Colouring the Rainbow. Social Health Action Research with Disadvantaged Communities.

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• Project resulted from a realisation of the need to shift communities from passive recipients of health services to agents actively engaged in their own health care.

• It included 21 participants/facilitators from various socio-economic and cultural backgrounds, with the majority being from a disadvantaged, marginalised community, over a period of 8 weeks.

• It was run with minimal funding and resources, called for a commitment beyond 9 to 5.
Journey

- 2004 Community conversations identify community opinion on health service
- 2005 Taster programme series implemented
- 2005 Wa/orrier Women developing alternative methods for health promotion
- 2006 Social Work for social health Open Day
- 2006 Social Action Research Group and social health kit
- 2007 Gaia Prophecy Health Promotion Resource

Methodology – A Living Process!

[Diagram showing the methodology process]
“Results” – retelling the story of health

• Levels of results;
• Implemented WHO information into action – praxis!
• We tested, challenged, evaluated and changed dominant discourse of health.
• Participants walked away with an alternative story of agency, empowerment, inclusion, resilience, capacity and connection.
• It’s all about relationships!

Is there a CONCLUSION?

• The new way of health needs to be the ongoing development of the individual’s capacity to have a reflexive relationship with their social conditions in order to effect change for themselves, their families and their communities.
• At the organisational level this project impacted the understanding of primary health - away from purely symptom management to primary prevention strategies. (Reciprocity)
• Long term health change requires us to look at the causes of the causes. Take for example poverty, family violence
• People can and do have the capacity to contribute to a world free of violence, abuse, discrimination and inequality.
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