Research Report: Summary of Connected Communities projects

Compiled by Dr Jaimie Ellis for 'Imagine: Connecting Communities through Research

Project title	Project description
Authority, knowledge and performance in participatory practice	We used an initial literature survey and consultations with mental health performance groups to feed into a week-long residential workshop for eleven academics and community practitioners. Our aim was to discuss how participatory practices empower minorities not by opposing authority but by creating new forms of authority and objectivity amongst silenced voices, truths and experiences.
The age of we	Our culture is increasingly moving towards an ethos of participation. Whether in government, which promotes co-production, social research that increasingly funded to undertake collaborative inquiry, medicine in which patients are increasingly recognised as experts or the arts, where citizen creativity is being scaled up through digital technologies, there are rapid changes underway. The Age of We has been established as an open non-commercial network for anyone working at the leading edges of this multi-dimensional cultural shift.
AHRC/RSA citizen power in Peterborough collaborative research project: understanding the impacts of citizen participation in Peterborough	The Citizen Power programme looks at how citizen power can and should shape civic and democratic renewal. Based on theoretical argument, action research and policy analysis, the programme aims to develop ideas and practical policy solutions for cultivating civic activism and reinvigorating decision-making in the UK.
Bridging the Gap between Academic Rigour and Community Relevance: Fresh Insights from American Pragmatism	The project aims to exchange ideas across collaborating projects and their respective community partners about the type of knowledge that communities find useful. For example, is it the content/substance or the format/packaging of knowledge that matters most to them? It also aims to network nationally and internationally and across sectors in order to popularise the American Pragmatist approach to bridging

	the gap between theory and practice.
Building resilience through collaborative community arts practice: a scoping study with disabled young people and those facing mental health complexity	This study involved delivery of a program of weekly resilience-building arts workshops for young people with complex needs, and a literature review. The researchers found that even short-term visual arts interventions can have a significant impact on young people's resilience.
Careau and Ely rediscovering heritage project	The aim of the project is to explore the history and archaeology of the Cardiff suburbs of Caerau and Ely from prehistory through to the modern day, helping to connect communities with their heritage and develop educational opportunities
Community gardening, creativity and everyday culture	This project seeks to demonstrate the potential, challenges and capacity of innovative shared creative activities for developing community connections and identities through transformative experiences. It does so in the context of the everyday cultural practice of community farming and gardening. It works with communities that are involved in communal food growing in Sussex, Manchester, and inner London.
1.Community web2.0: creative control through hacking / 2.Community Hacking	Brief Description: Based in the Edinburgh suburb of Wester Hailes, the team of academics, community organisations and local activists have been exploring the affordances of social media to construct Œbonds and Œbridges between and across existing people and groups Brief Description: Based in the Edinburgh suburb of Wester Hailes, the team of academics, community organisations and local activists have been exploring the affordances of social media to construct 'bonds' and 'bridges' between and across existing people and groups.
Community music: history and current practice, its constructions of 'community', digital turns and future soundings	In the UK community music developed broadly from the 1960s and had a significant burgeoning period in the 1980s. Community music nationally and internationally has gone on to build a set of practices, a repertoire, an

	infrastructure of organisations, qualifications and career paths. There are elements of cultural and debatably pedagogic innovations in community music. These have to date only partly been articulated and historicised within academic research. This scoping study brings together and reviews research under the headings of history and definitions; practice; repertoire; community; pedagogy; digital technology; health and therapy; policy and funding, and impact and evaluation.
Connected lesbian, gay, bisexual and trans communities? A scoping study to explore understandings and experiences of 'community' among LGBT people	This study examined understandings and experiences of lesbian, gay, bisexual and trans (LGBT) communities, and assessed implications for health and wellbeing.
Conceptualisations and meanings of "community": the theory and operationalisation of a contested concept	The project explored the many different ways that community relationships have been researched, focusing in particular on the range of research methods used by community researchers whose findings have been published since 2000.
Connecting communities via culture-led regeneration – exploring incentive and momentum with UK city of culture 2013 shortlisted candidates	The Cultural Cities Research Network was formed in March 2011 to discuss the impact of bidding for the UK City of Culture 2013 title. Network members included different individuals and communities involved with or interested in the bidding process from the three shortlisted cities of Birmingham, Norwich and Sheffield. Together the network considered what connects cities during the shared experience of bidding for cultural titles.
Connection, Participation and Empowerment in Community-based Research: the case of the Transition movement	The project addressed issues identified by Transition Network through its experience of fielding interest from researchers. It documented experiences of Transition groups and researchers involved in research collaborations, created draft guidelines for Transition research, and initiated a broader project on supporting Transition groups to devise appropriate

