



Thrive Service User Research - Information Sheet

Media Education is working with Thrive Edinburgh to address barriers to accessing mental health and wellbeing services in Edinburgh. We are looking for people with experience of this from two focus groups -

- Young parents
- People from minority ethnic backgrounds

If you have experienced challenges with your own mental health or wellbeing, or have been in a caring role for someone who has experienced mental health difficulties, and you would like to take part, please get in touch.

This project uses creative film making combined with user led research. We have designed the project to have many stages which require different time commitments. Some positions and activities are voluntary and some are paid roles, none require any experience to take part.

In the first stage we will form a lived experience advisory group which will meet once every two months. This is a voluntary opportunity for people with lived experience to guide the research. This group will remain open for anyone from the focus groups to join throughout the project. In the second stage we will invite people from the advisory group to become part of a media team to create a series of films exploring the issues raised. Full training will be given and the opportunity exists to receive an accreditation from Edinburgh College for this part of the project.

Once the films are complete, members of the media team and advisory group will be invited to take part in working with a researcher to conduct a research enquiry. Full training will be given. This will involve co design of research questions, some field work and co writing of a report. Together we will then codesign a Community Leadership course designed to share the report findings which will involve presentations, public speaking and event management.

We are able to help with child care, translation including BSL is available to anyone. We will also cover travel expenses. We are really excited about the project and invite anyone interested or just if you have a question to contact kate on 07458302550 or email kate@mediaeducation.co.uk for further information. Thanks so much.