

PPI INCLUDES: Public and Patient Involvement Ignite Network Action Plan to include refugees and other migrants in health research

A joint report of Doras and the Participatory Health Research Unit & WHO Collaborating Centre for Participatory Health Research, School of Medicine and Health Research Institute, University of Limerick



PARTICIPATORY HEALTH RESEARCH UNIT,
UNIVERSITY OF LIMERICK.



WHO Collaborating Centre
for Participatory Health Research
with Refugees and Migrants

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PPI IGNITE
NETWORK

CONTENTS

Executive Summary	1
Acknowledgements	4
Introduction	6
Design and Delivery of the Music Café Sessions	12
Description of Vision and Action Plan	16
Key Findings and Conclusions	24

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Executive Summary

Health researchers are used to asking people to take part in research designed by the researchers themselves. However, there is increasing recognition that people are experts about their own health and that they should have a voice in health research. In recent years, there have been more and more opportunities for people in Ireland to become partners in health research but refugees and migrants living here rarely have such opportunities: this pattern of exclusion needs to be disrupted. PPI INCLUDES is designed to do just that. Initiated by the National Public and Patient Involvement Ignite Network, PPI INCLUDES was developed using the principles of participatory health research. It was co-designed via an established partnership between the non-governmental organisation Doras, whose work focuses on the rights of migrants in Ireland, and academics from the University of Limerick's World Health Organization (WHO) Collaborating Centre for Participatory Health Research with Refugees and Migrants. The key aim of the project was to develop a national inter-sectoral network to build capacity for refugees' and migrants' involvement in health research in Ireland. The project was funded by an Irish Research Council New Foundations Award and was led by Professor Anne MacFarlane of the University of Limerick's WHO Collaborating Centre.

The project adapted an existing creative method, the Irish World Music Café, to facilitate this process. The Irish World Music Café was developed in 2015 in the context of the Irish Refugee Protection Programme. It uses music and singing to create inclusive,

social spaces, with a focus on welcoming newcomers to Limerick city and beyond. In 2021, the café model was adapted for the first time as an arts-based method for participatory research to identify research priorities for refugee and migrant health in Ireland. In PPI INCLUDES, the Irish World Music Café model was used again as an arts-based method to create and investigate spaces for refugees, migrants, academics, healthcare providers, health service planners and policy makers to meet and work toward the goal of developing a national inter-sectoral network.

The two-hour music café sessions took place on five consecutive Wednesdays in May 2023. The first four were shared online using the Zoom platform and the final session was a live event in the Irish World Academy of Music and Dance, University of Limerick. There were 25 participants, who had been recruited from community, health sector and university settings. The majority of participants (n=19; 76%) attended four or five cafés. The sessions were broadly structured using the Irish World Music Café method for research engagement. The recurrent structure of the cafés included a welcome to participants, followed by musical ice-breakers, 'cultural sharing' where a member of the café would share a recording, poem, song, story, etc. from their culture, and a 'song exchange' which involved everyone learning a simple song or refrain from a different culture. The core of each café included presentations, break-out focus group style discussions, and arts-based activities (singing, drawing, creative writing) on the key theme of the cafés:

building capacity for refugees' and migrants' involvement in Irish health research. Iterative thematic analysis of the data generated in the cafés informed three themes to form a vision for excellent involvement of refugees and migrants in health research in Ireland: **vibrant networks, meaningful partnerships, impact and action**. These three themes informed participants' action, which contained eight specific action points: **support networking** (four action points), **use of the arts** (two action points) and delivery of **training and education** (two action points).

The evaluation of the PPI INCLUDES cafés was based on the concept of participatory space, focusing on (1) the physical experience of the cafés (online and in-person); (2) the length and timing of cafés; (3) the experience of interacting in an arts-based intercultural space with people from different backgrounds in terms of culture, social power and professional roles; and (4) motivations for networking within and beyond the five music cafés. The evaluation methods were a qualitative process evaluation of the café process, online surveys during the project and follow-up qualitative interviews after all cafés had ended.

The evaluation found that the overall enjoyment of the music cafés was very high from the start. Participants explained that there were pros and cons to being online: it made participation easier and more feasible because of not having to travel and helped people get used to the idea of using the arts slowly. The length and timing of the cafés was workable for most participants although it was difficult for some to attend every café in the series due to other commitments. Participants described a *journey* during the intercultural project which brought about a growth in confidence and voice. Participants reflected that this growth was *facilitated by the use of the arts* in the music cafés because the arts were a 'leveller' for participants who were coming from very different backgrounds in terms of culture, social power and professional roles. Participants experienced the music café space as a *comfortable*,

safe space that was consciously planned and structured by the facilitators. There are rich accounts of participants from diverse backgrounds sharing opinions and *connecting as people/friends* through informal discussions about their cultures, including films and music from their countries. Café participants reported that they were highly motivated to build partnerships and networks for new health research projects about refugee and migrant health.

The key findings and conclusions from the PPI INCLUDES project are summarised as follows:

- There was strong and sustained interest and engagement from participants from community, academic and health settings throughout the project.
- The use of music cafés as a method to create an intercultural space for inter-sectoral discussions was rated very highly by all participants and they recommended the use of music cafés for future projects relating to refugee and migrant health.
- The knowledge and expertise from all participants led to rich discussions that have informed a clear vision and action plan to improve refugees' and migrants' involvement in health research in Ireland.
- The vision for refugee and migrant involvement in health research highlights the interconnectivity of vibrant networks, meaningful partnerships and research that leads to concrete changes that impact on refugee and migrant health.
- The action plan provides detailed recommendations that can be progressed over time to make refugees' and migrants' involvement in health research the norm with current and future generations of health researchers.



