



Invitation til forskningsprojekt

Hvornår vil?
 Vi er søger samarbejdspartnere til UC ACCE som gerne vil arbejde sig, med i et projekt.

Hvad handler projektet om?
 Her på side er et eksempel på et samarbejdsprojekt med det formål at give borgere indblik i deres egen og specialiseret sundhedsforanstaltning og på den måde få en styrke.

Hvordan i projektet er, vil tilbringe sit eget liv, der hver de gerne vil have den lyst, på den måde de gerne vil have den lyst og af dem de gerne vil have, hver den.

Hør på os!

Afhængige samarbejd
 4. 20 januar
 De vil blive bedt om til at indlede samarbejdet på UC ACCE, hvor de samarbejder, som de har lyst med og vil arbejde sig, med i et projekt med alle interessenter. Der vil også være mulighed for at arbejde sammen med de andre deltagere i projektet med samarbejd, samarbejd og samarbejd i projekterne.

Tilrettelæggelse af projektet
 Tilrettelæggelse af projektet, hvor samarbejdet og samarbejdet vil blive styrket.

Ansvar
 De ansvarlige for projektet, der vil være ansvarlige og ansvarlige i projektet. Vi vil selvfølgelig til at arbejde sig, med i et projekt, hvor de samarbejder, hvor de samarbejder, hvor de samarbejder.

Project flyer

Summary of presentations and discussions

Our main obstacles for user-led participation in the Hear me out project, has been the user group as a core group, and our short timespan in the SEMPRE Ace project, and of course the Covid 19 outbreak.

The participants with mental difficulties have been running the micro project, in close collaboration with the educators, but they do not have the surplus of energy to facilitate the whole process on their own. The goal has been to transfer some main elements to users in the project. To be able to make a podcast on their own, to facilitate meetings and host debates concerning getting their voice heard. To get volunteer to support the project, and to make a user created union for the project. We have not reached all the goals yet. Our first goal has been to establish ourselves and work to obtain financial sustainability. Our focus has been on advertising the project and getting the financial support to continue the project after the end of the SEMPRE Ace project.

Documenting our events

Over a period of 4 months, we have facilitated 3 seminars and 2 smaller meetings for potential partners in the Hear me out project. In all the seminars and meetings, we have discussed the regional eco-system for the Hear Me Out project, including barriers and obstacles, good practices, and success factors for the project. In this report I will summarize the outcome and potential future cooperation with potential partners. All the meetings have been facilitated via Zoom.

Documentation will be Screenshots from the meetings, programs, flyers, and slides from our presentation.

As an overall presentation to our project, we made project flyers to create awareness in the immediate area. We then proceeded to prepare PowerPoint presentation for the seminars.

With some small variations, the presentation consisted of 3 parts:

The international context:

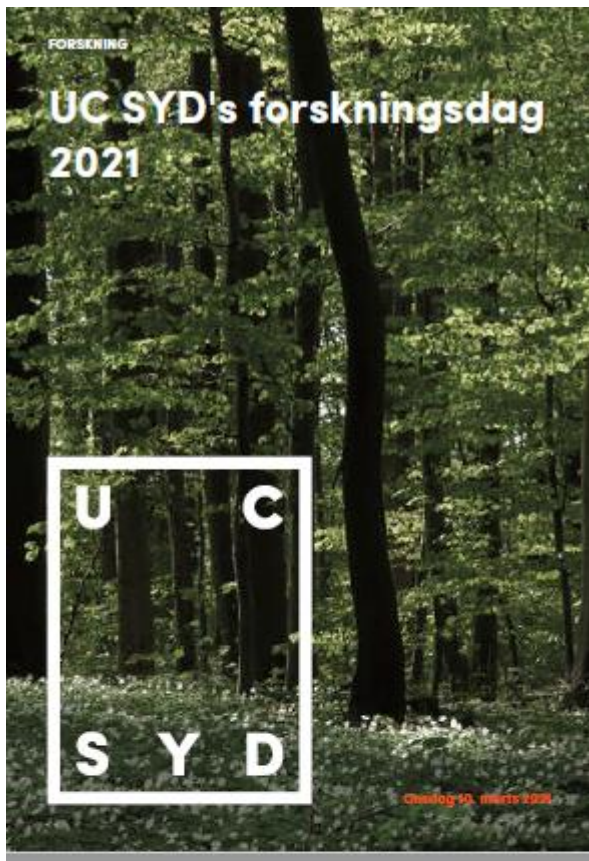
SEMPRE - Social Empowerment in Rural Areas aims to develop empowerment-based services for and with people from vulnerable groups in remote areas. The project involves partners from the Baltic Sea, and each country is working on a micro-project. The participants in the micro-projects are, for example, long-term unemployed, single parents, people with (previous) abuse and people with mental or physical disabilities.

The Danish project:

The Danish micro project is called Hear Me Out! and is a collaboration between people with mental difficulties, UCSyd (occupational therapist and pedagogical education) and SEMPRE Ace. The purpose of the project is, to give people with mental health problems the opportunity to have a voice and have their voice heard. Participants work with their stories in kitchen conversations and interviews and find individual or common ways, to share the stories and get a voice. For instance, some participants have developed their own podcast, while others have been involved in teaching at UCSyd. The participants' experiences off working with their own story and voice, gives courage and confidence to go new ways in life.