	methods for monitoring and evaluation.
Connecting communities through food: the development of community supported agriculture in the UK	There is a convergence of the cultural and material worlds occurring in farming, driven by communities making connections between the production and consumption of food. This new civic agriculture is experienced in multiple ways, from small groups of allotment holders, to large groups owning substantial farming businesses and land. Although characterised as a consumerist response to industrial farming and mass marketing, this research suggests the emergence of a 'new productivist' agenda in which diverse communities take bodily, commercial and political control over the food that they consume.
Connectivity and Conflict in periods of Austerity: What do we know about the middle class political activism and its effects on public services?	: Our project was a scoping review of middle class community activism - research evidence of the taken-for-granted fact that the middle classes shout louder and get more. Our review identified four causal mechanisms that explain how and why the middle classes benefit disproportionately from the state as individuals and as community groups of activists. We present this as a challenge to the Big Society and community empowerment, highlighting that we may empower the already powerful.
Creative communities, 1750-1830	Focusing on historical case studies, this research network will examine how connections between members of a community, and between different communities, can enhance creativity. At the same time, it will subject those key terms to rigorous investigation. The network will bring together established and early career researchers, as well as non-academic stakeholders, from a range of institutions, to debate key questions about the relationship between creativity and community.
Creative practice as mutual recovery: connecting communities for mental health and well-being	When considering the attributes that modern-day healthcare is frequently accused of lacking, it is all too easy to overlook one of the most precious of all: humanity. The nascent discipline of health humanities aims to

	address this critical shortcoming. Central to the health humanities is the notion of mutual recovery – the idea that the sharing of creative practice and resources can promote resilience in mental health and well-being among professionals, informal carers and service users.
Cymunedau cysylltiedig 2: researching the industrial and post-industrial heritage of the Swansea valley	This multi-partner, bi-lingual community heritage project is focused on the history of industrial and post industrial communities in the Swansea Valley. The region has a remarkably rich yet complex industrial-urban-environmental heritage, and research into this informs a better understanding of how its unique historical and cultural context continues to shape the identity, sense of place, and quality of life of the people who live in an area, where 16.8 percent of the population speaks Welsh
Digital building heritage	The DBH project is firstly intended to demonstrate digital technologies, techniques and expertise developed and/or used at De Montfort University to local and national heritage groups throughout the UK who are concerned with buildings and their artifacts. It is secondly intended to assist community heritage groups in making collaborative bids with De Montfort University for UK Heritage Lottery Fund grants.
Enfield exchange	One of the many objects in the Science Museum's collections is a manual telephone switchboard from the Enfield telephone exchange. It was collected by the Science Museum in 1961, because it was the last of its kind to be taken out of service in the Greater London area. Between 1925 and 1960 this manual telephone switchboard was central to Enfield life. The Enfield Exchange project aimed to find out if anybody remembers it and its telephonists.
Georgian Glasgow	This project examines the history of Glasgow in the Georgian era (1700-1840) via literature, art, and objects from the period. The project deals with key themes and authors alongside new theories of cultural

	memory. In 2014 a major exhibition ('Glasgow: The Enlightened City?) will take place in Kelvingrove Museum.
Gypsies, Roma and Irish travellers: histories, perceptions and representations. A review	Amidst the prejudice suffered by the Gypsy, Roma/Romani and Irish Traveller communities today, various organisations have recognised the need to communicate some of the history of these peoples in Britain.. Cultural historians and scholars of historical representation, however, recognise that much of what we know in the twenty-first century of these communities in the past is contingent on fragments.
Imagining the place of home	What role does the imagination have to play in conceiving of relationships between home and communities? Does home continue to have a vibrant future as a place into which citizens can project themselves and shape imagined lives within just and fair societies? This research review is engaged with charting the relationship between home and the imagination in the fields of literary and cultural studies. We aim to deepen understanding of work already undertaken within the arts and humanities and establish the parameters for new research initiatives.
In harmony Liverpool research network: exploring the cultural value of the orchestra as a community intervention	The In Harmony Liverpool Research Network brings together an international community of researchers to consider the cultural value of the orchestra as a community intervention, with a particular focus on the In Harmony Liverpool Programme. Led by the Royal Liverpool Philharmonic Orchestra (RLPO) and inspired by the Venezuelan El Sistema initiative, In Harmony Liveprool uses the symphony orchestra as a means of engaging young children (aged 4 years upwards) in music education and performance, adopting the Sistema philosophy of working with children from the most deprived parts of the country.
The involvement of children and young people in research within the criminal justice area	This review focuses on the evidence of participation of children and young people (CYP) in, and with, criminal justice research. The review has identified the current position