Our complex identities are not
to be minimised to us being "migrants"
Do not forget to see the complexity
of our existence from our perspective

"
Umit

- There are existing vibrant organisations, networks and partnerships that can play a major part in progressing recommendations in the action plan, particularly the National Public and Patient Involvement Network, Migrant Health Alliance Ireland, and the Refugee and Migrant Health Partnership via University of Limerick's WHO Collaborating Centre for Participatory Health Research with Refugees and Migrants.
- Some recommendations have been progressed. This is in line with the action-oriented nature of this participatory project and is a function of the vibrant organisations, networks and partnerships that are already in place.
- Participants were very positive about meeting and working with each other in the music cafés and are highly motivated to create new partnerships in the future.
- This project has laid the foundations for a national inter-sectoral network and has identified ways to expand and sustain the relationships that have developed thus far.
- PPI INCLUDES has made an important contribution to building capacity for improving refugees' and migrants' involvement in health research in Ireland. It is important to continue to work together with this positive momentum so we can realise the compelling vision co-designed by all involved in PPI INCLUDES.

Acknowledgements

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Photographs

The images in this report were created by award-winning visual artist and journalist Ala Buisir. Ala is currently undertaking a PhD by practice at the University of Limerick, in which she investigates the 'othering' of Muslim women in the Western world by societal Islamophobia and Western tropes of Islam. She specialises in portraiture, combining images and texts. This series of images was created in response to the question, 'What message would you like to give people who are doing research about refugee and migrant health?'

Design

Joe Gervin

Funding

PPI INCLUDES was funded by the Irish Research Council New Foundations Award 2022.

¹ 24 of the 25 participants gave permission to use their names in the report.

Introduction

Health researchers are used to asking people to take part in studies that have been designed by the researchers themselves. However, there is increasing recognition that people are experts about their own health and that they should have a voice in health research. Having a voice as a meaningful partner means that they are involved from start to finish so that they can influence the research design, project management, data interpretation and dissemination of findings.² In recent years, there have been more and more opportunities for people in Ireland to become partners in health research, but refugees and migrants living here rarely have such opportunities: this pattern of exclusion needs to be disrupted.³ PPI INCLUDES is designed to do just that. Initiated by the National Public and Patient Involvement Ignite Network, PPI INCLUDES was developed using the principles of participatory health research. PPI INCLUDES was co-designed via an established partnership between the non-governmental organisation (NGO) Doras, whose work focuses on the rights of migrants in Ireland, and academics from the University of Limerick's World Health Organization (WHO) Collaborating Centre for Participatory Health Research with Refugees and Migrants. The key aim of the project was to develop a national inter-sectoral network to build capacity for refugees' and migrants' involvement in health research in Ireland. The project was funded by an Irish Research Council New Foundations Award and was led by Professor Anne MacFarlane of the University of Limerick's WHO Collaborating Centre.

² Jagosh, J., Macaulay, A.C., Pluye, P. et al. (2012). Uncovering the benefits of participatory research: implications of a realist review for health research and practice. *Milbank Quarterly*, 90(2), pp. 311–346.

³ MacFarlane, A., Ogoro, M., Freitas, C., Niranjana, V., Severoni, S. and Waagensen, E. (2021). Migrants' involvement in health policy, service development and research in the WHO European Region: a narrative review of policy and practice. *Tropical Medicine & International Health*, 26(10), pp. 1164–1176.

Take into consideration their background
and sensitivity to the topics, also who
they are as a person.

FATMA.



Context

The National Public and Patient Involvement (PPI) Ignite Network is designed to promote excellence and inspire innovation in PPI in Irish health and social care research. Funded by the Health Research Board and the Irish Research Council, it aims to change the research culture in Ireland. The vision is that the activities of the Network will enable the involvement of patients and the public in health research to become the norm rather than the exception. The Network is based at seven universities in Ireland – University College Cork, University of Limerick, University of Galway, Dublin City University, University College Dublin, Trinity College Dublin, Royal College of Surgeons in Ireland. The Network has a National Programme Office at the University of Galway, 10 national partners and 53 local partners spanning a diverse range of organisations interested in health research.

Following the Russian invasion of Ukraine in February 2022, the Network wanted to respond to the arrival of Ukrainian refugees to Ireland. This was in line with its Equality, Diversity and Inclusion (EDI) Strategy, which focuses on developing an environment in Ireland that ensures that under-served groups and individuals are included and supported to become active PPI contributors in Network activities and across health and social care research. After a number of meetings with academic and community partners, it was agreed that it would be most worthwhile to develop a project to build capacity for the involvement of refugees and migrants from *multiple* linguistic and cultural backgrounds in health research in Ireland. This meant that people from Ukraine and other countries would be invited to participate.

The University of Limerick is a designated World Health Organization Collaborating Centre focused on capacity building for refugees' and migrants' involvement in health research since 2019.

Based on the tradition of participatory health research, it has produced WHO Technical Guidance and training in this area. The WHO Collaborating Centre has a long-standing partnership with Doras. Doras is an independent, non-profit NGO working to promote and protect the rights of people from a migrant background in Ireland. Doras provides direct support, advocacy and integration support to people from diverse linguistic and cultural backgrounds. Doras is the primary community partner working with the WHO Collaborating Centre. The UL and Doras team have extensive experience of working together in participatory, arts-based projects to involve refugees and migrants in projects for social inclusion and research. For PPI INCLUDES, they worked in partnership to build on ideas from the National PPI Ignite Network meetings and to co-design the project aim and methods. The project aim was to develop a national inter-sectoral network to build capacity for refugees' and migrants' involvement in health research in Ireland. The project methods were a participatory arts-based approach that involved music and singing. This builds on evidence that music can be combined with other art forms, such as creative writing and drawing, to create creative, safe spaces for social inclusion, build empathy and support social bonding in intercultural groups.

The Irish Research Council funded PPI INCLUDES. It commenced in December 2022 and continued until March 2024.

PPI INCLUDES

The aim of PPI INCLUDES was to develop a national inter-sectoral network to build capacity for refugees' and migrants' involvement in health research in Ireland. The objectives were for participants to develop insights into the opportunities and challenges for refugees' and migrants' involvement in health; to understand Irish NGO experiences of academic research in this field; to explore

the relevance of participatory, arts-based methods, particularly music and singing, in network building; to examine the scope for new meaningful partnerships for research projects about refugee and migrant health in Ireland; and to identify ways to expand and sustain the network.

