

Paid opportunity – become a co-researcher

We welcome the involvement of young women and young people who menstruate to join our team as co-researchers.

We value diversity in terms of disability, sexual orientation, race, religion, or belief.

You are also welcome if you are homeless, an asylum seeker, a migrant, a member of the travelling community, a carer, or care leaver.

We value people's experience because of their diverse backgrounds.

Diversity is positive. We want to encourage diversity because it reflects the varied communities in Greenwich and makes for richer, more relevant research.

Is this role for me?

- Are you a **young women or young person who menstruates, aged between 16-18?**
- Do you live in **Greenwich?**
- Do you like **talking with other people and hearing about their experiences?**
- Would you like to **get paid to work** on an exciting new project about contraceptive health and awareness?

If yes – read on!

What is a co-researcher?

A co-researcher is someone with lived experience that joins a research team as an equal contributor in the design, delivery, and development of a research project. You may have experience using contraception, so you are an **expert by experience**. We value your expertise as a co-researcher, and the equal but different perspectives you can bring to the project.

What is this project about?

We want to find out what **young people (aged under 18) who use or may use hormonal contraception** think about their contraceptive choices, in particular their views and experiences with **long-acting reversible contraception (LARC)**. This includes:

- Implant – small rod inserted into the upper arm
- IUS, and IUD – small devices that are put into the womb (uterus)

We know that only a very small proportion of young women and those who menstruate under 18 use LARC, and we **want to understand why**.

What will I do as a co-researcher?

You'll be **finding and talking to other young people** (aged under 18) about their contraception choices, either face-to-face, online, or on the telephone.

As co-researcher, we want your help to:

- Create the interview format and the questions you'll be asking
- Develop the survey
- Design social media posts/flyers/posters and tell us the best places to share them
- Find young women and young people who menstruate to speak to
- Find out what's important to young people when choosing contraception
- Write up what you hear from the young people you speak to

We'll also want you to come along to **co-researcher training, support, and development sessions**.

How much will I get paid?

You'll get paid **£12/hour or £84/day** to work with us as a co-researcher, taking part in the activities listed above in '*what will I do as a co-researcher*'.

How many days will I have to do?

You can do between **4 – 10 days of work** as a co-researcher, and you can do as many or as few as you'd like – up to 10 days in total. You can do your hours **during the day, evenings, or weekends** – whatever fits for you.

What training do co-researchers get?

We'll take you through everything you need to know, including:

- What is co-produced research
- How to conduct interviews
- How to write up your interview notes
- How to collect survey data
- How to maintain confidentiality
- How to present your findings to an audience

How else will I benefit?

- We'll train and support you to be a co-researcher – see '*what training do co-researchers get?*'
- You can use your existing skills – and learn new ones.
- You can put your involvement on your CV.
- You can find out if research is a career you'd like to pursue.
- Involvement can help to build your confidence.
- It can feel good contributing to make a difference.
- You can meet new people and build networks with your peers
- The research you help co-produce can improve contraceptive services for young women and young people who menstruate.

We're also working with partners to provide **additional opportunities** for co-researchers. This could include:

- ['You're Welcome Award'](#)
- [RSPH Young Health Champions programme](#)
- Access to Greenwich Youth Participation Programmes

When will this project start?

Co-researchers come to design meetings and training sessions in **September** (approximately 2-4 days).

You'll be carrying out interviews and surveys **from October** onwards.

Once the project is complete, you'll be invited to share your findings and talk about your role in the project.

How do I apply?

If you're interested, we'll ask you to complete a short application and talk to us in a friendly interview. Please contact Jahan at jahan@healthwatchgreenwich.co.uk or on **07498 851 221** telling us:

- when you'd be free to speak on the phone to find out more about the project
- any interests and skills or experience you think would be useful as a co-researcher

Please note, we are recruiting applicants on a rolling basis until the positions are filled, so you are advised to apply as soon as possible.

To find out more about Healthwatch Greenwich – see our website:
www.healthwatchgreenwich.co.uk