

# School of Health Sciences Seminar

**22 June, 1-3pm, Queens Building room 01.11**

Seminar 1-2pm, workshop 2-3pm



## Professor Fiona Poland

**Professor of Social Research Methodology,  
School of Health Sciences, UEA**

### **“Understanding the importance of connections: building inclusion research for health”**

#### **Seminar Presentation 1-2pm**

This seminar will argue that understanding why “inclusion” matters has never been more important in identifying the work needed to build health equity. This applies both at macro-level as in Wilkinson and Pickett’s “The Spirit Level” (2009) and at community-level in identifying the health exclusions of people with various disabilities. Much health research focuses on describing, measuring and intervening in mental and physical health in terms of individuals’ characteristics and processes. However, to more fully explain health we need to understand how individuals can be connected to each other in ways that foster or limit access to health chances, health resources, health services and where the groups, communities and organisations we belong to (or are excluded from) act to include and exclude. The School of Health Sciences has many examples of research projects which have examined topics in inclusion and also inclusive methods of researching and working to overcome exclusion. Its emerging “Inclusion” research theme aims to build a research programme on these and Fiona will discuss 3 examples of HSC members’ research relating to: people responding to a diagnosis of dementia; working with communities in Kenya to address communications disabilities; and including people with Parkinson’s in setting research priorities. Fiona will also address some of the paradoxical “exclusion” tensions that some forms of “inclusion” can raise.

#### **Follow-up Workshop Opportunity 2-3pm**

The seminar will be followed by a workshop open to people at all levels of interest and expertise, aimed at encouraging broader and more informal discussion of some of the issues raised. We will review some examples of inclusion research to think about how they may be used in practice and how they can be built on further.

#### **Brief Biography**

Professor Fiona Poland has had a career-long aim to use the power of qualitative research methods (e.g: ethnography and narratives) to recognise and find ways to address health and wellbeing concerns of individuals and communities. Her work fosters partnership working, across voluntary, statutory, academic and policy boundaries. She is interested in research that promotes action and independence in community settings, collaborating with lay people and voluntary groups and particularly with older people and carers. In the NIHR Collaboration for Leadership in Applied Health Research and Care East of England (CLAHRC EofE) she leads the Public and Patient Involvement research theme. She is a national Trustee (formerly Chair) of the Association for Research in the Voluntary and Community Sector (ARVAC). In 2013 Fiona ran a programme at UEA hosting Senior Fulbright Scholar Prof David Horton Smith to promote community participation in research.

**For further information contact:** [sally.beet@uea.ac.uk](mailto:sally.beet@uea.ac.uk)

**Tel: 01603 591212** <https://www.uea.ac.uk/health-sciences/school-seminars>

Free. All welcome. No need to book. This seminar is in Queens Building on the main campus.  
If you are attending from outside the University, please check the seminar is taking place.