PPI INCLUDES used an adaptation of the Irish World Music Café model. The Irish World Music Café was developed in 2015 in the context of the Irish Refugee Protection Programme. It uses music and singing to create inclusive social spaces, with a focus on welcoming newcomers to Limerick city and beyond.⁴ The cafés moved online during COVID-19⁵ and have been in-person since summer 2022. In 2021, the café model was adapted for the first time as an arts-based method for participatory research to identify research priorities for refugee and migrant health in Ireland.⁶ In PPI INCLUDES, the Irish World Music Café model was used again as an arts-based method to create and investigate spaces for refugees, migrants, academics, healthcare providers, health service planners and policy makers to meet and work towards the goal of developing a national inter-sectoral network. UL and Doras colleagues formed a music café co-ordination team to oversee the café recruitment, delivery and evaluation.

Recruitment and profile of participants

Following ethical approval,⁷ the café co-ordination team oversaw recruitment in partnership with the National PPI Ignite network. Based on their combined networks in community, health sector and university settings, information about the project was circulated by email inviting people to participate. The café co-ordination team were aware of the multiple pressing demands faced by people who have just arrived in Ireland. Therefore, the focus was on recruiting migrants who had been living in Ireland for an extended period and/or were in contact with NGO or other relevant support services. For

health sector colleagues, the focus was on people involved in planning or delivery of health services. For academics, the focus was on people with backgrounds in the arts or health-related disciplines. Eighteen people responded to the email recruitment process and completed an Expression of Interest form. Sixteen of those participated and one person joined during the project.

The total sample was 25, comprising the café co-ordination group (five people), community musicians who were migrants who led elements of the music cafés (three people) and 17 additional participants. Overall, 13 participants were migrants, i.e. born outside Ireland (*Figure 1*). When asked to indicate their primary affiliation or background, 12 participants were from either arts – or health-related academic backgrounds – community music, medicine, psychology, nursing and midwifery. Nine were from community backgrounds representing four different NGOs, as well as individuals with an interest in the project. Four participants from the health sector represented two different state agencies (*Figure 2*). There was strong attendance at all cafés. There were 20–22 participants at each café, except the last one, which was an in-person café with 17 participants (*Figure 3*). The majority of participants (n=19; 76%) attended four or five cafés (*Figure 4*). The average attendance was 4.12 cafés.

⁴ Phelan, H., Hennelly, J., Chappell, D. and Roberts, A.N. (2017). The Irish World Music Café: performing and recording as tools for sustainable social integration. *Voices: A World Forum for Music Therapy*, 17(3).

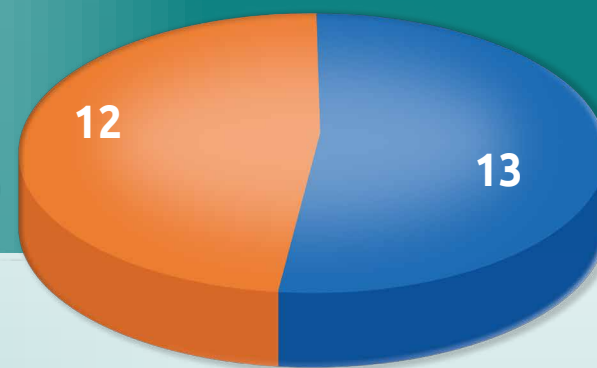
⁵ Jaber, H., Garry, F. and Phelan, H. (2021). 'We are all facing the same problem': lived experiences of online participation in the Irish World Music Café community music initiative in the context of the COVID-19 pandemic. *International Journal of Community Music*, 14(2), pp. 273–293.

⁶ Phelan, H., Pappan, A., Hassan, A., Garry, F. and MacFarlane, A. (2021). *Migrant health research prioritisation in Ireland: a participatory arts-based action plan* (a joint report of Doras and the University of Limerick Health Research Institute PART-IM Research Cluster, Limerick).

⁷ University of Limerick – Arts Humanities and Social Science Faculty Research Ethics Committee 2023-02-15-AHSS.

Participants' profile and attendance

Figure 1
Participants' migrant background





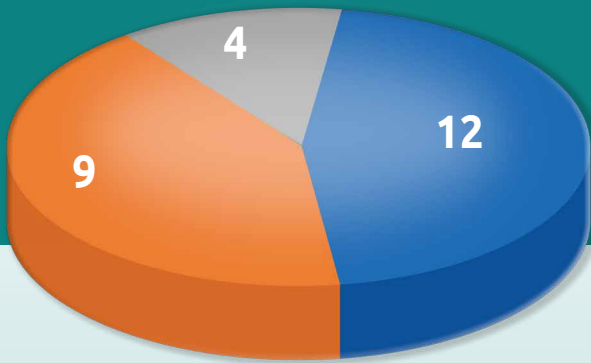
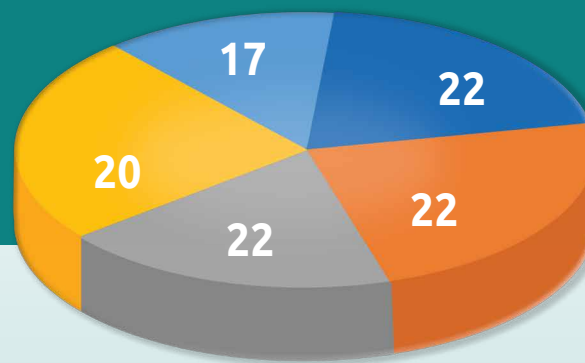
 Migrant
 Non-Migrant

