

# People First's Community Change Lab

## What is the Community Change Lab?

The Community Change Lab is a welcoming space where people with and without learning disabilities come together to do research.

Research is finding things out to answer questions.

Doing research together is sometimes called; 'co-design', 'co-research' or 'participatory research'.

We aim to do research that makes change happen and improves people's lives.



# Why do we need the Community Change Lab?

- People with learning disabilities are often not well supported by services - such as doctors or social workers.
- People with learning disabilities are rarely asked how services should work or involved in research.
- At the Community Change Lab people with learning disabilities will decide what to research and how to research it.
- This will help create changes to make everyone's lives better.



## Our Vision

We want to see a world where people with learning disabilities can lead better lives, without discrimination.

We will do this by co-researching services for people with learning disabilities with people with learning disabilities.



## Our Objectives

We will:

- Be the very best at involving people with learning disabilities by co-designing all stages of research.
- Make a difference for people with learning disabilities by suggesting changes to services to make their lives better
- Make a difference in the way other organisations do research.



# How we work together

The way we will work together is grounded in the People First values:



**Inclusion** – we make sure everyone with lived experience can be a meaningful part of the Community Change Lab.



**Rights** – we champion the rights of people with lived experience to design research.



**Independence** – we use our independent status to do research in a new way and to support other organisations to do the same.



**Impact** – we ensure our co-research has impact so other people can see its value.

If you would like to meet us to find out more about the Community Change Lab please come along to our launch event.

## Community Change Lab Launch

**Date: Saturday 20<sup>th</sup> June 2025**

**Time: 2.00-4.30pm**

**At: the People First Conference Centre in Carlisle.**

You can register here: <https://bit.ly/3OfdE4D>



### Website



Please take a look at our website which has much more information about us and what we do:

<https://wearepeoplefirst.co.uk/advocacy-partnerships/>

# Opportunities for you to take part in Community Change Lab projects

We have funding from the National  
Institute for Health and Care Research  
for 2 exciting new projects!



We are looking for people with lived experience of learning  
disability or learning disability services to take part.

Do you have lived experience of learning disabilities?

Are you interested in doing research?

Do you want to find out more?

If yes, please read about the projects on the next pages.

# Project One: Co-Designing accessible Research Training Materials

In this project people with lived experience of learning disability will help to design research training materials to use with people with learning disabilities.



The project starts in May 2026 and is led by Kaz, a professor working at People First.

Staff from Westmorland and Furness Council and People First will also help.



You need to be able to travel to meetings on Tuesday mornings in person at the People First Conference Centre in Carlisle.

You need to have your own support from family or friends as we cannot fund any additional support in this project.

There is a two-hour long meetings to learn about the project. This is on the 2<sup>nd</sup> June 2026 from 10am to 12pm.

We will start to design the research training materials in June 2026.

We will meet for 2.5 hours every other week.

In the meetings Kaz will ask you to **help design materials that make research ideas accessible.**



The meetings are in person at our Conference Centre in Carlisle on:

23<sup>rd</sup> June 10-12.30

7<sup>th</sup> July 10-12.30

20<sup>th</sup> July 10-12.30

4<sup>th</sup> August 10-12.30

17<sup>th</sup> August 10-12.30

1<sup>st</sup> September 10-12.30

15<sup>th</sup> September 10-12.30

29<sup>th</sup> September 10-12.30

13<sup>th</sup> October 10-12.30

27<sup>th</sup> October 10-12.30



Kaz will tidy up the materials ready for them to be published in November.

December

15

We will share our work with Cumberland Council's Community Co-researchers who will give us feedback.

We will meet to decide how to use their feedback on the 15<sup>th</sup> December 10am to 12pm.



Kaz will share our work with as many stakeholders as possible and publish it on the People First webpage.

The project ends in March 2027.



There is a total of 30 hours of meetings.

Your time will be reimbursed at a rate of £27.50 per hour, a total of up to £825.00 per co-designer. This can be paid in different ways to suit you.

We will also cover the cost of public transport to the meeting.

You will fill in a timesheet and will receive these payments monthly.

Please check whether receiving these payments or vouchers could affect other benefit payments at:

<https://www.citizensadvice.org.uk/benefits/>

# Project Two: Testing Research Methods for Co-Research

In this project we will test four types of research for people with learning disabilities to use to do their own research.

The types of research tested will be surveys, interviews, focus groups and art methods.

We will test them by doing research with people with learning disabilities to find out about the difficulties they experience when getting health care.



The project starts in June 2026 and is led by Kaz, a professor working at People First.

Staff from the University of Cumbria and People First will also help us.





There is a two hour in person meeting to learn about the project and to meet each other on the 2<sup>nd</sup> June from 2pm till 3pm at the People First Conference Centre in Carlisle.



We will meet 5 times in July and August to plan the research project.



We will meet 4 times in October and November 2026 to do the research.



We will meet 3 times in December 2026 and January 2027 to analyse the data and write up what we have found out.



We will meet together in February 2027 to share what we found out and to celebrate finishing the project.



There is a total of 39 hours of meetings.

We will pay for your time at a rate of £27.50 per hour, which will be up to £1072.50 per co-researcher.

This can be paid in different ways to suit you.

We will also cover the cost of public transport to the meeting. You will fill in a timesheet and will receive these payments monthly.

Please check whether receiving these payments or vouchers could affect other benefit payments at:

<https://www.citizensadvice.org.uk/benefits/>

# Applying for an opportunity

If you want to take part in these projects you need to:

- Answer the questions in the application form on page xx
- Send your answers to us by the 22<sup>nd</sup> May 2026.

You can send your answers by:



Voice memo or recorded message to Kaz at 07950 039206



Please fill in this easy read form

Your name

Address

Phone

Fill out the form at the end of this document and email it to: [research@wearepeoplefirst.co.uk](mailto:research@wearepeoplefirst.co.uk)



Letter to Kaz Stuart at People First Conference Centre, Milbourne Street, Carlisle, Cumbria, CA2 5XB

If we get too many applications then our Core Team will review the applications on the 26<sup>th</sup> May and decide who is best suited to each project.





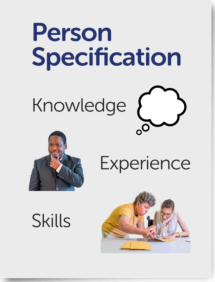

The Core Team will give everyone feedback on why they have or have not been offered a role by the end of 27<sup>th</sup> May.

### **Contact details**

To ask any questions or to send in your application, please use this email address: [research@wearepeoplefirst.co.uk](mailto:research@wearepeoplefirst.co.uk)

# Community Change Lab

## Application Form

	What is your name?	
	What is your contact address?	
	What is your phone number?	
	What is your email address?	
	What skills, experience and knowledge would you like to use?	
	Why are you interested in these roles?	