	of CYP in research into the criminal justice system in the UK, and suggested a model of justification for involving them. The evidence shows that there has been a genuine progression over the last decade in terms of ensuring the participation of CYP. Participatory research would seem an effective way of ensuring CYP can challenge negative perceptions, stimulate change and become visible in a positive manner
Know your place	The University of Bristol, in partnership with Bristol City Council and a number of community groups, hosted a series of free public events about local community heritage. Each event allowed people to explore the local history and culture through the eyes of the community.
Language as talisman	The focus of this project was on language as a source of protection and resilience for young people. The project team worked in schools and youth centres to co-produce materials with young people about language and its power. We were interested in how young people can shape language practices in the classroom and how their understandings of language can be supported and developed. We looked at how local dialect can be drawn on in young people's written language.
Legacies of war 1914-18/2014-18	We aim to stimulate innovative individual and collaborative research projects and create and foster partnerships between the university and museums, galleries, cinemas, theatres, libraries and a broad range of community groups in order to collaborate on centenary events and activities.
Linking communities to historic environments	The project aimed to bring together experts and practitioners to share experiences from both ends of the engagement spectrum. On the one end of the spectrum you have the 'experts' from national and regional organisations and on the other, the community participants who want to get involved. The project was to bring together both parties in a workshop format. The format was balanced to give all participants

	an opportunity to share experiences, by describing their involvement, what they did during the engagement period and what were their reflections on the engagement process.
Maintaining a faith community: the role of the law	Legal rules may have a unifying or a divisive effect and dispute resolution mechanisms may dissipate problems and divisions or reinforce them. Furthermore, faith communities are sometimes confronted with incompatibility between their own religious laws and the secular legal system within which their community is required to operate. The project seeks to explore these problems and will compare the Muslim and Jewish Communities and the position in England with the position in France
Measuring big society	Big Society is a core element of the coalition government's policy and ideology. It is not easy to define, but in essence a Big Society is one in which citizens and communities take a vastly increased role in managing shaping and delivering public services and the social and physical infrastructure of society. The aim of the Measuring Big Society project is to create a 'blueprint' for measuring Big Society, and its progress, in local areas across the UK.
Memories of 'Mr Seel's garden': engaging with historic and future food systems in Liverpool	With all the current interest in growing food locally, including long waiting lists for allotments and many new community 'Growers' groups, we explored the history of local food in Liverpool to see what other surprises might be lurking around Liverpool. Dairies in Chinatown? Pig-farms on Mossley Hill? We wondered whether knowing more about where we used to get our food from might inspire other radical ideas about where we could grow our food in the future. Volunteer and academic researchers used a combination of research methodologies – oral history, archive research and site identification/ documentation – to build up a multi-layered picture of the changing nature of food systems in Liverpool.
New connectivities: civil society, the 'third sector'	A scoping review and activities on the changing nature of connectivity' within and

