



Toolkits for Co-Produced Research

A Guidebook

Introduction

This guidebook brings together a set of toolkits created by The Brigstow Institute at University of Bristol that are designed to help you create and deliver co-produced research. You can read more about the Brigstow Institute at the end of this guidebook.

You might come to this guidebook wanting a step-by-step guide that takes you through a linear process. This guidebook and the toolkits within it do something different. We hope to support your journey into co-produced research in a way that is flexible and adaptable, with tools that you can return to at multiple stages along the way.

This guidebook brings together different toolkits that focus attention on some of the common issues and challenges we've observed and heard about within research teams engaged in co-produced research.



In this Guidebook you will find:

- Some introductory thoughts that illustrate Brigstow's approach to co-produced research, drawing on the following features which Brigstow has found to be of value over the years:
 - * There are diverse approaches to co-produced research
 - * The role of creativity
 - * The importance of lived experience
- A feature page explaining how to use each toolkit, with links to download the toolkit
- Links to further information about co-produced research



About Co-Produced Research

Different forms of co-produced research exist – the key is finding an approach that works for your team and the community, and will answer the research question that you want to explore.

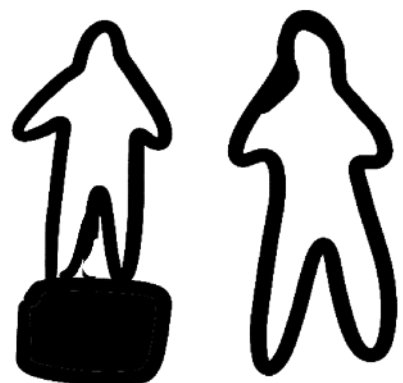
Whatever approach you take, it is important to include those with lived experience, which might influence how you undertake the project. Within any one team there will be a variety of expertise and people will contribute in different ways across the life-course of the project.

Kindness and transparency are key to co-produced research. This involves being non-judgmental about the different approaches people bring to the research, the nature of their involvement and the type of knowledge, skills or experience they contribute. You need to be prepared to be flexible and responsive to the needs, interests and experiences of the people working alongside you.



At Brigstow we believe in the value of bringing in creative approaches to research. Doing this can disrupt assumptions and lead to unexpected insights about how we see the world. It can also make the project and the outputs engaging and impactful to wider audiences.

There is a considerable body of literature both within and beyond academia that can be drawn upon to learn about co-produced research. We are developing a set of resources and literature that will be updated regularly and you will find a link to this at the end of this guidebook.



About the Toolkits



We have produced a range of toolkits that can assist and be used at different stages of the research process. There are some common outcomes from all of the toolkits that reflect our broader values and commitment to equitable ways of doing research that support social justice. There is a particular flavour to each of the toolkits:

Engaged Beings - build a team of unique beings that reflect the interests and motivations of your research group

Bridging Expertise - think through the knowledge, expertise and lived experience required on the project

Circle of Ideas - design a co-produced research project which is iterative and flexible

Our Collaborative Culture - delve deeper into the constraints and challenges that may influence the way the project is run

Research Lexicon - challenge assumptions around understanding common terms used in research across disciplines

How to use the toolkits



On the following pages you will find summaries of each of the toolkits with links to download the toolkit files from the Brinstow Institute website.

On each toolkit page you can find out what problem that toolkit seeks to solve, when it might be helpful to use that toolkit, and an indication of how long the toolkit takes to use, depending on how much depth you want to explore.

We have used icons to help you understand how in-depth the toolkits are:



Quick

Toolkits with this symbol can be completed within 30 minutes to help you get to know each other.



In-Depth

Toolkits with this symbol can take from one hour to half a day. These toolkits give you a chance to spend more time exploring aspects of the whole project with your team.



Choose Your Approach

Toolkits with this symbol can be used in an in-depth way but also include adaptations for completing them more quickly.

Engaged Beings



Quick

This toolkit works on the basis of having a light-hearted, relatively quick activity followed by a short conversation.