Figure 2
Participants' primary affiliation



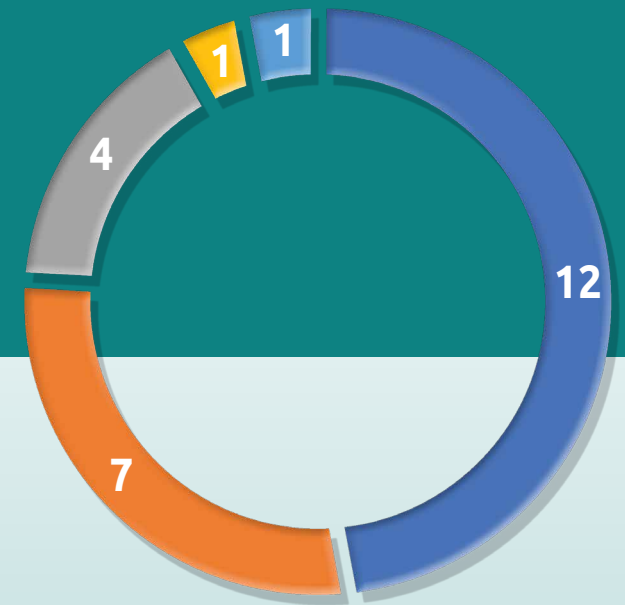
- Academic
- Community/Community Organisation
- Healthcare Representative

Figure 3
Number of participants at each café



- Café 1
- Café 2
- Café 3
- Café 4
- Café 5

Figure 4
Number of cafés attended by each participant



- 5 Cafés
- 4 Cafés
- 3 Cafés
- 2 Cafés
- 1 Café

Design and Delivery of the Music Café Sessions

The music café sessions took place on five consecutive Wednesdays (3, 10, 17, 24 and 31 May 2023) from 10am to 12 noon. The first four were shared online using the Zoom platform and the final session was a live event in the Irish World Academy of Music and Dance, University of Limerick. The music café co-ordination group had preparatory meetings before each music café and debrief meetings after each one to plan/review facilitation roles and activities. They also engaged in iterative, thematic analysis of the data from participants' discussions about capacity building and shared the emerging findings with participants for their critical input and interpretation. The café co-ordination group also planned the evaluation of the cafés so that the participants' experiences were well documented. This was important to inform the iterative design of the PPI INCLUDES music cafés and to inform projects that may take place in the future.

The sessions were broadly structured using the Irish World Music Café method for research engagement. Each session opened 10 minutes before the starting time and shared music using a Spotify playlist. Participants were invited to add to the playlist throughout the cafés. The recurrent structure of the cafés included a welcome to participants, followed by musical ice-breakers. Each session also included 'cultural sharing' where a member of the café would share a recording, poem, song, story, etc. from their culture, and a 'song exchange' that involved everyone learning a simple song or refrain from a different culture, facilitated by community musicians in the group. The core of each café included presentations, break-out focus group style discussions, and arts-based activities on the key theme of the cafés: building capacity for refugees' and migrants' involvement in Irish health research. Each

café included a short exit survey to evaluate participants' experiences and ended with everyone invited to sing 'Limerick, You're a Lady', a tradition that has grown through the years in the Irish World Music Café. The specific content of each music café is summarised below, followed by a detailed description of the arts-based engagement in the music cafés.

Music Café 1: The Vision

The first music café included an address from Dr Gundo Weiler (Director, Division of Country Support, Emergency Preparedness and Response) from the WHO Regional Office in Europe. In the breakout rooms, participants were invited to imagine a vision for the future of migrant health research in Ireland. The scenario posed was:

Imagine it's 2050 and Ireland has been acknowledged as a country with excellent involvement of refugees and migrants in research about their health. How would you describe what excellent involvement of refugees and migrants in Irish health research looks like and feels like?

Music Café 2: Barriers and Levers

The second music café summarised the three key themes related to the vision for excellent involvement. These included:

- Vibrant Networks
- Meaningful Partnerships
- Impactful Research

The café included two breakout rooms focusing on the barriers and levers to achieving excellent involvement of refugees and migrants in Irish health research.

Music Café 3: Experiences of Research

The third music café focused on participants' previous experiences or perceptions of research. Participants were invited to explore:

- Their best experience / biggest hope for migrant health research
- Their worst experience / biggest fear for migrant health research
- Concrete actions we could take to include positive experiences and feelings of hope in moving the vision forward

Music Café 4: Emerging Action Plan

The fourth music café combined the insights on good / bad experiences of research with the three themes from the emerging vision (vibrant networks, meaningful partnerships, impactful research) to inform the development of a concrete action plan, mapping each suggested action to a who / what / where / when and why matrix.

Music Café 5: Lived Experience

The fifth music café allowed participants to come together for a live café experience for the first time. Dr Marie Wolf from the WHO Regional Office in Europe participated remotely to learn about the process and outcomes of the music cafés. This music café revisited key themes, activities and actions from the previous weeks and consolidated key action points within each of the three themes. An analysis of these points and themes identified three overarching strategies to address themes and implement actions:

- Support more networking events and opportunities
- Support training and education in participatory research methods
- Support continued engagement through the arts

Participants were invited to add to the playlist throughout the cafés. The recurrent structure of the cafés included a welcome to participants, followed by musical ice-breakers.

Arts-based engagement

A key feature of the Irish World Music Café method is the incorporation of arts-based methods into the design of the cafés. Arts-based methods support participatory engagement through whole-person involvement, using gestural, visual, sonic and other modes of expression.

As well as the musical elements mentioned above (musical ice-breakers, cultural sharing and song exchange), the cafés used visual thinking, creative writing and song composition as arts-based methods.

In Session 3, participants were invited to express their best / most hopeful and worst / most fearful experience / perception of migrant health research in images / thoughts / words / symbols.

They were also invited to select one of the three vision themes (vibrant networks, meaningful partnerships, impactful research) and:

- draw a picture of what this might look like.
- write a 'poetic' line about an action that could help make this happen.