and dilemmas for socially and economically sustainable healthcare delivery	between local communities. The overall purpose is to gain an understanding of the impacts of changing connectivities upon service delivery under fast-changing institutional conditions of marketisation.
The Orkney and Shetland dialect corpus project scoping study	This scoping study prepares for research on Orkney and Shetland dialect grammar, shedding light on the grammar of two dialects which are the products of a language contact situation (15th – 19th century). The study aims to develop a database (corpus) of naturally occurring dialect texts from Orkney and Shetland, which would be digitally searchable.
Performing impact	A project looking at what counts as the impact of community theatre, and how it might be documented. It explores ideas about different forms of evaluation and who they are of use to: should the purpose of evaluation be only to meet funders' requirements? What is 'formative' evaluation and how can it be of use to community theatre practitioners themselves?
Philosophy of religion and religious communities: defining beliefs and symbols	The project consists in a review of the contributions philosophy of religion can make to debates surrounding religious discrimination. The question 'when is it acceptable to prohibit the use of religious symbols?' has become an extremely pertinent one for communities of all faiths in the UK. One must ask whether these symbols are a mandatory means of manifesting core beliefs or what it might mean for symbols to be 'intimately linked' to underlying beliefs?
Places for all? A multimedia investigation of citizenship, work and belonging in a fast changing provincial city	With residents of Peterborough as its focus, Places for All? explores the multiple and diverse place attachments and work and migration histories of people of all ethnic backgrounds, from people born in the city to those who arrived very recently. It turns on its head narratives that posit long-settled ethnic majority communities as 'indigenous' and understandably resentful of the presence of ethnic minorities and the arrival of international migrants. Oral history and

	residential fieldwork are at the heart of the work, which draws on the stories of over one hundred people.
Reframing state-citizen relationships in a time of austerity	The collaborative project aims to re-shape the way in which decision making is made by connecting communities in Bristol and South Wales with researchers from the Universities of Bristol and Cardiff to co-produce new forms of engagement across politics, policy and the arts. Community groups will work with academics to design a research programme that is focused around the needs of the community rather than the interests of powerful institutions. The programme will seek to understand how neighbourhoods can become bridges to engagement with regulators, policy-makers and businesses, and identify new forms of consultation.
Rural connective	Rural Connective gives attention to the increasing interest to the rural areas and their relation and access to the digital technologies especially in light of such programmes as roll out of superfast broadband in Cornwall. This initiative is specifically interested in growing and extracting cultural and creative capital in rural communities, and in critically investigating those processes.
Tackling ethical issues and dilemmas in community-based participatory research: a practical resource	This project brought together community partners and academics from four previous Connected Communities projects to work on developing ethical guidelines for community-based participatory research (CBPR).
Tailored trades: clothes, labour and professional communities (1880-1939	This Research Network investigates how clothes and labour influenced and assisted in the development of professional communities at the turn of the twentieth century (1880-1939). It brings together scholars from across the Humanities and Social Sciences, focusing on topics such as: hand versus mass-production of clothing; design teaching; the Arts and Crafts movement; the Dress Reform Movement; haute-couture and the emergence of the ready-to-wear industry; uniforms and professional identity; the place of women in

	the new workforce.
Taverns, locals and street corners: cross-chronological studies in community drinking, regulation and public space	This pilot study on tavern culture ranges from early modern Europe to the present day. It investigates whether today's real and imagined patterns of drinking – people congregating in public spaces at night, sold alcohol and revelling – are recurring practices and representations of drinking and of competing communities. It looks at how public space is used, and how tavern culture produces places and social groupings; how these spaces are regulated in the name of order, morality and health; the rhetorics of drinking and taverns, of pleasure, harm and authority.
Temporal belongings	In everyday life, time most often appears in the form of the clock – abstract, seemingly objective, a 'natural' fact of life. However, as anthropologists and sociologists have long noted, time is not a neutral container for social life, but a source of values, concepts and logics that are used to negotiate the complexity of social life. The project thus aims to provide a space for researchers to develop a more coordinated understanding of the interconnections between time and community. We will be providing opportunities to share our research and develop multi-disciplinary collaborations, as well as creating new resources to support the development of this research area
Time of the clock and time of the encounter	This project investigates the difference between the time of the clock and the lived time of experience. We live in a world dominated by the time of the clock, yet many aspects of life have a different rhythm and temporality. The time of community, especially, is very often more complex and differentiated that standardised clock time.
Understanding everyday participation – articulating cultural values	This project proposes a radical re-evaluation of the relationship between participation and cultural value. We are used to thinking about the benefits of the arts as a traditional way of understanding culture and its value but what about the meanings and stakes people attach

