

Exploring Youth Homelessness through the Lens of Neurodiversity:

A Peer Research Project

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**THE WHY:
Research Rationale
and Purpose**

Youth voice

Lived experiences

Empowerment

THE WHAT: Aims and Objectives

Homelessness
prevention

Service accessibility



**End Youth
Homelessness Cymru**

Youth led

Interviews

Participatory

Young people

THE HOW:

Action

Research Design and Methodology

Focus group

Peer research

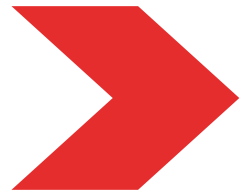
Practitioners

Collaborative

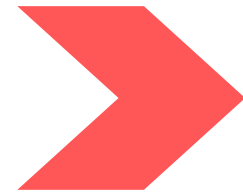
Surveys

The process

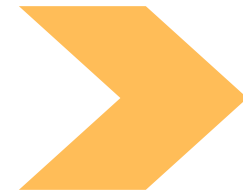
Recruitment



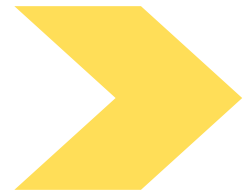
Training



**Data
Collection**



Analysis



**Recommendations
Report writing
Action**

Recruitment: HOW *and challenges*

What is research
and peer research

Introduction to
data analysis

Training: WHAT

Introduction to
research methods

Interviewing skills
workshop



**End Youth
Homelessness Cymru**

Theory

Discussions

Online

Training: HOW

Practical
exercises

Interactive

Example

**Why use peer
research?**



*Can you think of any ways to
collect information?*

**What comes to your mind when
you hear the word research?**

Example

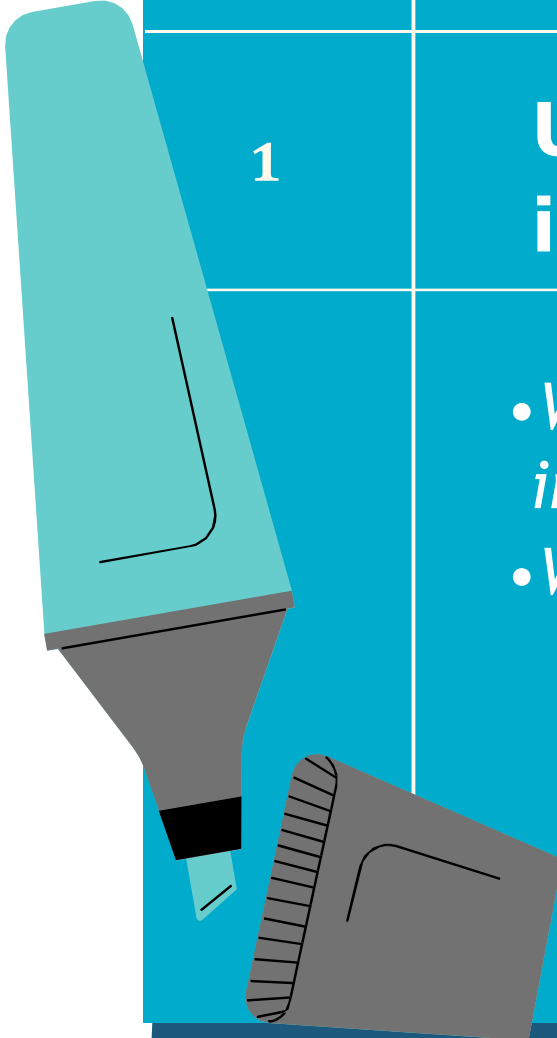
ACTIVITY: Interviewing one another



1

Using the short interview schedule provided interview each other (15 minutes)

