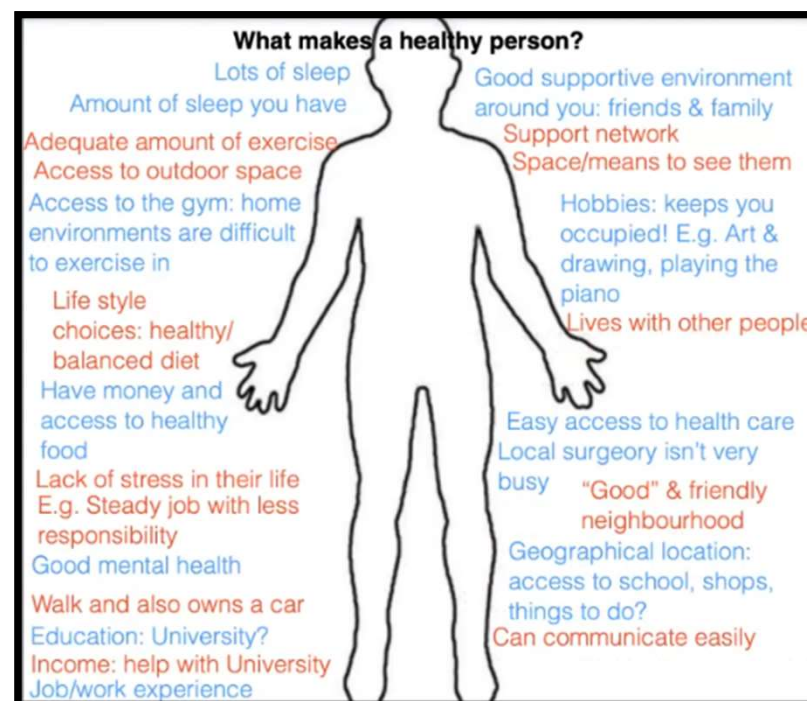
What did we hear from young people?

Understanding of the range of influences on health

Workshop 2: Leeds

“Well, it really depends on lifestyle choices. So having a healthy, balanced diet can help massively”

“Because not everyone has access to food [...] We send out food to those people in our community that can't afford the bare necessities - not everyone can actually have access to all them things. It just depends on the circumstances that we're in.”

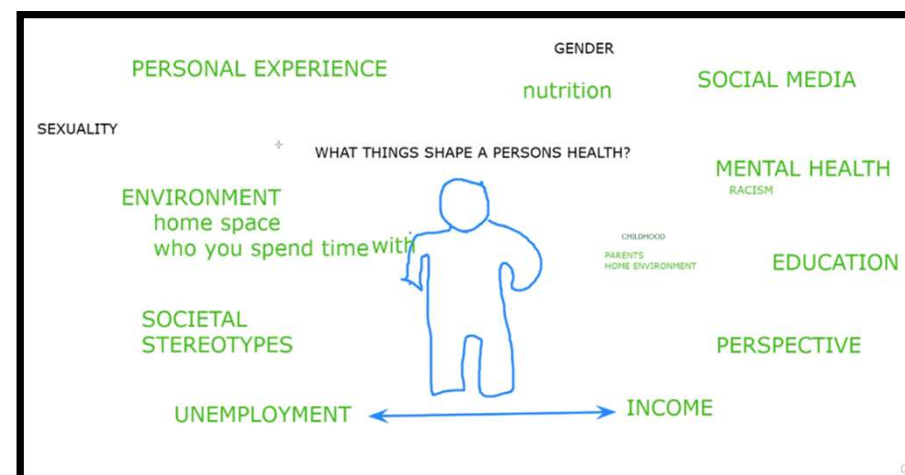


What did we hear from young people?

Importance of the tangible, lived experience of young people

Workshop 6: Glasgow

“But I have one that isn’t, like, it would kind of fall under, like, people and environment and such. But, like, if, in a school-sense, you don’t really have people to stand with you. You might be put down quite a bit, I don’t know how to really explain it well at the moment.”



What did we hear from young people?

Priorities and concerns



Education



Employment & Income



Mental Health



Relationships

What did we hear from young people?

Policy preferences reflected the interconnectedness of these priorities

“I just think that people’s mental health would be better if their job is protected, so losing it isn’t an option. If you know what I mean.”

Facilitator: [W4P3], how about you?

“I knew that the mental health services in school wouldn’t help at all, that the schools just don’t listen, even though they said they did, but they just don’t. And the app would just be easily forgotten, just like if you were to download a game, play it for a bit, use it, then just forget about it and delete it. And just so protecting people’s jobs relieves stress and just gives them a proper income, so they have money to live and have a house, the standard things that they need for living. “

Facilitator: How about you, [W4P2]? Let me come to you?

“I also agree with both of them. Yeah, a lot of people are anxious, and because they lose their job and things, so it does cause anxiety and pressure on a person.”

What did we hear from young people?

