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Arbeitsgemeinschaft  
für Gesundheitsförderung



**STADT  
LAUCHHAMMER**  
...überraschend vielseitig



**Marzahn-  
Hellersdorf**  
Berlins beste Aussichten



**Netzwerk  
Gesunde  
Kinder**  
Niederlausitz



**Alice Salomon Hochschule Berlin**  
University of Applied Sciences

## What motivated the Elfe parents to take part in PHR and what benefit is there for the individual?



COLLABORATIVE ACTION RESEARCH NETWORK (CARN)  
Annual Conference 2017, Rethymno, Greece, 20th-22nd October

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Ein Projekt von



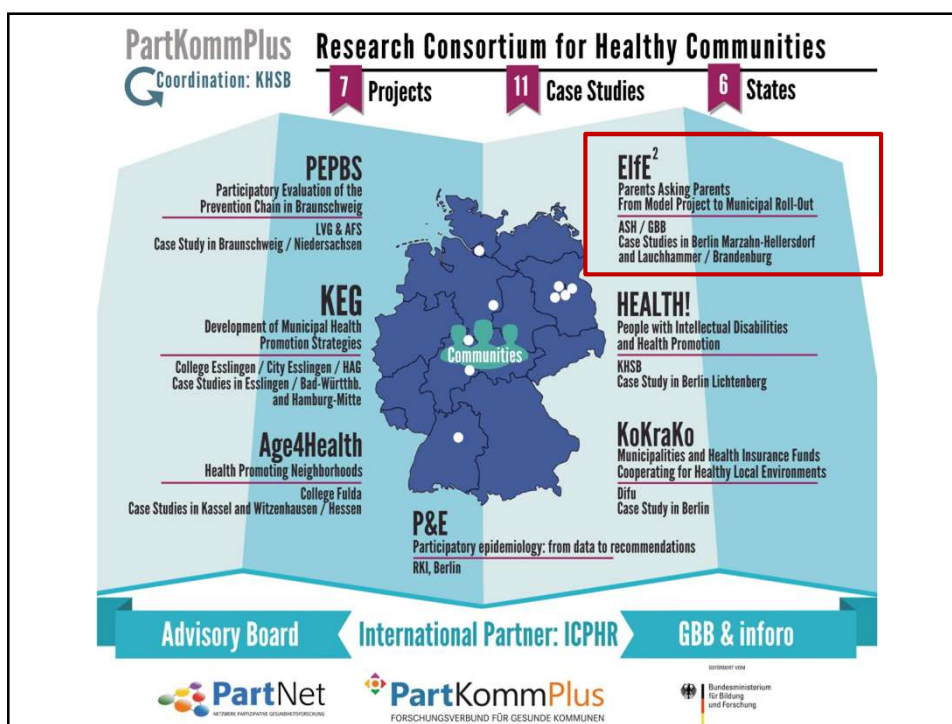
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## ElfE – Parents Asking Parents



**objectives**


- to support health equality for pre-school children
- to establish peer research in order to support the development of integrated municipal strategies (IMS) for health promotion


**structure (phase 1)**

- 2 case studies
- 2 advisory boards
- 3 research teams (19 parents)


**funding**

phase 1: 36 months, ending January 2018  
phase 2: 36 months, ending January 2021