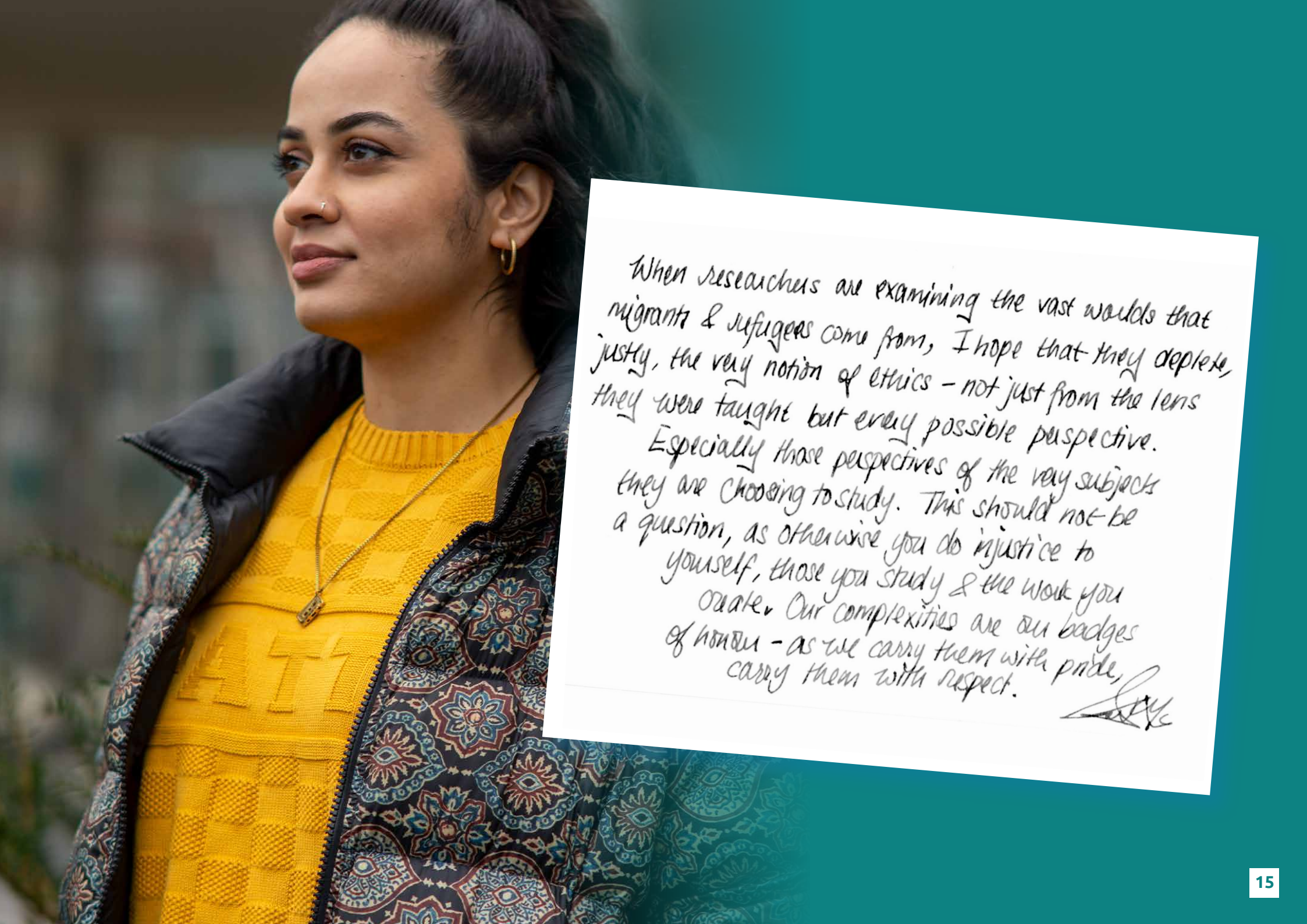
Session 4 combined the visual thinking and creative writing from Session 3 to lead participants through a community song-writing experience. Each 'poetic' line was collated under the relevant theme. Participants were encouraged to use the drawings and poetry to think about aspects of the song they were going to write, including:

- The mood they wished to convey
- The core message
- The structure and texture of an intro and outro (instruments? SoundCloud? Which instruments?)

- The possible inclusion of spoken word / sung text
- The languages to be used
- The musical forces (soloists? Ensembles? Vocal? Instrumental?)
- The musical structure (verses? Refrain?)

This decision-making process informed the final content and structure of the group song. The core message of 'better together' inspired the Irish language title of the song, 'Le chéile', which means 'together'. The physical experience of a shared heartbeat when singing together was evoked in the opening rhythm of the song, as participants tapped a repeated beat over their hearts, while singing 'Le chéile'. Layers of harmony were added to build the phrase and form the song's chorus, which also included two verses based on the poetic writing of earlier sessions. Between the verses and the chorus, the word for 'together' was spoken in languages represented in the group including Armenian, Bangla, Luganda, Persian, Polish and Swahili.

The song was rehearsed, performed and recorded in the fifth and final café. The live context of this concluding session provided the first opportunity to hear voices singing together and to co-create the final version of the song.



When researchers are examining the vast worlds that migrants & refugees come from, I hope that they deplete, justly, the very notion of ethics - not just from the lens they were taught but every possible perspective.

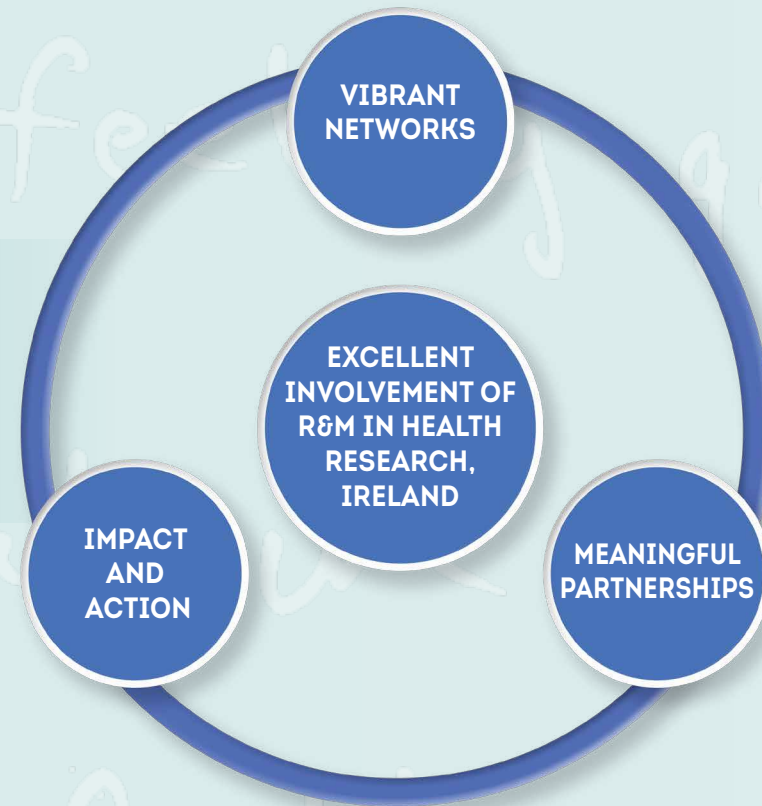
Especially those perspectives of the very subjects they are choosing to study. This should not be a question, as otherwise you do injustice to yourself, those you study & the work you create. Our complexities are our badges of honour - as we carry them with pride, carry them with respect.