Policy proposals to address health inequalities

Employment & Income

- Efforts to tackle stigma related to unemployment
- Guaranteed job scheme for over 18s
- Higher minimum wage – not dependent on age
- Universal Basic Income
- Recognition of importance of key workers by higher wages
- Better work/life balance
- Greener jobs related to protection of the environment

Housing & Neighbourhoods

- Housing that supports community cohesion
- More affordable and sustainable housing
- Prioritising access to greenspace in all neighbourhoods
- Food production more local
- Transition to green energy

Education

- Education more tailored to job opportunities
- Respect/tolerance prioritised

Decision-making

- More transparency across decision-making at all levels
- Communities empowered (with resources) to make decisions
- More spaces for young people's voices to be heard and listened to

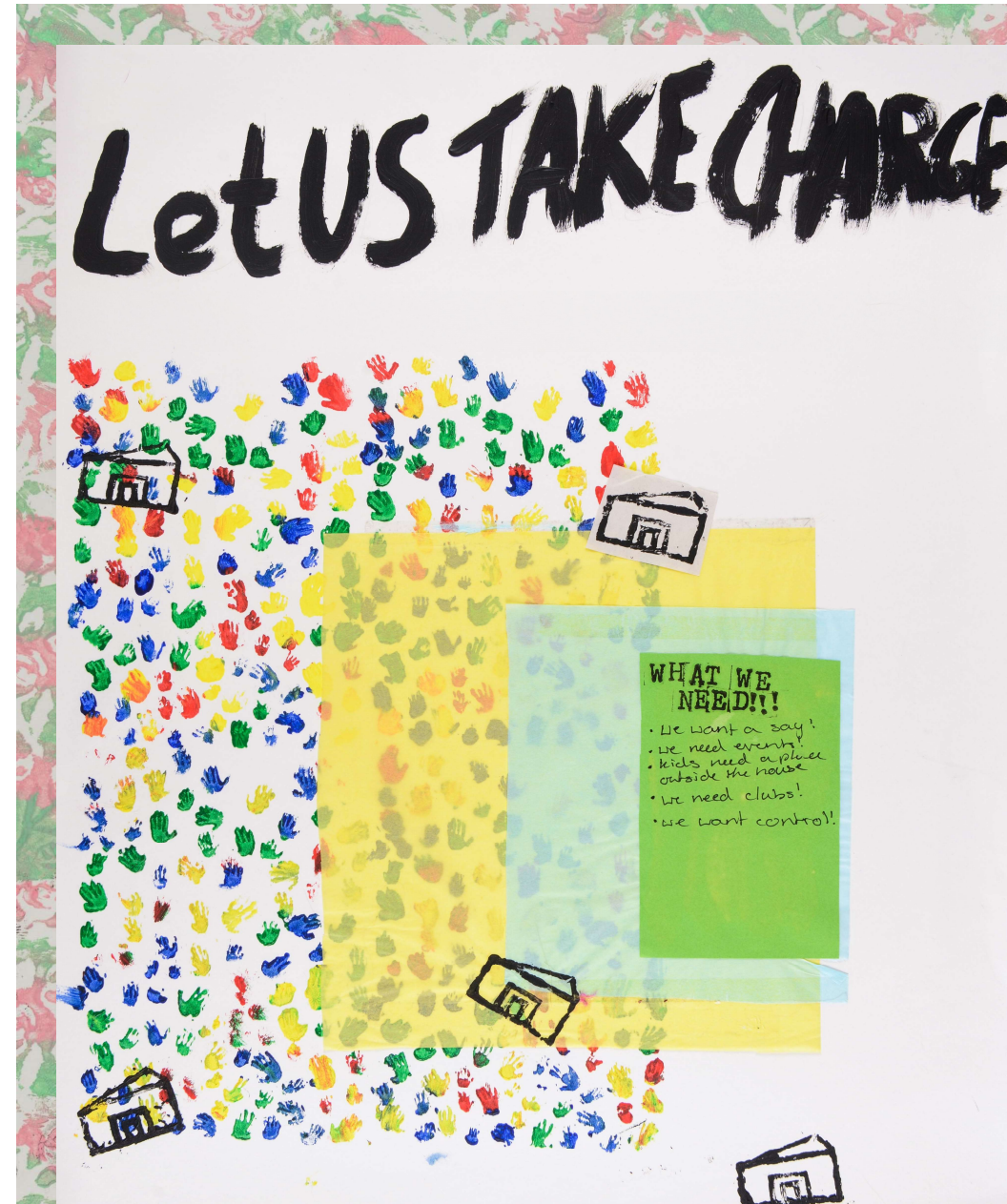


Conclusions

- Film and zine featuring the young people's artworks:
gla.ac.uk/creativeinsights
- Role of creative practice in research:
supporting positive engagement &
facilitating expression of perspectives on
the economic, social and environmental

Team

- 39 generous and insightful young people
- Researcher: Thu Thuy Phan
- Co-investigators: Kat Smith, Mhairi Mackenzie and Shona Hilton
- Creative Facilitators: Ellie Manners, Lily Craig, Beth Farmer, Jack Stancliffe
- Nicola Burgess, Naomi Tattum @impactarts
- Alex Ferris @LeedsPlayhouse
- Lots of colleagues @thesphsu



Get in touch!

- Interested in Creative Insights or similar work?
Email gillian.fergie@glasgow.ac.uk
- Questions or comments about SPHSU?
Email sphsu-knowledge@glasgow.ac.uk
- Visit our website: gla.ac.uk/sphsu
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