- *What is it like being an interviewer?*
- *What is it like being interviewed?*



Example



TASK: *Review interview and survey questions*

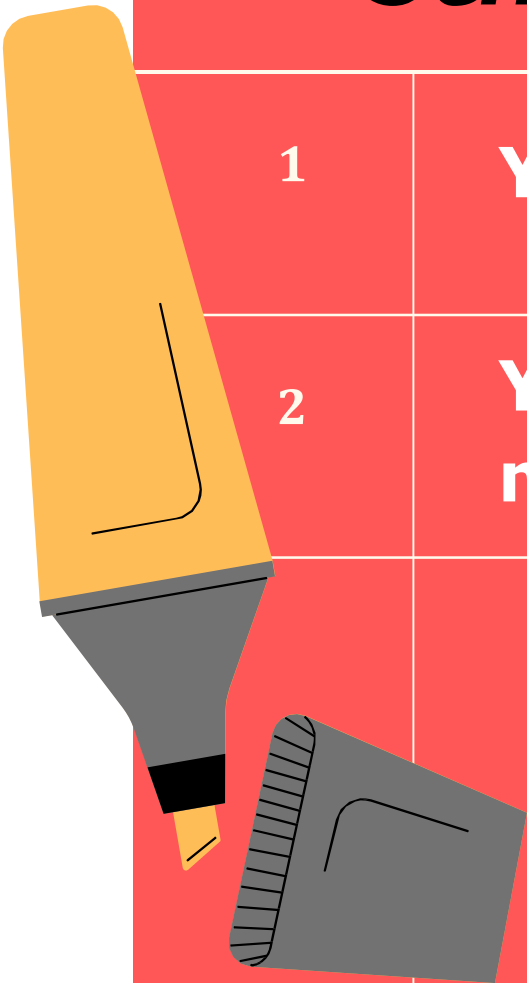
1

You were sent survey and interview questions

2

You were asked to read through them and make any notes in relation to the following questions:

- *Is the language we are using young person friendly?*
- *Are the questions relevant to young people?*
- *Is there anything you would add/remove?*



Example

Gracie Barra Cardiff Ltd
5.0 ★★★★★ (21) · Martial art...
Cardiff
Closed · Opens 7:45PM · 07788...
Provides: **Jiu-Jitsu**

CRA Cardiff (Brazilian Jiu Jitsu)
5.0 ★★★★★ (21) · Martial art...
Cardiff · In Ultimate Fitness Cen...
Closed · Opens 8PM
"Best jiu-jitsu in Cardiff"

CF24 Jiu Jitsu
5.0 ★★★★★ (17) · Martial art...
5+ years in business · Cardiff
Closed · Opens 6PM · 07931 39...
"I started my jiu jitsu journey at CF24 and have never looke..."

The Cardiff Jitsu Club
No reviews · Martial arts school
5+ years in business · Cardiff · I...
07796 545386

Rob Taylor Jiu-Jitsu Academy
4.8 ★★★★★ (86) · Martial art...
7+ years in business · Cardiff
Closed · Opens 12PM · 07976 4...
"The best jui jitsu place to train"

CRA Cardiff (Brazilian Jiu Jitsu)

Website Directions Save

5.0 ★★★★★ 21 Google reviews
Martial arts school in Cardiff, Wales

Located in: Ultimate Fitness Centre


Address: Ultimate Fitness Centre, 11 Penline St, Cardiff CF24 3BD

Hours: Closed · Opens 8PM

Suggest an edit · Own this business?

Add missing information
Add place's phone number

Questions & answers
Be the first to ask a question



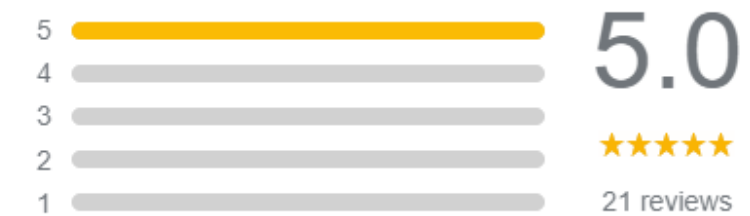
Send to your phone Send

Review summary Write a review

Review summary

Write a review

Reviews aren't verified ⓘ



- L "The class and **coaches** offer a very friendly and welcoming **atmosphere.**"
★★★★★
- T "Loads of mat **space** and great **coaching**"
★★★★★
- "Highly recommend this class and **instructor!**"
★★★★★

Google reviews

- D **Daniel Lewis**
3 reviews
★★★★★ 6 months ago
Dan's a really great coach who can explain things in a way that even I can understand! Great bunch of guys and gals too. Everyone's respectful and understanding, regardless of your skill level. I started at this academy and can vouch that it really is a great place to start your BJJ journey!
- Like

Fun

Accessible

Training:

Interactive

What did the young people think?

Engaging

Useful

- I've learned loads.

- Same it was really good.

- I found it really like accessible and, and again, interactive and, and sort of just, really like fun as well.

- It was really engaging, but it wasn't heavy. Cause obviously with research you could have done always and hours of absolute waffle about just things that you could argue we need to know. But you sort of stuck to the basics then built on them. And it was, I think it was really accessible.

