

World of Difference: Lived experience education and research team



Some of the past and present members of the team



*“The World of Difference service user education and research team develops, delivers and evaluates service user-led and co-produced education and research focused on ending discrimination, promoting recovery, inclusion and respect for human rights for those who experience mental distress. Our ultimate goal is to contribute to creating a different world – one where our experiences of mental distress are recognised and respected as an element of natural human difference and diversity, and are **no** barrier to us being able to experience recovery, inclusion, and to exercise our human rights on an equal basis with all others: a World of Difference that will make the World of Difference to those of us who experience mental distress”.*

- Programme Lead, Dr Sarah Gordon
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"All the trainers having experienced mental distress is a stand out of the training. Where they are coming from is a real place, not a book or a manual. We might see people all the time but we need to keep in mind that one time can make a difference and inspire change" - Police recruit reflecting on World of Difference workshop

"For me, the co-production process of evaluation we have embarked on as part of [the project] is immensely valuable as a way of incorporating that personal perspective drawing on lived experience very explicitly, and challenging the presumption of neutrality and normalisation of power/status asymmetries that are often built into health services research" – Ally reflecting on co-produced research project undertaken together with World of Difference researchers

"I personally have come away from the previous sessions we had with [the service user educators] and I've really felt they have been quite powerful and have shaped my practice in a positive way, and definitely trying to promote the least restrictive means as much as possible" – Psychiatric trainee reflecting on World of Difference education session