	to their hobbies and pastimes? Can we speak of supposedly mundane activities like shopping, taking the dog for a walk, or meeting up with friends as having cultural worth?
Understanding the role of ICT use in connectivity of minority communities in Wales	Researchers from three universities in Wales with specialisms in media, geography and policy research came together to conduct a systematic review of evidence in the interdisciplinary area of communication technologies, and connectivity of minority communities. Considering the Welsh context this work has aimed to enhance existing understanding of the role of new technologies in connectivity and inclusion of minority groups.
The university of the village: universities connecting with rural communities	This pilot project explored new modes of delivery, enhanced through Next Generation Access Broadband, and was interested to redraw the relationship between universities and rural communities and grant access to university outreach services for those communities. The project in St Agnes resulted in delivering a short film course to the participants who collaboratively made a film about their village.
Valuing community-led design	The ideas and practice of community-led design, participatory design or co-design have a long-standing tradition, especially in the context of urban design, planning and architecture . "Valuing Community-Led Design" is a research project that aims to collate, articulate and disseminate evidence about the value of community-led design and bring the relevant stakeholders together to share good practice and form a research agenda for the future.
Writing Our History: Digging Our Past	Uncovering relics from the past or charting the heritage of a local community can be a painstaking and frustrating process for the amateur historian or archaeologist, often hampered by limited time and funding. Writing our History, Digging our Past is a project that aims to assist voluntary groups in the East Midlands and beyond delve into their

	local history by providing access to the expertise and resources of professional arts and humanities researchers.
Year of Shakespeare	This is an online forum in which Shakespeare enthusiasts across the world can read about, comment on, and connect with the 70+ intercultural performances that were staged across the UK as a part of the Festival in the summer of 2012.
Activity Buddies: Promoting quality of life for older people together	The Universities of Brighton and Sussex, together with Age Concern, WRVS, Help the Aged and community forums aimed to tackle the unmet health and wellbeing needs of older people living in deprived areas of Brighton & Hove, Eastbourne and Hastings. It provided an opportunity for students from many different disciplines to '*buddy*' with older people to engage in activities ranging from fitness and mobility, to foot care, managing medication and developing IT skills.
Bouncing Back Projects	Project (1) Students, academics from the Universities of Brighton and Sussex, practitioners from both the voluntary and statutory sectors and parents developed innovative ways of building resilience to help children '*bounce back*' when life is particularly tough. Building on ideas of *Resilient Therapy*™ (RT), they developed and applied new ways of working with disadvantaged children. RT offers a coherent framework for finding the best ways of helping children and families build up their resilience to very difficult circumstances. Project (2) Additional funding for the successful Bouncing Back (BB) project has enabled us to translate the innovative work developed by students, academics, practitioners and parents, to national policy audiences and national bodies.
Black, Minority and Ethnic Group	This project involved Diversity House working with University of Greenwich. The aim of the project was to establish a Black Minority and Ethnic (BME) Special Interest Group which would provide a vehicle for strengthening the capacity of the BME

	voluntary sector to get involved in carrying out community based research. The project developed community knowledge and capacity to contribute towards shaping health and social care policy in Swale... The project called 'Special Interest Group (SIG) on BAME Health and Social Care Issues' has as a general purpose to contribute to the advancement of knowledge on equality and diversity issues. In the context of the SIG project, we will be implementing health summit on cardio-vascular disease risks amongst BAME communities.
Community Writers Project	This project involved members of the Sheppey and Sittingbourne Writers Group and the Sheppey Women's Writing Group working with academics from Canterbury Christ Church University - Centre for Health and Social Care Research and the Education Department. The aim of the project was to develop autobiographical, biographical and fictional responses to the links between health and wellbeing and the experience of living in Swale. To use these responses to underpin a health promotion training programme.
Count Me In Too: Promoting health and well-being with LGBT communities	Count Me In Too is an award-winning research project where lesbian, gay, bisexual and trans (LGBT) people shared their views and experiences, and worked with service providers and others to gather and present evidence that would promote positive changes for LGBT people. The project research team facilitated the project and was lead by researchers from the Universities of Brighton/Sussex, Spectrum and LGBT research activists.
Drug and Alcohol Abuse Project	This action research project aimed to identify interventions that would lower the incidence of alcohol and drug misuse on the Isle of Sheppey. A Community Researcher based in a Sheerness community venue assisted local partners to identify a range of alcohol and drugs initiatives that would make a long-term impact. By involving the students, young people and generally people across Sheppey,

