

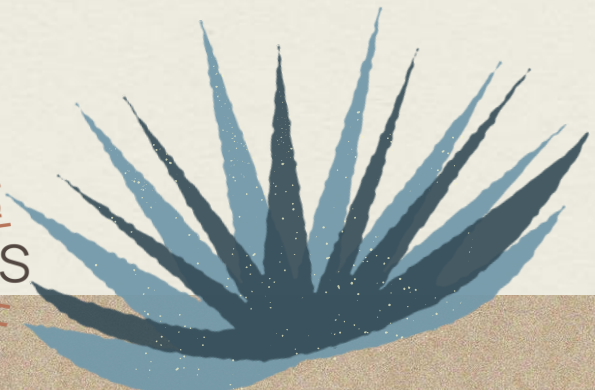


Thanks to Julia and Sam for  
Creating this Video 



# End of Year Celebration

what happened in 2024  
A big year for us all







# ALIVE CO-DESIGN LIVING LABS NETWORK MEMBERS

- Total number of members (active participants) within the Network: **1927 people nationally.**
- Number of Co-Leads: **14 (start of year), 11 (end of year)**
- Alex McLeod Co-Designer Training Award trainees: **2 (5 in total)**



# Where are members located nationally?



Co-Design Living Labs Members  
Total: 1927 people



# The Co-Design Living Labs Network Year in Review 2024:

February – The Network was excited to welcome two Alex McLeod Co-designer trainees to the team, Sam and Julia!



March – The ALIVE National Centre's Annual Symposium was held in Ngunnawal and Ngambri country, Canberra.





May

# READY, SET, TRANSLATE

2 MAY 2024

1PM - 2PM (AEST)

JOSH REID JONES



*The ALIVE Mental Health Research Virtual Café Translation Conversations*

## THE JUST BE NICE PROJECT

THURSDAY 2 MAY 2024 1PM - 2PM (AEST)  
BY JOSH REID JONES  
HOSTED BY THE CO-DESIGN  
LIVING LABS NETWORK

The "Just Be Nice Project" (JBNProject) works to provide housing, employment, and good mental health for disadvantaged individuals, aiming to enhance equality of opportunity. It seeks to change attitudes towards positive change, emphasising skill and resourcefulness in aiding those in need. JBNProject is for individuals and organisations looking to make a positive impact, challenging current charity paradigms and promoting equality of opportunity. Ultimately, it aims to revolutionise approaches to societal challenges through collaboration and innovative solutions.



The ALIVE National Centre  
for Mental Health  
Research Translation

The Co-Design Living Labs Network and co-design co-leads, **Brenton and Gregor**, hosted **The Just Be Nice Project** by **Josh Reid Jones** as part of the "Ready, Set, Translate" series - a monthly online Virtual Café focused on mental health research.



# June

## Link}-me

A group of co-designers were invited to co-design improvements to the new **Link-Me Plus project** - a proposal to integrate the Link-Me Online Quiz which asks people to rate their mental and physical health and then provides a suggested level of support to discuss with GP.









# August

Our network co-leads worked on a lay summary of the **Co-Design Living Labs philosophy of practice paper**. The summary will highlight the key messages. The summary was our first stage of creating Quick Guides! A way to translate complex research into short stories.



#### OPEN ACCESS

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Palmer VJ, Bibb J, Lewis M, Densley K,

## A co-design living labs philosophy of practice for end-to-end research design to translation with people with lived-experience of mental ill-health and carer/family and kinship groups

Victoria J. Palmer<sup>1,2,3\*</sup>, Jennifer Bibb<sup>1,2,3</sup>, Matthew Lewis<sup>1,2,3</sup>,  
Konstancja Densley<sup>1,2,3</sup>, Roxanne Kritharidis<sup>1,2,3</sup>,  
Elise Dettmann<sup>1,2,3</sup>, Pam Sheehan<sup>1,3</sup>, Ann Daniell<sup>1,3</sup>, Bev Harding<sup>1,3</sup>,  
Tina Collins<sup>1,3</sup>, Maria Danti<sup>1,3</sup>, Guy M. Doolan<sup>1,2,3</sup>



# September

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## research article

### A narrative review of community wellbeing programmes and the reported outcomes for young carers

Jennifer Bibb, [bibb.jennifer@unimelb.edu.au](mailto:bibb.jennifer@unimelb.edu.au)  
University of Melbourne and The ALIVE National Centre for  
Mental Health Research Translation, Australia

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University of Melbourne, Australia

Victoria J. Palmer, [v.palmer@unimelb.edu.au](mailto:v.palmer@unimelb.edu.au)  
University of Melbourne and The ALIVE National Centre for  
Mental Health Research Translation, Australia

Wellbeing programmes have the potential to support young carers in their formative years. However, there is a scarcity of research into wellbeing programmes for young carers and their associated outcomes. This review aims to identify targeted community programmes that support the mental health and social wellbeing of young carers and their outcomes through the academic literature. An initial search of databases retrieved 335 articles, with ten meeting the inclusion criteria. Findings were organised thematically according to the programme outcomes: improvement in emotional wellbeing and quality of life; the development of new skills; respite from caring; and social connectedness and peer support.