Ideally you would set aside around 20 minutes for a team of six to each build their Engaged Being and then introduce them to the rest of the team.



About this toolkit

Your "Engaged Being" is a playful tool to enable a more serious conversation about individual needs within your team. We often find that the conversation that follows is where the value lies.

What problem does it solve?

You can use this toolkit to explore and communicate what keeps you engaged in your work, this involves personal motivations, types of outputs that excite you and what practical needs and ways of working help you to engage fully.

This toolkit might be helpful when:

You want to make space for everyone in the project team to get to know each other and form a stronger and more supportive working culture. This might happen early on in a project and throughout, as a way of checking in.

Instructions

Follow the link below to access the printable toolkit and a full set of usage instructions.

Access the toolkit:

<https://bristol.ac.uk/brigstow/toolkits/engagedbeing/>

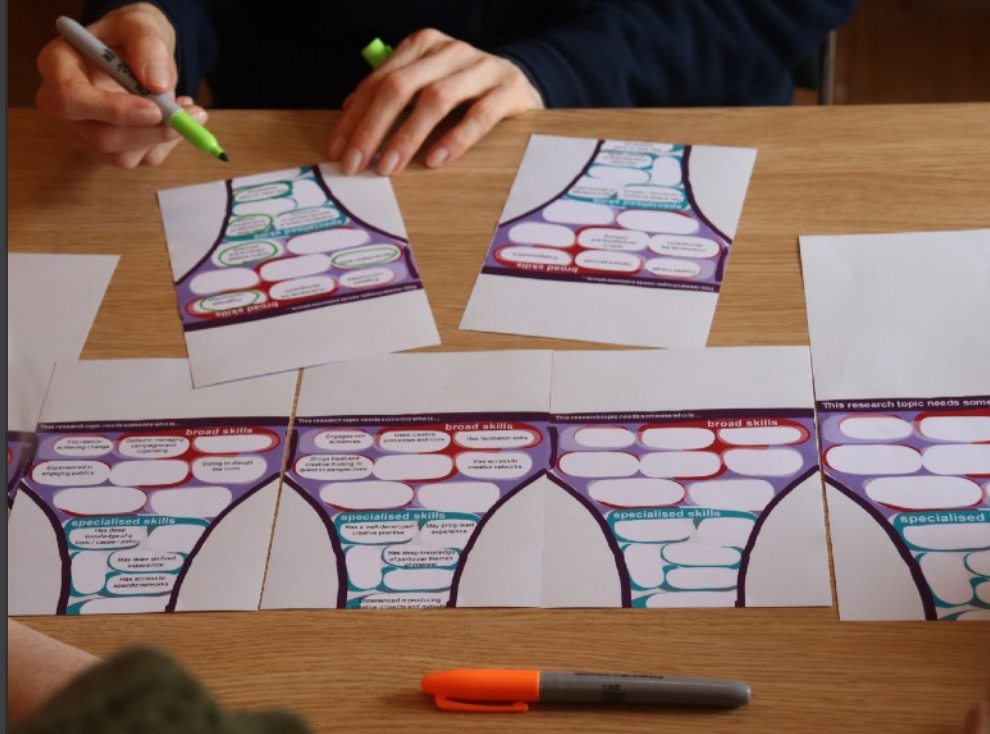
Bridging Expertise



In-Depth

This toolkit works on the basis of having an in-depth consideration of the expertise required in a project.

This toolkit could be carried out in one go which could take up to 1.5 hours. It could also be completed over multiple sessions to give time to develop a team and for reflection and amendments.



About this toolkit

This toolkit is based on the idea of building a bridge with connecting parts. Each section of the bridge represents a potential collaborator with specific skills needed for the project.

What problem does it solve?

If you don't have people on your team with the skills you need, this toolkit helps you identify the diverse skillsets that the project needs. It can help you think beyond your assumptions about the types of people you might want to work with.