I think as well, when something's your background, I think it's really easy to get sort of caught up in the whole academic intellectual side of it...I think it was really important that um, you were asking questions like. 'Does anyone know what this is?'

Data Collection: Interviews

So even when you're interviewing you get a sort of snippet of their life story. And I think that's, I guess, a real privilege, to be honest, just getting to speak to people and getting to know them...

*It was really nice having you there specifically, like,
cuz I know I froze up a fair bit.*

*I still struggle with the flow of conversations. So having
you to like pick up the gaps was really helpful.*

Next steps...

Analysis
Recommendations
Report writing
Action



**End Youth
Homelessness Cymru**

Research skills
and knowledge

Confidence

The Impact on Peer Researchers

Empowerment

Interpersonal skills

Improved
education and
job prospects



I've considered for the first time in my life, actually moving to Cardiff, like, so I'm gonna be part of another project. It's a youth music project. And I think I only really, I wouldn't have applied for that without having this, I wouldn't have felt the confidence. I wouldn't have felt like I was sort of like adequate or experienced enough, or really worth it actually without having done this.

*Yeah, so I think it is,
**it's opened up so many new opportunities for me that I'd never
would've envisaged.***

*And I now know that I could do research again and say,
I have this experience.*

And as well, like when you're making connections with people, like they sort of ask you, what's your thing? What do you do? And I never really have much to say, but I can say this now. And it's just been like so important for me.

 ***I'm seriously considering getting a job working in youth homelessness and or research.***

So I think that's just a quick sort of answer, but it shows how effective this has been.

Cause I've always been curious. I've always wanted to change things, but I've never had to do it in this way. There's been some projects where you can sort of say your opinion or you can campaign, or you can advocate, but this is it's different because we were involved in the research from step one and we are going to be until the very end.

Advice



*I think it's just important, so important that,
there isn't a hierarchy.*

There isn't any sort of level of, I am the person that's doing this you are just helping me out. We've not had that here. We've all been doing it. And I think there's a tendency within organisations, definitely to sort of trust what adults say or people who don't necessarily have lived experience.

Just because they've studied it, they've researched it, they've worked with people affected, they have a tendency to trust them over young people with actual experience, maybe just cuz we're young, maybe cuz they don't actually wanna hear what we've got to say. Maybe because they're not fully committed to doing the work to make things better.



...Listen to the young people.

And when I say, listen, I mean, put them at the front of it. Cuz with this research, it was so specific. It would be impossible to do without considering the young people, but not everything's like that. So we were kind of lucky in the way that you couldn't facilitate this research, this peer research without listening to us and listening to the people you were interviewing, it just wouldn't work.

But I guess it's taking that model and using it for whatever research you are doing, because it's, it's not about just listening to the young people and giving them ear service.

***It's about letting them know
that what they're doing can change things.***



It's just been very easy to be a part of [this project]. And again, just like people say safe space, people say no pressure.

There's all the pressure in the world when they say no pressure, this is a genuine, no pressure space where we can do what we feel like we can do. And there isn't the expectation and the push to do any more, any less or any different to what we are doing. Yeah, that's another bit of advice for organizations I think

don't push people to do things they're not comfortable with.

And if you're trying to get people to do things, make sure they're properly supported, properly funded, they've got the right network, the right team around. Don't push 'em out there all on their own. Cuz we've always had the opportunity to go, 'Hey, this isn't quite working for me. Can someone else hop it?' or 'Hey, um, I'm struggling with this a bit. Can we switch it up?' And when that's happened, which hasn't been much, cuz it's been great. But when that has happened, it's been fine. There's not been any sort of shame. Yeah. And a lot of what I have experienced in the past is shame.

And I've not felt any of that here. So that is why I wanted to stick with it, cuz it's just been a great thing to be a part of.



***...And just generally try to be accommodating,
like stuff like this can be really stressful, even no matter how
interested and motivated you are in doing something with this, it can
be really stressful because like, you know, emotions, hormones, all
that instability going on, like just accommodating that.***

*Having different options to like maybe message instead of talking in
a video kind of thing, or maybe offering breaks during meetings, that
sort of thing. Just little things to keep in mind, to just make the
experience more comfortable I guess.*



*It's even stupid little things like the Discord, it was like you've...
So you came to us in a way that was relatable to us.*

You're quite chill and relaxed. It's just a case of, if you need something you ask, but there's no pressure. It's like, we are relaxed because you are relaxed. It's like, you know what you're doing and that's how you work with young people.

Reflections...

Thank you

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Questions?

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