Description of Vision and Action Plan

The vision created by participants was that excellent involvement of refugees and migrants in health research in Ireland would be enabled by vibrant networks built on meaningful partnerships between partners from community, academic and health sector backgrounds for research that delivered impact and action (Figure 5).

Figure 5
Vision for excellent involvement of refugees and migrants in health research in Ireland



The action plan developed around three themes (Figure 6) and contained eight specific action points. The three themes were to support networking (Table 1 with four action points), the use of the arts (Table 2 with two action points) and delivery of training and education (Table 3 with two action points).

The eight action points contain clear and concrete ideas about who needs to do what, when, and how in order to make the vision for excellent refugee and migrant involvement in health research in Ireland a reality.

Figure 6

Action plan for realising the project vision

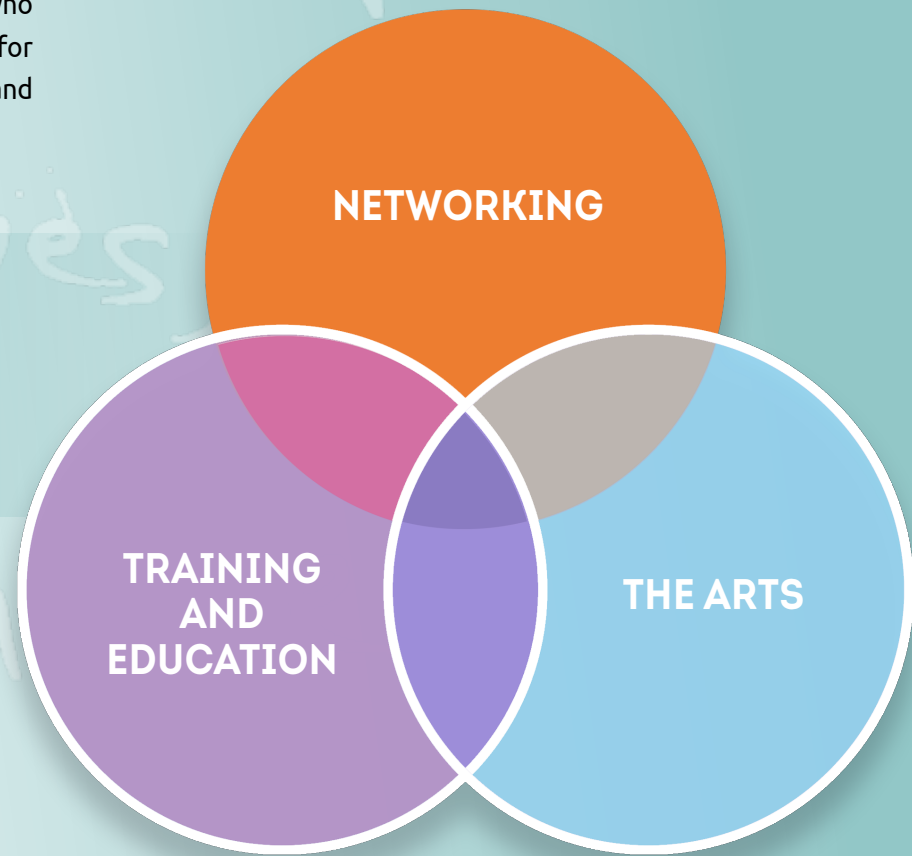


Table 1. PPI INCLUDES Action Plan for building capacity for refugees' and migrants' involvement in Irish health research: networking

For networking, café participants wanted to stay connected with each other to make existing connections stronger (Table 1, action 1.1). They were strongly in favour of having a national umbrella organisation in Ireland that would enable people from different parts of the country who have shared areas of interest together to limit silos; encourage sharing and learning; creating a network of people available to lead/partner together for research; raising awareness among key agencies to make change happen; and informing the wider public about PPI with refugees and migrants (Table 1, action 1.2). Café participants were also favourable about organising a national seminar focused on refugee and migrant health that had a balance between scientific presentations and time for conference delegates to network and discuss work together (action 1.3). Café participants considered the value of developing core values to guide collaboration and partnership working in this area (action 1.4).

Action	Who	What	Where	When	Why
<p>1.1 Café participants stay connected</p> <p><i>Synergy with action 1.2</i></p>	<p>Café participants</p> <p>PPI INCLUDES team create a template and ask participants to fill it in for sharing</p> <p>Migrant Health Alliance Network helps advertise</p>	<p>Share emails</p> <p>List email addresses and gather info about where people work, and what are their interests</p> <p>Create a mailing list; scope to share information, e.g. in-house regular newsletter, short articles about specific initiatives that participants are doing</p>	<p>Scope for virtual spaces, e.g Google Docs and MS Teams monthly gathering</p>	<p>Deadline of one month to complete template and create mailing list: June 2023</p> <p>Follow up on a regular basis, 2–3 times a year</p>	<p>To facilitate networking from this project to share knowledge and experience; to make connections stronger</p>
<p>1.2 Create an overarching umbrella in Ireland to 'open the gates'</p> <p><i>Synergy with Actions 1.1, 1.3, 1.4, 2.1, 2.2, 3.1, 3.2</i></p>	<p>Migrant Health Alliance Ireland (representatives of different countries)</p> <p>Refugee and Migrant Health Partnership</p> <p>PPI Research Unit WHO Collaborating Centre, UL</p> <p>National PPI Ignite Network</p>	<p>PPI INCLUDES team organise meeting and clarify roles and synergies of the existing groups named (see 'Who'); work with others to help make information available, e.g. HSE, Paul Partnership, CYPSC (health working group)</p> <p>Explore all actions generated by café participants. Think about Facebook page, flyer(s), infographic(s), poster(s), ads in local newspapers in different languages; short video about what PPI is, how people can be involved, in simple language, with photos, examples, etc.</p>	<p>Multiple places/ meetings; not 'one event'</p>	<p>Multiple events; aim to have initial events in 2023–24</p>	<p>Bring together people from different parts of the country who have shared areas of interest to limit silos; encourage sharing and learning; create a network of people available to lead/partner together for research; raise awareness among key agencies to make change happen; inform the wider public</p>