This toolkit might be helpful when:

You are starting a project and are trying to figure out who you want to work with.

Instructions

Follow the link below to access the printable toolkit and a full set of usage instructions. **This toolkit has to be printed in two parts.**

Access the toolkit:

<https://www.brigstow.ac.uk/brigstow/toolkits/bridging-expertise>

Circle of Ideas



In-Depth

This toolkit works on the basis of having an in-depth structured conversation.

Completing the whole toolkit in one go could take half a day. However, the process follows stages and is also split into four themes, which means that you can pause and mark your progress, and return to the toolkit over multiple sessions.



About this toolkit

The Circle of Ideas is made up of structured prompts which will help you and your team have a conversation to map out the 'who / what / why / how' of your project idea.

What problem does it solve?

You can use this toolkit to develop a project idea, starting with a rough area of interest, and focusing it into a research plan or proposal.

This toolkit might be helpful when:

You have an initial area of interest for a research project, but need some structured planning time to develop a research question and map out the rationale for why and how you want to do the project.

Instructions

Follow the link below to access the printable toolkit and a full set of usage instructions.

Access the toolkit:

<https://www.bristol.ac.uk/brigstow/toolkits/circle-of-ideas/>

Our Collaborative Culture



Choose Your Approach

This toolkit involves both group discussion and individual reflections, in response to prompt cards.

The full version of this toolkit takes approximately 1.5 hours, but there are adaptations within the instructions to complete it in 30 minutes by pulling fewer cards from the prompt decks.



About this toolkit

The toolkit aims to facilitate a conversation as a way of introducing the world you inhabit to your collaborators and to be curious about each others' worlds.

What problem does it solve?

This toolkit is intended to help you establish common ground and shared understandings, so that you can explore what kind of project you are building together. You are invited to think about what conditions are needed in order for your project to thrive.

This toolkit might be helpful when:

You are beginning to establish a way of working together when planning a research project.

Instructions

Follow the link below to access the printable toolkit and a full set of usage instructions.

Access the toolkit:

<https://www.bristol.ac.uk/brigstow/toolkits/collaborative-culture/>

Research Lexicon



In-Depth

This toolkit works on the basis of having an in-depth structured conversation.

Ideally this toolkit would be completed in one session of around 1.5 hours, although you could arrange multiple sessions to ensure you discuss terms that are particularly important for your project. It could also be useful throughout the project, as new information and approaches are introduced.



About this toolkit

The Research Lexicon is a card-based toolkit that explores different definitions and meanings of words that you might each bring to the project.

What problem does it solve?

This toolkit can help everyone come to a common understanding of the language that is being used to talk about the project. This might be useful when there are differences of opinion or different responses to language within a team consisting of people from diverse backgrounds.

This toolkit might be helpful when:

It emerges that the team have different understandings of commonly used research terms in the project. It is also useful as a check-in to make sure you have all understood these terms or might want to create different or multiple definitions which will help when the project is discussed or written about.

Instructions

Follow the link below to access the printable toolkit and a full set of usage instructions.

Access the toolkit:

<https://bristol.ac.uk/brigstow/toolkits/researchlexicon/>

Further Information

This guidebook was created by the Brigstow Institute, University of Bristol.

The Brigstow Institute brings together a breadth of expertise and experience that allows us to explore societal issues through a radically interdisciplinary approach and transform ideas into real world impacts.

Our research foregrounds understanding the human experience and encounters with each other, technology, the environment and other beings.

The Brigstow Institute recognises the value of knowledge, experience and expertise held and produced outside of academia. We aim to make the process of knowledge production more equitable across all sectors of society by equipping researchers with the skills, environment and resources needed to undertake co-produced work on challenging subjects.

Find out more about the Brigstow Institute and take a look at our available resources at www.bristol.ac.uk/brigstow



Credits and License Information

This guidebook and the toolkits were developed by past and present staff of the Brigstow Institute at the University of Bristol in collaboration with artist [Hannah Mumby](#).

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