

CHANGE THE FRAME

a project about journeys out of homelessness

ISOLATION

BAGGAGE

BREAK UP

WORTHLESS

EXCLUSION

BURDEN

INDIVIDUAL

CONNECTION

BUILD UP

COMMUNITY

VALUED

EXPERIENCE

INCLUSION

ASSET

INTRODUCTION

This booklet provides a quick overview of Change the Frame - a two-year project led by Iriss in collaboration with a range of partners to explore homelessness in Scotland. More in-depth detail and a selection of multimedia resources can be found on the Change the Frame website:

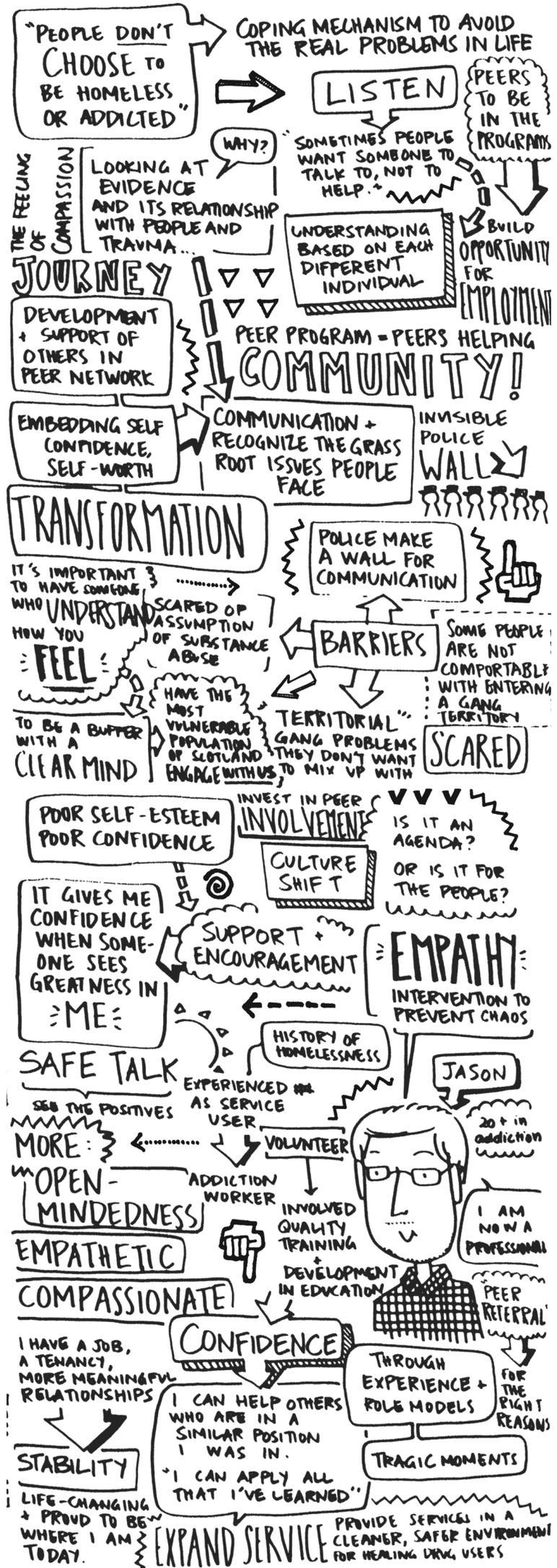
<http://blogs.iriss.org.uk/homelessness/>

INNOVATION & PEER APPROACHES

The project had two distinct phases. The first phase (2014-15) focused on perceptions of, and approaches to, innovation in homelessness prevention. Based on the learning from this, the second phase (2015-16) focused on peer approaches where people with lived experience of homelessness hold roles to help others affected by it.

LIVED EXPERIENCE

Iriss values lived experience as a type of evidence, alongside research evidence and practice experience. For phase two of the project we wanted to work with someone who had lived experience of homelessness; someone to be a colleague and researcher on the project, rather than a research subject. Alan, a peer support worker for Glasgow Homelessness Network's Navigate service (<http://www.ghn.org.uk/navigate/>), joined us in November 2015. Over the following four months, Alan worked in the Iriss office a day or two a week. Project activities included co-designing research questions, co-facilitating focus groups, conducting interviews, data analysis and reflecting on the project process.



Peer support has the power to turn potentially negative experiences into positive outcomes for everyone involved: the recipients, the peers, and the services in which they work. The project has heard from those with lived experience who have gone on to support other people. Their insights will inspire everyone:



CONTRIBUTE

We welcome additional resources. If you would like your resource to be added to the project website, please get in touch.

<http://blogs.iriss.org.uk/homelessness/enquiries@iriss.org.uk>

I don't think I go looking for it. If I see someone – even an old lady just trying to get a door, I'll always jump forward and open the door for her. I'm just a normal natural person that likes to help people. I don't know why; I think it's normal to me. When people care about me back...that's beautiful, yeah that's beautiful, you know. It's embarrassing because you don't really feel that you deserve it, but you know, it's wonderful.

DES

My skills base has increased enormously. When I first got into this all I could speak of was my own personal experience of this, for example, signing on or this is what happens when you're on job seekers allowance. I now understand the wider net of welfare rights and the welfare system. Stuff that I didn't know about and it's only through informing myself and through dealing with my clients and through dealing with my colleagues.

DOUGLAS

Now I probably have far more empathy and compassion for people and one of the reasons for that is that when I started volunteering I probably wasn't aware of all the different recovery models and different experiences that people might end up being homeless or in addiction or have mental health issues. You are limited to your own experience until you start engaging with voluntary work like this and it opens your mind to all the different aspects. So definitely I would say I've far more compassion, empathy and open mindedness towards people and their situation.

JASON