	the community group Sheppey Matters, with the academic support, have worked on producing a comprehensive report on the problem of drug and alcohol abuse on the Island.
Gypsy / Traveller Support Group	The culture of Gypsy/Traveller communities is distinct and diverse and their attitudes and beliefs about health contribute to the higher incidence of disease. The aim of this project, working in collaboration with Canterbury Christ Church University (CCCU), was to provide a preventative health programme which acknowledged the beliefs of the Gypsy/Traveller community. A specially devised health promotion training programme was provided on a rolling basis over two years to enable Gypsies/Travellers to gain a better understanding of their health problems and ways in which they can more effectively help themselves.
Home Start Sittingbourne and Sheppey Project	Home Start Sittingbourne and Sheppey provides *e*ssential support to over 120 families. These families value the support they are given because of the specific challenges they themselves face. These include coping as a lone parent, having a disabled adult or child in the family or needing to be particularly proactive in ensuring abuse is avoided. Support is provided through a mixture of family groups, dedicated support workers visiting in homes, young parents groups, twins clubs and volunteer support. This project aims to improve the lives of families of people from ethnic minorities in the Swale district.
LifeMusic	The LifeMusic Method employed participatory music to enhance wellbeing, to develop harmonious relationships and to deepen people's understanding of themselves and each other. No specialist musical training was required to be a participant. The work was based upon improvisation with instant access instruments (mainly percussion and voice) facilitated by trained practitioners.
Living and Working on	The Living and Working on Sheppey Project

Sheppey Project: Past, present and future	has stimulated reflection on the past, present and future of life and work on the Isle of Sheppey, with a view to impact in a positive way on local health and wellbeing. In particular, the project focused on the experiences of older people in Sheppey, especially those with a connection to the former Naval Dockyard at Sheerness, 50 years on from its closure in 1960; and to explore the present (and past) ways that young people imagine the future. Both these strands of the project made use of existing materials collected on the Isle of Sheppey by researchers a generation ago in the late 1970s and early 1980s, and new materials generated through the project work. The team of people working on this project consisted of members of Remember Blue Town and the Blue Town Heritage Centre, the Universities of Kent and Southampton, the artists Tea, Swale CVS, Sheppey Matters, and the UK Data Archive.
Our Space: Exploring spaces to bring deaf and hard of hearing people together	This project undertook research and developed new virtual and physical *'spaces'* for and with deaf and hard of hearing people. In partnership with the Universities of Brighton and Sussex, the NHS Primary Care Trust, experts in community therapy and deaf service providers and advocates, it promoted a range of preventive solutions towards health.
Queenborough and Rushenden Action Together (QARAT) Group	The project aim was to develop, support and build the fledgling 'Grow Your Own' club based at The Gateway Community Skills and Training Centre in Rushenden by partnering with other organisations to build their knowledge, capacity and skills in the production of food and ornamental plants, shrubs and trees and to ensure their continuing sustainability. Through the activities of the club in the target communities social cohesion, physical and mental wellbeing of the individuals will also be improved.
Southampton Personalisation Project	The project focussed on supporting, people who are eligible to receive Individual Budgets (Personalisation), and communities who

	wanted to start a social enterprise (SE) to meet the needs of people in receipt of Individual Budgets. The project was a three-year partnership project between Southampton University, Southampton City Council, two social enterprises, RISE Community Development Ltd and Communication & Action, and a Hampshire based charity - Carers Together. The project consisted of three types of activities: 1. Identifying health and well being needs beyond care needs 2. Promoting understanding of personalisation to individuals and groups in the community. 3. Delivering sustainable models of service provision to people who receive individual budgets.
Supporting Social Enterprise	project will focus on improving the delivery of health and well-being within the Thornhill area of the city. University staff will work in collaboration with a number of key agencies, community groups, local government and businesses, to identify and develop sustainable social enterprise to support existing and future health and well-being initiatives run by the local regeneration programme. The University is already working with Thornhill Plus You to safeguard future regeneration by developing and implementing a capacity-building training programme for its community members.
Swale Mediation	This project aimed to improve the health and quality of life of young people aged 11 to 19 years and their families in Swale. Working with academics from University of Kent a training course was developed and delivered to volunteers/staff members at Swale Mediation Service who worked with young people and their families using the principles of mediation.
Sustainable Community Assets	
Singing for Mental Health Project	The Journey to Recovery report (DH, 2001, p.24) argues that the majority of people with mental health issues can ultimately take

