

## **Working with a range of under-served disability and migrant communities and the iterative development of truly inclusive participatory methods as part of the CICADA study**

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The CICADA study has explored the impact of the last three years on health conditions, service access, social support and mental well-being for people from minoritised ethnic groups with disabilities living in the UK. One important component of this study is the use of participatory methods to include and engage diverse migrants of different migration status and different types of disability in the interviews and workshops, as participants and as co-researchers. Specifically, we deployed a range of assets-based participatory qualitative methods. These successfully incorporated members of our focal communities as lay co-researchers, and participants as the co-designers of pragmatic interventions to improve their health and wellbeing. Our approach enabled the collection of rich data, including from groups often excluded from health research, such as disabled migrants arriving in the UK since the pandemic or without documents. Data show the extent, diversity and intersecting nature of various determinants of health and inequalities, discrimination (ableism, disablism, racism) and also successful coping strategies used. This talk will however focus not on our findings but on the learning process we went through as we refined our methods iteratively in response to and with the communities we sought to engage. The end result of our experiences is a toolkit designed to help future researchers to engage productively with a range of vulnerable communities. We intend this to contribute to enhanced social, health and wellbeing outcomes for these communities.

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