Collaboration across:

In the project we work with two different ways to connect practice, basic education, and the development project Hear Me Out. In the pedagogical education the project is integrated into a study time project, where the students in groups meet people with mental difficulties through kitchen conversations and interviews. At the occupational therapist program, students could apply to participate in a talent course that is linked to the project. This also creates the opportunity for an interprofessional collaboration between the students from the two programs. In the students' evaluation, it is emphasized that the meeting with the participants about their stories, creates learning in a new and exciting way, but also that a very clear framework is needed, when the students are expected to participate in the development project.



The annual science seminar at UCSYD 10 March 2021

The seminar was a national science and development conference. In our online presentation we had 45 participants consisting of students, teachers, researchers, and participants from the Hear Me Out project. The goal for the presentations was to create awareness for the project at a national level. When the SEMPRE Ace project ends, the goal is to continue working with UCSYD, and students' projects at the occupational therapist and pedagogical education.

The outcome has been, future financial support from the occupational therapist and pedagogical education, the opportunity to continue the Hear Me Out projects, to make kitchen talks and interviews with new students, and for the current participants in the project to continue making their voice heard, in cooperation with UCSYD.

Another outcome has been, the opportunity to participate in a new empowerment project.; The SOFIE project.

Program for forskningsdagen 10. marts 2021

Tid	Abstrakt
8:30-9:30	Login til Zoom https://ucsyd.zoom.us/j/9661666666
9:30-9:45	Velkommen! Lise Møllegaard Søgaard, formidlingsleder og Birte Inge Mortensen, sekretær
9:45-10:30	Eksempel: forskningsvej via Jan Thorsgaard, formidlingsleder, sekretær i Røddagspil, fælleskabets Deltagere
10:30-10:35	Pause
10:35-10:45	Documentarisk dag i forskningsprogrammet - Skole og Undervisnings/Teknik til S. Åbenråsen og Christian Gøtzsche - Børneoplysningsdag, selvregulering og sundhedsstærke vilkår, Dagbladet - Sociale ændringer, forvaltning og kommunikation i de Marianne Skolekasser - Sundhedsdag på praktisk vilkår i Kødby Lyngby
10:45-10:55	Pause
11:00-11:25	Parallelt: arbejder oplæg 1
11:30-11:55	Parallelt: arbejder oplæg 2
12:00-12:45	Friløst
12:45-13:10	Parallelt: arbejder oplæg 3
13:15-13:40	Parallelt: arbejder oplæg 4
	Tak for i dag

Praktisk information
Forskningsdagen er en afsluttet foranstaltning. I programmet kan du finde en oversigt over oplægstitlerne med adresser og et link til hvert oplæg. Alle oplæg har deres egne Zoom-link, som du kan klikke på direkte fra programmet. Vær opmærksom på at de enkelte oplæg har deres egne koder og adgangskoder.

Da der er et overblik over oplægsgang i oversigten for forskningsdagen 2021 (suppleret til).

13:15-13:40 Oplæg 4

Hear Me Out! – et empowermentprojekt hvor mennesker med psykiske vanskeligheder får deres stemme hørt

Projektet tager udgangspunkt i det internationale projekt SEMPRE – Social Empowerment in Rural Areas, der har til formål at udvikle empowermentbaserede tilbud til og sammen med mennesker fra udsatte grupper i yderområder. Det danske del af projektet Hear Me Out! inddrager mennesker med psykiske vanskeligheder og har til formål at give mennesker med psykiske vanskeligheder mulighed for at få en stemme og få deres stemme hørt. Deltagerne arbejder med deres fortællinger i køkkensamtaler og interviews og finder individuelle eller fælles veje til at dele fortællingerne. På pædagoguddannelsen er projektet integreret i et studietidsprojekt og på ergoterapeutuddannelsen som et talentforløb.

Mette Nyholm Lassen, adjunkt, ergoterapeutuddannelsen Esbjerg, Brian Cramon, adjunkt og Rune Thrane Karlsson, adjunkt, pædagoguddannelsen Esbjerg

Link: [Hear Me Out!](#)

The last SEMPRE Ace meeting and the future of the Hear Me Out project.

The Current users, all want to continue the collaboration with the Hear Me Out project. The social psychiatry department in Vejen want to continue the collaboration as well. Our new partner, the social psychiatry department in Esbjerg, also want to be part of the future project. None of our current users in the project, has indicated that they want to continue the Hear Me Out project, without the support from UCSYD.

We have planned a final meeting on the 18. of May. The possibility of a physical meeting has made us postpone the meeting. Hopefully, we will be able to facilitate the meeting in May, for all the participants in the project. On the agenda we will discuss user-led participation, and willingness.

The Topics:

- How to make a podcast on their own.
- How to facilitate meetings and host debates concerning getting their voice heard.
- How to get volunteers to support the project.
- How to make a user created union for the project.

The main goal is to help the users take leadership / control of the project. If they do not have the surplus of energy to do this, we have established a sustainable relationship with UCSYD. This means, we have the finances and support to continue the Hear Me Out project in the future.



MP Breakfast/Lunch meeting