Action	Who	What	Where	When	Why
1.3 Organise a national seminar that has more discussion and fewer scientific presentations <i>Synergy with Action 1.2</i>	UL WHO CC with community partners who are interested and available	Develop a plan to fund and organise a national seminar	Could be hosted in UL or DoH as part of new Refugee and Migrant Health Partnership	First national seminar was December 2022; next seminar 2024	Time to talk to people from different settings during the cafés has been very good for sharing and learning
1.4 Organise a national seminar that has more discussion and fewer scientific presentations <i>Synergy with Action 1.2</i>	Migrant Health Alliance Ireland Refugee and Migrant Health Partnership PPI, RU, WHO, CC, UL National PPI Ignite Network	Examine what resources already exist Clarify if something needs to be designed specifically Design a flyer/infographic for wide circulation with information on core values	Connect with cultural ceremonies and event; national dissemination via existing and new networks	2024–2025	Cultivate an ethos of listening, inclusivity and non-judgemental approaches in growing such research collaborations that are co-designed at every stage

Café participants were very favourable about creating more intercultural spaces for research using music and art. The scope for creating intercultural spaces with other methods, including community gardens, sports, painting, cooking and baking, was also discussed. The value of knowing about and supporting the work of existing community groups and projects was emphasised. Intercultural spaces were considered important by participants because these spaces help refugees and migrants to be seen and heard; to build trust with others; and to overcome political and power barriers. These spaces also enable sharing of cultures, which people love to do (Table 2, action 2.1). Café participants also wanted to create a café song to get the messages from PPI INCLUDES ‘out there’ (Table 2, action 2.2).

Table 2. PPI INCLUDES Action Plan for building capacity for refugees' and migrants' involvement in Irish health research: the arts

Action	Who	What	Where	When	Why
<p>2.1 Create intercultural spaces for research using music and art</p> <p><i>Synergy with Actions 1.3, 3.1, 3.2</i></p>		<p>The Irish World Music Café</p> <p>International community garden; intercultural sports events; painting, cooking, baking</p>	<p>Somewhere accessible to public transport, virtual space, etc.</p> <p>Places of worship possible sources of connecting with existing cultural groups</p>	<p>More regular engagement makes this more sustainable</p>	<p>To be seen and heard; to build trust; to overcome political and power barriers; people love sharing their cultures</p>
<p>2.2 Write a song</p> <p><i>Synergy with Action 1.3</i></p>	<p>Us!</p>	<p>Compose a song</p>	<p>Online</p>	<p>May 2023!</p>	<p>To get the message 'out there'</p>

For training and education, café participants suggested that undergraduate and postgraduate researchers could improve their skills for participatory health research projects. This would help redress power hierarchies in research methods where participatory and arts-based research are often undervalued and underutilised (Table 3, action 3.1). Finally, café participants recommended that refugees, migrants, academics and people working in healthcare get training about refugee and migrant health together to optimise learning between people about their different areas of expertise in areas such as research methods, lived experience of migration and policy making (Table 3, action 3.2).

Table 3. PPI INCLUDES Action Plan for building capacity for refugees' and migrants' involvement in Irish health research: training and education

Action	Who	What	Where	When	Why
<p>3.1 Improve undergrad and postgrad researchers' skills for Participatory Health Research</p> <p><i>Synergy with Actions 1.3, 2.1 and 3.2</i></p>	<p>PPI INCLUDES team connect with National PPI Ignite Network and PPI Ignite @UL</p>	<p>Explore scope to include/ promote PHR module/online 'taster'; ways to develop knowledge and skills in more undergrad and postgrad courses</p> <p>Connect with accrediting organisations; talk to Assistant Dean for Academic Affairs. Start in UL postgrad courses with health/migration focus: PPI INCLUDES team contact</p>	<p>UL and other universities afterwards</p>	<p>Start during academic year 2023/24</p>	<p>To improve students' awareness of participatory research</p> <p>Redress hierarchy of research approaches – building respect for participatory and arts-based methods</p>
<p>3.2 Training for researchers and refugees and migrants together about refugee and migrant health</p> <p><i>Synergy with Actions 1.2, 2.1 and 3.1</i></p>	<p>People in UL, e.g. PPI Unit, PART-IM cluster, WHO CC PHR training course team and people in NGO migrant groups, community groups connecting with migrants with lived experience; connect with all potential members of interdisciplinary research teams and people working in positions of influence</p>	<p>How to write consent forms; how to explain research clearly; how to use interpreters</p> <p>Encourage researchers to understand the meaning and practice of reflection and reflexivity; encourage researchers to think about why they are not working in this area</p> <p>Advertise WHO CC training course about PHR with R&M</p>	<p>At education institutes – undergraduate level (mandatory?); community organisations – create scope for Zoom/online training</p> <p>Scope for in-person training created by refugees and migrants/ Migrant Health Alliance Ireland/UL in community organisations and events</p>	<p>Scope for ongoing training, e.g. through UL PPI RU HR training courses in PHR (in-person; online; translated content)</p> <p>Scope for delivery × 2 trainings through WHO CC in 2024 and 2025</p>	<p>Migrants would have a better understanding of research, its goals, the research cycle, etc.</p> <p>Create a community advisory board (connections with e.g. Migrant Health Alliance Ireland)</p>

Evaluation

The evaluation of the PPI INCLUDES cafés was based on the concept of participatory space.^{8,9} This meant the focus was on (1) the physical experience of the cafés (online and in-person); (2) the length and timing of cafés; (3) the experience of interacting in an arts-based intercultural space with people from different backgrounds in terms of culture, social power and professional roles; and (4) motivations for networking within and beyond the five music cafés. The evaluation involved a qualitative process evaluation of the café process, online surveys during the project and follow-up qualitative interviews after all cafés had ended.