	control of their lives and recover if they are supported by appropriate services that create an optimistic, positive approach, and that these services should be available in community settings. It also highlights the needs of carers and members of the public who need to be involved if discrimination is to be avoided. The project aim was to establish a singing group at Sheppey Healthy Living Centre (Sheerness) for the social and emotional benefits that group singing brings to aid recovery.
Swale Carers Project	Emotional and mental health problems are more often associated with care giving than physical health problems and carers are more likely than non-carers to report high levels of psychological distress, which can include anxiety, depression and loss of self esteem. Care giving is independently associated with distress and is the fifth most significant factor associated with women's distress and the ninth most important factor influencing distress levels in men. The overall aim of the Swale Carers project is to support adult carers to improve physical and mental health and wellbeing for themselves and those for whom they provide care, within the context of their constricted lifestyles.
Swale Community Leisure Project	This was a multi-stranded project seeking to increase opportunity for sport and physical activity participation in Swale with a view to increasing the health and well-being of the population. Funding was provided to local community sport and recreational clubs to increase their existing capacity, for development of new community sports clubs and staging of wide participation events in the community.
Swale Domestic Violence Forum	Often young people are abused or become abusers themselves because of experiences they have had as children. The Centre has collaborated with Swale Domestic Violence Forum to try to break this cycle of abuse by promoting healthy relationships in young people (between the ages of 16 and 24). The project explored a range of themes including

	identity, relationships, drug and alcohol use and sexual relationships at group workshops with young people and based on the young people's feedback, work was undertaken to develop a 'toolkit' to meet their needs and those of their peers. Swale Domestic Violence Forum works to promote services for both victims and perpetrators of domestic violence in Swale. Often young people become abused or are abusers themselves because of experiences they have had themselves as children. <u>Aim</u>: This project will work to help to break the cycle of abuse. The aim of this project is to promote healthy relationships with young people (between the ages of 16 and 24).
Swale Seniors Forum Project	Many older people in Swale suffer from isolation and restricted access to health services because of the lack of knowledge of transport, second lowest population density in Kent, large rural population and no hospital within the district. This 18 month project aimed to reduce isolation of older people and those with impaired mobility by providing information and support to improve their access to vital services including shopping areas, health, leisure services and social events. Swale Seniors Forum (SSF) is a community group working to meet the needs of senior citizens across Swale district. In early 2009 SSF worked with Canterbury Christ Church University (CCCU) to identify what support they could provide to support healthier lifestyles for senior citizens in the district.SSF identified the need to improve access to public transport for senior citizens. A project was designed to identify transport needs in the area and then address these needs through practical project implementation.
Swale Young Carers Project	Large numbers of children and young people in the UK are involved in some kind of care for members of their family, often a parent. Research has shown that being a young carer can affect children in a number of ways, including experiencing physical problems, mental health problems, isolation

	from their peers, bullying and the adverse effect on elements of their transition to adulthood, such as a lack of higher/further education and employment opportunities. The aim of the project was to achieve an improvement in the physical and mental health and transition into adulthood of young carers in Swale.
Young Fathers Project	This project involves the Sheerness Children & Families Centre Ltd. working with the University of Greenwich. The project took place over a two and a half year timescale and focused on engaging fathers, specifically young fathers, due to the particularly high rates of teenage pregnancy on the Isle of Sheppey. Figures from the Teenage Pregnancy Unit show that in the district of Swale teenage pregnancy rates were 48% higher than those for the South Eastern Government Office Region. A project worker was employed to work with young fathers, and one of their key roles was to find ways of 'recruiting' young fathers into attending groups and engaging with professionals, focusing on a range of subjects important to family health and wellbeing. Some examples of the types of groups and activities might include: Attendance at ante-natal clinics. Engagement with local Health Visitors e.g. through attendance of local child health clinic. Health promotion in the form of education with regard to: Healthy eating/nutrition. Breast feeding. Oral hygiene. Sexual health, etc. Engagement with speech and language therapy e.g. through baby signing
Creating cultural citizenship? Understanding the impact of participatory arts on community health and wellbeing	This is focused on arts and health, an emergent field that encompasses diverse art forms, genres and settings. The starting point for the study was the need to develop understanding of practice excellence in this interdisciplinary field. The project drew together a reference group to explore these issues at a one day workshop in April 2012 jointly hosted by the Project Team and London Arts in Health Forum (LAHF).
Creative communities in	Four PhD students are examining the creative

