

Co-designing a health promotion programme with vulnerable women

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Inclusive involvement of women in the justice system in research intervention design is rarely reported. Our poster presents methods of inclusive involvement in a qualitative study, "Shoulder to Shoulder: Walk and Talk". It discusses involving women with experience of the justice system in a peer-designed health-literacy project to be delivered on group walks.

In workshops facilitated by researchers in the study's first phase, women co-designed a series of walks to inform a pilot programme in the study's second phase. Group walks, led by a trained peer, aimed to support women's health needs by discussing cancer-screening and symptom-awareness to promote health-seeking behaviours among their peers.

Co-designing this programme ensured it was informed by women's genuine input and was relevant to other women from this group.

Our poster offers key insights, including agency and self-worth, reflecting our experience of involving highly vulnerable women in co-producing group walks to support their health needs.