

Our lived experience group

6 PARENTS

5 towns

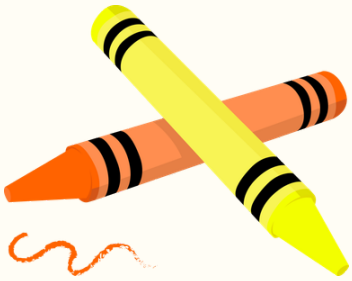
8 CHILDREN

7 meetups

1 PLAY CAFE

University of York
NHS Humber Teaching NHS Foundation Trust
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What we did...



We designed our ways of working together, and our children created a logo for the study.



We made an inclusive:

- Flyer, video and social media post to invite parents/caregivers to the research
- Survey for parents/caregivers to tell us their views
- Questions to ask parents/caregivers in small group conversations
- Signposting sheet to share helpful services and organisations with parents/caregivers after taking part in the research



We worked together to interpret quotes from the research participants, and think about the implications for the new guidance.



We helped design and attended a large stakeholder workshop with more than 60 attendees from around the UK to discuss the meaning of the findings.

We co-produced recommendations from the workshop to consider real-world implications of the research

IMPACTS OF OUR WORK

We helped to make the research a safe space for all parents/caregivers

More than 120 parents/caregivers took part in the study, supported by the recruitment materials we designed

We made the stakeholder workshop more comfortable and ensured people had time to talk, e.g. by adding icebreakers, and increasing time for breakout rooms.
Feedback from attendees indicated these things were really important for making it work well

We ensured parents/caregivers' perspectives were central in interpretation of the findings and generating real-world recommendations

We opened up the conversation on relationships

REFLECTIONS FROM OUR GROUP

As a parent PPIE contributor on the SPIRE project, I helped explore the use of three prompts to open conversations about parent-infant relationships.

I drew on my lived experience to highlight cultural, community, and practical factors that matter to families, and worked with the group to refine approaches that felt supportive. Being involved in this research was meaningful, as it ensured that real parent voices directly influenced tools designed to improve early relationships and professional practice".

Adal Qureshi, parent/caregiver

"This project has allowed me to draw from my lived experiences and contribute to valuable and life changing research.

I know that my (as well as my husband's) parenting journey would have been significantly more positive in the first years had staff used the questions we were evaluating. It has been heartwarming to hear from the other parents in the group that our start to life as parents was not an uncommon one, however, hearing their stories (whether we share similarities or not) came with a sadness in the fact this is something too many parents experience.

I hope this research brings about more awareness and many positive changes for new parents (not just the birthing person)".

Jess Olds, parent/caregiver

This study/project is funded by the NIHR Policy Research Programme (NIHR207680).
The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.