art & design since the 1960s: lessons for socio-economic regeneration in a globalized world	art and design communities associated with and generated by pop culture in Britain and its many legacies since the 1960s. They will study the rise of Pop as British and world society changed dramatically in that decade, creating new communities who made, consumed and transformed art and daily life over the next forty years.
Evaluating the outcomes of cultural services: a mixed methods investigation	The overall aim of the project is to increase understanding of how people in Derbyshire value culture and how these forms of value can be conceptualised.
How should decisions about heritage be made	In early 2013 the project spent four months working together to explore the issues raised by decision making about heritage and then designed a research project. In our Phase 2 research (beginning in July 2013) the project will to root our bigger concerns with democracy and heritage in specific places and contexts by mapping who makes decisions, when and where.
In conversation with…:co-designing with more-than-human communities	This project brings together representatives from over 17 Connected Communities projects to explore how a consideration of the 'more-than-human' approach, which recognises non-humans as active participants in the creation of our world, might extend our understandings of community and of participatory research.
The meaning and role of community cinema in rural Norfolk	This project seeks to explore the meanings and roles of rural community cinema projects in Norfolk, as these are understood by members of rural communities. The project will engage with questions about the social experience of attendance at rural cinema screening events.
Performing LGBT pride in Plymouth, 1950-2000	The project is considering how the LGBT communities of Plymouth have performed and signified their cultural identities during this period of change in both attitudes and legislation.
Productive margins	Community groups will work with academics to design a research programme that is

	focused around the needs of the community rather than the interests of powerful institutions. The programme will seek to understand how neighbourhoods can become bridges to engagement with regulators, policy-makers and businesses, and identify new forms of consultation.
Writing Our History and Digging Our Past: Phase 2	In Phase 2 we are working with 14 groups and running a series of collaborative skills workshops ranging from recording oral testimony, using archives and preserving artefacts, to geophysical archaeological surveys. We are also promoting a 'Challenge Fund' that allows groups to draw upon the knowledge and skills of both students and academic staff to provide specialist services and other activities that will extend their projects. Finally, we are aiming to develop long-term relationships with community groups.
Older People as Researchers	*Training Older People As Researchers*, led by the University of Chichester, built on a history of research on older people and the local community. Working with community and voluntary organisations to recruit and train older people as peer researchers, the project offered opportunities for older people to access a higher education environment and to provide high quality and relevant research to support the development and commissioning of services that meet the needs of older people. An example of one such project was research into the experiences and feelings of patients before, during and after their discharge from hospital.
Remember Blue Town Heritage Project	The focus of this project is on the recent (post-1950) history and changes in people's working lives on the Isle of Sheppey. By highlighting the processes of adjustment that accompanied previous periods of economic restructuring, the project aims to contribute constructively to local discussions about responses to the current situation of uncertainty about future work by focusing on the similarities and differences between then and now. In particular, bringing together

	older and younger members of the Isle of Sheppey's community will help to overcome the social distance and misunderstanding that is typical of coastal communities where young and retired people may find themselves in conflict.
Summer Interns Partnership 2009	The programme was established to promote collaborative partnerships between higher education establishments and community groups across the South East coastal region. The Project Office was asked to co-ordinate and manage a total of 10 undergraduate and postgraduate 'Interns' for a period of 12 weeks during the 2009 academic summer vacation. The aim of the project was to use the year-long St. Francis Church project as a model to carry out similar work for a total of 4 Portsmouth community clients. The students were asked to create design ideas and visionary solutions for existing buildings and land owned by each of the four clients.
Summer Interns Partnership 2010	Following on from the success of the first SECC Summer Interns Programme run during the summer vacation 2009, this year the students worked with 3 local community clients:1. St. Faith's Church, Havant; 2. St. Columba Church, Fareham; 3. The Roberts Centre, Portsmouth. From the first week of the 2010 Interns Programme the students were asked to work closely with *Real* clients on *Live* projects in a studio based environment. The Interns were provided with a timetable of events and were told that they must present their initial research and finished design work on set days in front of their clients. All 8 of the Interns involved with this intensive project developed their business, design, presentation and leadership skills while at the same time learning how to work as a team under pressure. In this way, the Interns Programme provided the students with a vehicle to undertake paid architectural consultancy work in an academic and practice-based environment.