Qualitative process evaluation of the café process: This was based on a combination of fieldnotes developed by the café co-ordination team, in-session feedback and arts-based documentation. The team engaged in a reflexive and iterative analysis of these data to guide the development of the café series.

Exit survey: At the end of each café participants were asked to fill in an exit survey using an online Qualtrics questionnaire. This included questions about overall enjoyment of the café and enjoyment of each art-based component of that particular café, as well as their motivation for networking after that café. Participants' answers were recorded using a Likert scale from 1 to 10, with 1 representing a negative experience (e.g. low enjoyment, low motivation) and 10 representing a positive one (e.g. high enjoyment, high motivation). The response rate for completing surveys was very high, with 85% average, ranging from 75% to 100 % at each café.

Follow-up interviews: Everyone apart from the café co-ordinating team (n=20) was invited to take part in an online qualitative interview

between June and September 2023. Twelve completed an interview (60%). The questions explored café participants' perspectives of the online and face-to-face music cafés, the focus group style discussions and use of arts-based activities in music cafés and motivations for partnerships for refugee and migrant health research. The interviews were analysed using a thematic analysis approach to identify themes that captured participants' accounts of what worked well and what could have been improved in the music cafés.

Summary of findings from the evaluation: The overall enjoyment of the music cafés was very high from the start (8.55/10), increased with each music café and culminated in a score of 9.67/10 for café 4. Participants explained that there were pros and cons to being online: it made participation easier and more feasible because of not having to travel and helped people get used to the idea of using the arts slowly. For example, being online allowed participants to decide if they wanted to turn on their mics or not for the singing activities. At the same time, singing together, face-to-face in the final music café in the university was named as a highlight by most participants who were there. The length and timing of the cafés was workable for most participants although it was difficult for some to attend every café in the series due to other commitments.

Participants described a *journey* during the intercultural project which brought about a growth in confidence and voice. Participants reflected that this growth was *facilitated by the use of the arts* in the music cafés

⁸ Massey, D. (2005). *For space*. London: Sage.

⁹ Cornwall, A. (2002). *Making spaces, changing places: situating participation in development*. Brighton, UK: Institute of Development Studies.

because the arts were a 'leveller' for participants who were coming from very different backgrounds in terms of culture, social power and professional roles:

'I think the use of music and song was a leveller, and I liked the ritual of opening in a similar way and closing in a similar way'
(Participant 9).

Participants experienced the music café space as a comfortable, safe space that was consciously planned and structured by the facilitators:

'I thought the environment was nice. I also actually really liked the way it was structured ... how it's planned and I thought it was very well done' (Participant 8).

There are rich accounts of participants from diverse backgrounds sharing opinions and connecting as *people/friends* through informal discussions about their cultures, including films and music from their countries:

'On the day of the live café, one participant (a migrant) was chatting with another participant (also a migrant) and they chatted about movies from their different countries, and how each liked the other nationality's movies ... YouTube connects indirectly all the people around the world together ... I remember lots of very, very fun times'
(Participant 11).

Café participants reported that they were highly motivated to build partnerships and networks for new health research projects about refugee and migrant health, with scores of 8.6/10 or more in each café.

Participants described a *journey* during the intercultural project which brought about a growth in confidence and voice.

Key Findings and Conclusions

The key findings and conclusions from the PPI INCLUDES project are summarised as follows.

- There was strong and sustained interest and engagement from participants from community, academic and health settings throughout the project.
- The use of music cafés as a method to create an intercultural space for inter-sectoral discussions was rated very highly by all participants and they recommended the use of music cafés for future projects relating to refugee and migrant health.
- The knowledge and expertise from all participants led to rich discussions that have informed a clear vision and action plan to improve refugees' and migrants' involvement in health research in Ireland.
- The vision for refugee and migrant involvement in health research highlights the interconnectivity of vibrant networks, meaningful partnerships and research that leads to concrete changes that impact on refugee and migrant health.
- The action plan provides detailed recommendations that can be progressed over time to make refugees' and migrants' involvement in health research the norm with current and future generations of health researchers.
- There are existing vibrant organisations, networks and partnerships that can play a major part in progressing recommendations in the action plan, particularly the National Public and Patient Involvement

Network, Migrant Health Alliance Ireland, and the Refugee and Migrant Health Partnership via University of Limerick's WHO Collaborating Centre for Participatory Health Research with Refugees and Migrants.

- Some recommendations have been progressed. This is in line with the action-oriented nature of this participatory project and is a function of the vibrant organisations, networks and partnerships that are already in place.
- Participants were very positive about meeting and working with each other in the music cafés and are highly motivated to create new partnerships in the future.
- This project has laid the foundations for a national inter-sectoral network and has identified ways to expand and sustain the relationships that have developed thus far.
- PPI INCLUDES has made an important contribution to building capacity for improving refugees' and migrants' involvement in health research in Ireland. It is important to continue to work together with this positive momentum so we can realise the compelling vision co-designed by all involved in PPI INCLUDES.



Not many Countries offer second chances
, But Ireland gave me that. However
acceptance into society has been hard
to engage with, some people are
merciful and racist. This road
has never been easy but I will always
believe in myself & like its a religion
& I want let my colors fade to grey,
I want stay gold. Black or white
we all have red blood, instead of
listening to us give us a voice.
Let there be Pro-diversity

- Blake '14 Himself.