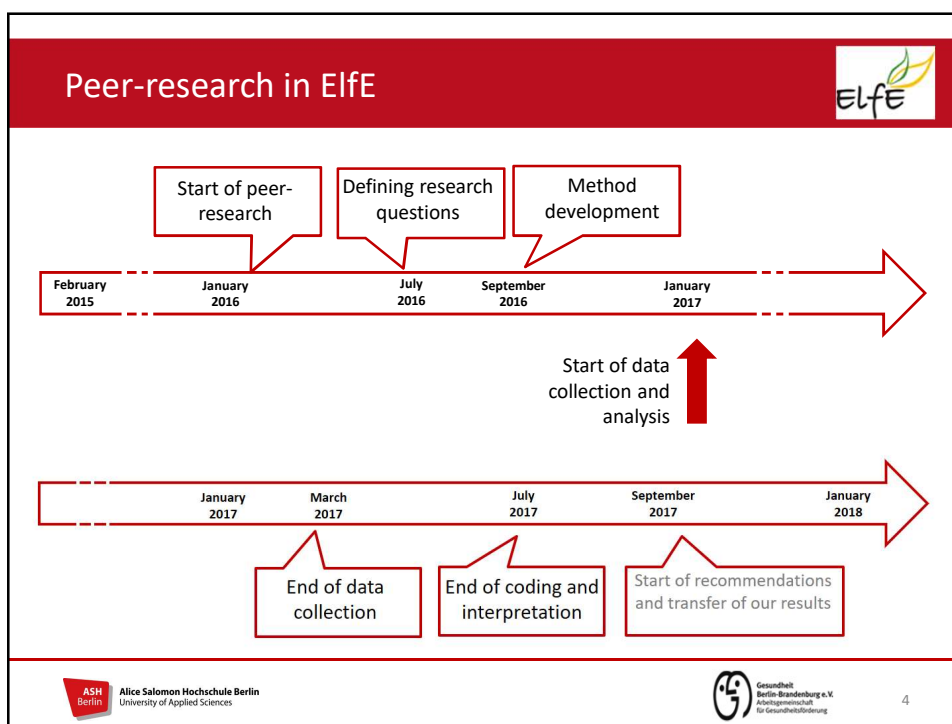


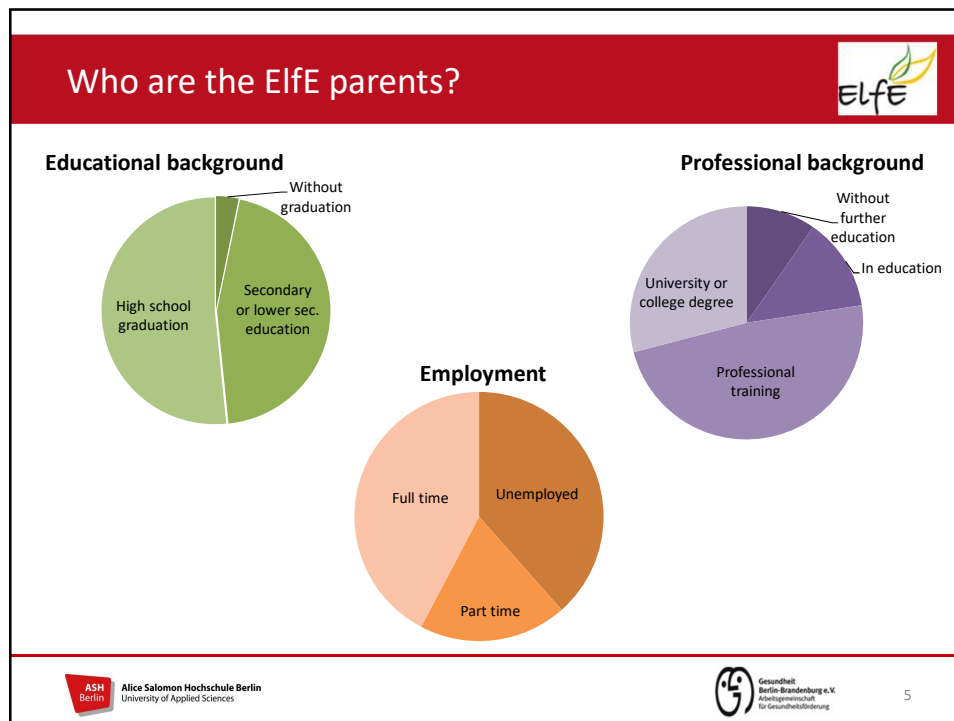
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3





## Small group discussion

### What motivated the ElfE parents to take part in PHR and what benefit is there for the individual?

- Motivation for taking part in ElfE
- The importance of remuneration
- Motivation for staying in ElfE
- Capacity building/ benefit

Logos: ASH Berlin, Alice Salomon Hochschule Berlin, University of Applied Sciences; Gesundheits Berlin-Brandenburg e.V., Arbeitsgemeinschaft für Gesundheitsförderung; ElfE

6

## Motivation for taking part in Elfe?



*„It (was) my wish to be able to change something“*

*„I would like to take part in something, to create a place where my voice is heard and where my problems are not ignored.“*

➔ Interest in the issue and readiness to change (Guta et al. 2010, Guta 2013, Thiel 2015)

*„I’m very interested in research. I have the opportunity here to get a taster of what it is like.“*

➔ Interest in research and doing things, which are far away from doing the chores and taking care of the children (Thiel 2015)



Quelle: Elfe Projekt / Bild: Britta Willim



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7

## The importance of remuneration



*„I see it as a side-issue really, it’s secondary for me.“*

*„I could partly finance my further training, which clearly would have been more difficult without the remuneration.“*

*„During the process it has become more important for me“.*

➔ The importance of payment seems to vary, but was generally important and it rose.



Quelle: Elfe Projekt / Bild: Britta Willim



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8

## Motivation for staying in ElFe



- To see how it's progressing
- The wish to finish the research process
- The support of the ElFe-team (e.g. doing interviewing, professional input about the different research questions)
- The atmosphere and dynamics in the research teams
- The catering and child care during the meetings



Quelle: ElFe Projekt / Bild: Britta Willim



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9

## Capacity building/Empowerment



***„I changed my way of thinking and got new viewpoints“***

- ➔ New skills and knowledge/ Insights into the perspective of others (Staley 2009)

***„During the ElFe-process I noticed that I'm able to take some hours off from household obligations and I started training as a bilingual secretary.“***

- ➔ Personal development (Staley 2009)



Quelle: ElFe Projekt / Bild: Britta Willim



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10

## Capacity building/Empowerment



*„Supported by an other peer, we found a new kindergarten for our elder daughter. We are very satisfied with this kindergarten.“*



Support and friendship (Staley 2009)

*„I'm grateful for feeling like being part of the working world a few hours each month“*



Enjoyment and satisfaction (Staley 2009)



Quelle: ELFe Projekt / Bild: Britta Willim



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11

## Discussion



- The individual motivation for taking part were different (e.g. interest in the issue, interest in research) and therefore the research-teams were also very different
- During the research process the importance of remuneration rose. A payment is necessary for such a long-term process.
- There were a lot of different personal benefits reported by our peers. The increase in their self-confidence seems to be the basic indirect feedback.



Do these correspond with your own experience?



If you have experiences with similar research groups: what did you do to account for the benefits of the research for the participants (e.g. capacity building, empowerment)





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12





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13



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14