

## What is research?

Everyone does research in their day-to-day life; they just might not call it **research**. Finding out how to get to Helen Bamber Foundation on public transport or what food is best to buy in the supermarkets are examples of research.

You have questions and seek answers by investigating the information available: this is research.

We can collect information in many ways, such as from books or online articles or by asking people questions about their experiences and opinions.



## Why do we do research at HBF?

At Helen Bamber Foundation, we do research to better understand issues relating to the people we support. The aim of our research is to find out information to help to:

- Understand our clients' experiences.
- See whether our services are working and how we can improve them.
- Encourage other organisations to provide the best support for survivors.
- Try to create positive change in law and policy (e.g. in the NHS or the Home Office) so that more survivors can live safe, stable and full lives.

## What can I expect as a participant in research?

We may contact you to ask if you want to take part in a research project.

Participating in research is **voluntary**, it is completely your choice. You can always say '**No**'. Researchers will understand, and it will not change the support you receive.

If you say 'Yes', the researcher will contact you and explain more about their research. You can take your time to decide whether you want to take part.

The researcher is usually a student psychologist from a university. The researcher is not a Helen Bamber therapist.

If you choose to participate, the research usually involves a researcher asking you questions on a topic.

This 'Research Interview' lasts about 30 minutes to 1 hour and can be online or in person, with an interpreter available if you need. Research can also involve a 'Focus Group' where a small group discusses the topic together.



You can always change your mind and decide you don't want to be involved even during and after the interview.

As a thank you, researchers provide participants with a supermarket or Amazon voucher.

Some people find it helpful to speak about their experiences within research, but it can also be difficult to talk to someone new. If the research asks you about difficult experiences, some people may feel upset during or after taking part in the research.



Researchers are trained to help you if this happens, and you can always stop if you feel uncomfortable. They will tell you who else you can speak to for **more support**.

Once the researcher has done several interviews, they will make sense of all the information together and then usually publish or share the research.

Your involvement will be **anonymous** – your name and identity will never be published and what you say will not be able to be linked to you. Your data will be stored securely and deleted as soon as it is no longer needed.

Your participation in research is not related to any Home Office decisions.

## What kind of topics do we research?

Lots of our research is about mental health, such as seeing whether new types of therapies are helping people. We also do research looking at legal and housing issues and we often team up with researchers at Universities.

Some examples of research we have done include:

- Research with survivors who had been detained to try to understand the impacts of detention on people's well-being. This research showed that many people in detention had significant mental health problems and that detention often made these problems worse. We use this information in the expert reports we write.
- Research with refugees to understand how their initial Home Office interview affected them. The research showed how the hostile environment of the interview prevents people from being able to tell their stories as they would like and has negative psychological impacts. We hope this research can be used to improve the Home Office's interview process.

## More ways to get involved

If you have any questions about the research we do at Helen Bamber Foundation then please get in touch with [research.submissions@helenbamber.org](mailto:research.submissions@helenbamber.org) or Whatsapp +447871757049 and ask to speak to the Research team.

As well as being a participant, if you are really interested in research, there are other ways to be involved too.

People who have lived experience of seeking asylum have **expertise from their own experiences**. They provide important knowledge about how to do excellent research and what research we should be focusing on. Researchers often recruit people with lived experience to give advice and help with the research.

We are also hoping to do more 'co-production' research at Helen Bamber Foundation, where people with lived experience are part of the team leading the research. If this is something you would like to hear more about, please email [research.submissions@helenbamber.org](mailto:research.submissions@helenbamber.org).