**Keywords** young carer • wellbeing • mental health • support programmes

The co-designer trainees and co-leads started developing a quick guide for a research paper about wellbeing programmes for young carers and their outcomes.

Quick Guides are short stories about a research project or review by co-designers.



# October

For World Mental Health Month, on October 10th, the Implementation and Translation Network hosted an event on prioritising mental health in the workplace



Find this and more presentation  
at our YouTube Channel  
@thealivecentre

<https://www.youtube.com/channel/UC...>



# READY, SET, TRANSLATE

20 NOVEMBER 2024

4:30PM – 5:30PM (AEDT)

NEV JONES



The ALIVE Mental Health Research Virtual Café Translation Conversations

## LIVED-EXPERIENCE INVOLVEMENT IN THE US

WEDNESDAY 20 NOVEMBER  
4:30PM – 5:30PM (AEDT)  
BY A/PROF NEV JONES (UNIVERSITY OF PITTSBURGH)  
HOSTED BY THE LIVED-EXPERIENCE  
RESEARCH COLLECTIVE

Join A/Prof Nev Jones in conversation with Prof Michelle Banfield as they discuss *Lived-Experience Involvement in the US*. This talk will explore the similarities and differences in approaches to lived-experience involvement in mental health research between the US and Australia. This is an interactive, café style conversation event—join us online for this important conversation.



The ALIVE National Centre  
for Mental Health  
Research Translation

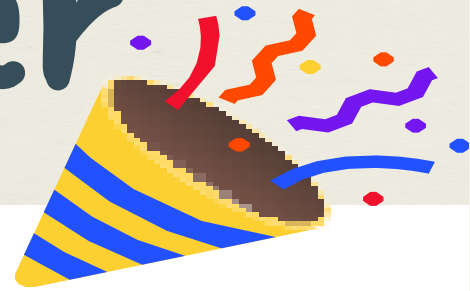
# November

A/Prof Nev Jones was hosted by the Lived Experience Research Collective and co-designers were invited to join to hear about lived-experience research differences between Australia and the United States.





# December



## INTRODUCING QUICK GUIDES

Our first release – Supporting Young Carers: A Quick Guide to a Review of Tailored Wellbeing Programmes – was developed by some of our amazing network co-leads.

## Supporting Young Carers: A Quick Guide to a Review of Tailored Wellbeing Programmes

This Quick Guide was created by Co-Design Leads: Julia, Sam, Elise, Gregor, Ali, Amit, Brenton, Nargis, Tricia, Kris and Sarah.

Contact person: Dr Jennifer Bibb, Senior Research Fellow  
[bibb.jennifer@unimelb.edu.au](mailto:bibb.jennifer@unimelb.edu.au)

2023 - 2024



*Let me speak!*

### Why does this research matter?

This research looked at the kinds of support for young carers in Australia, The United Kingdom, Denmark, France and Germany.

The study reviewed the outcomes of existing programmes to develop support for young carers, so they don't need to carry everything alone. The programmes involved a range of activities from a **peer buddy** system, a **peer group activity** program, **cinema program** and a **holiday programme** and **meet up groups**.



# What's ahead for the Alive National Centre?

Annual Symposium 2025 will be held as hybrid event at Araluen Arts Centre, Mparntwe (Alice Springs) and online over 26-27 March. Note day 1 is online only.

The theme will be Holistic Transitions - what are the policy and practice and ecosystem arrangements of primary care and community settings that are essential to embed and deliver holistic care?

The ALIVE National Centre  
for Mental Health  
Research Transition

# annual symposium

holistic transitions

**TRANSITIONS**  
"Changing from one  
state or condition to  
another."

In-person  
**ARALUEN ARTS CENTRE**  
61 Larapinta Drive  
Mparntwe (Alice Springs)  
Northern Territory

WA	8:00 am	ACT	11 am
NT	9:30 am	NSW	11 am
QLD	10:00 am	TAS	11 am
SA	10:30 am	VIC	11 am





Visit the Co-Design Living Labs network page at The ALIVE National Centre website and watch our video on Diversity in Co-Design and the Network board game 'Team Up'

<https://alivenetwork.com.au/our-networks/co-design-living-labs-network/>





**Thank you to every  
one of you who have  
contributed to  
sharing views online,  
or co-designing  
together with us**

**WISHING EVERYONE A  
GOOD RESTFUL BREAK IN  
DECEMBER IF YOU HAVE  
THE OPPORTUNITY**

**REST, REFLECTION, REVOLUTION  
ARTWORK BY JULIA PALFREYMAN**

