



# Tree of Life: How exploring diversity can create unity

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# STUDY DETAILS

Addressing inequalities in breast cancer care: An evaluation of peer-education as a mechanism to promote health behaviour change amongst ethnic minority women in Greater Manchester

18 month project:

**Phase 1**, start-up phase.

4-6 months. Establish community connections and assemble focus groups

**Phase 2**, discover and develop phase.

4-6 months. Service-Learning approach to establish peer education for sustainable impact

**Phase 3**, evaluation phase.

8 months. Sharing learning with the wider community and establishing a mechanism to monitor impact

# Tree of Life

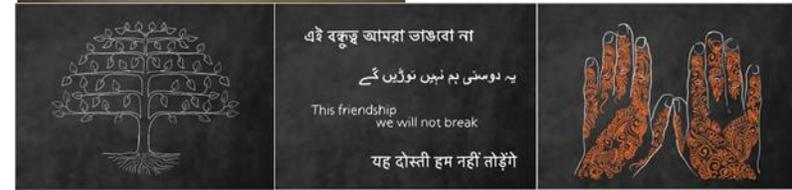
## Dr Suz Johnson & Dr Binish Khatoon

### How exploring diversity can create unity

- Creative arts and a narrative therapy approach within culturally distinct focus groups
- Led by researchers who shared heritage with the participants and were skilled at creating safe space with no judgement
- Enabled deeper understanding, open dialogue and sustained trust building
- Participants were united by shared experiences and reflected together

*"We heard some incredible stories about origin, adaptation, family and health, and worked with the museum and a creative team to bring these stories to life. Our participants' bravery and openness can capture new audiences and hopefully inspire others to prioritise their health"*

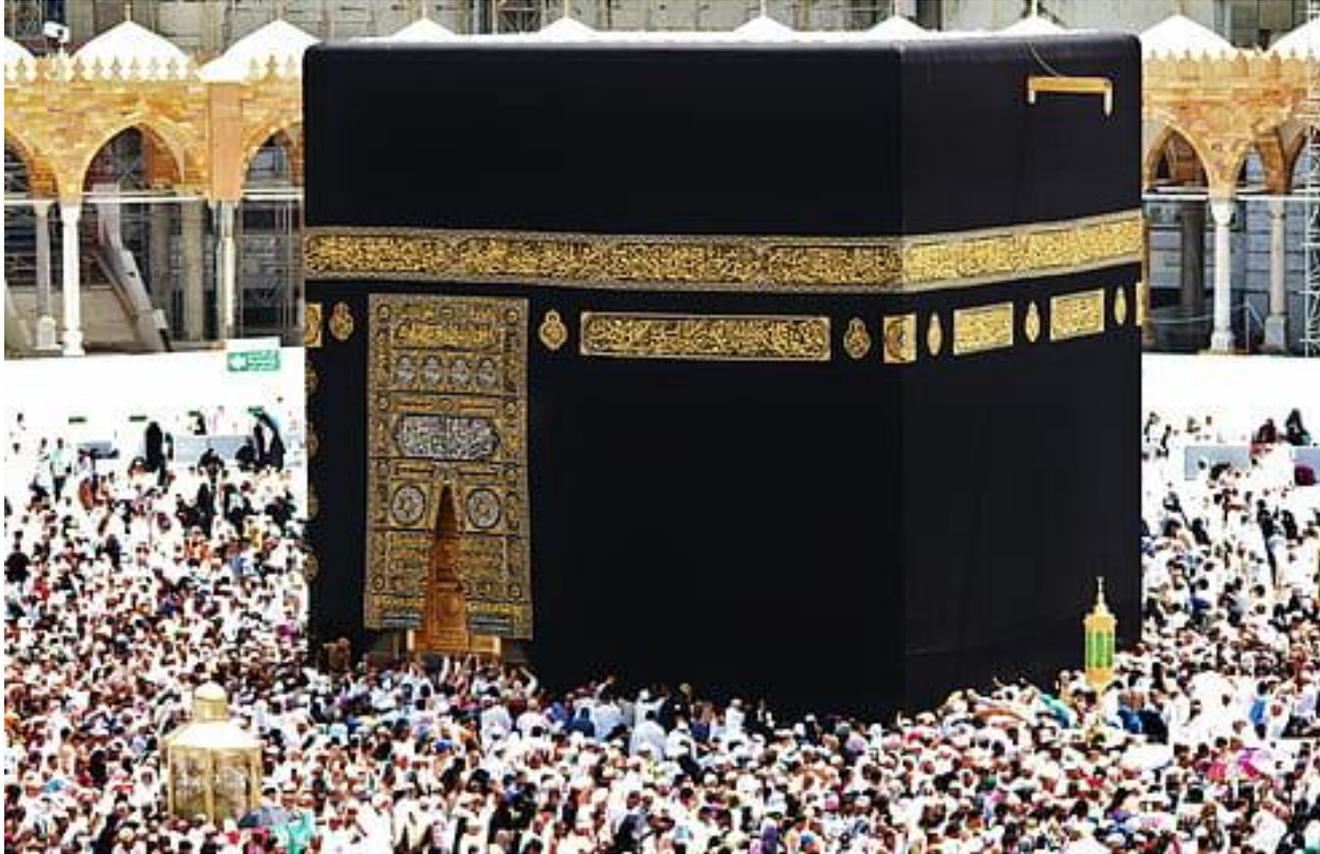
Currently showing within the South Asia Gallery at Manchester Museum (until 1st May 25)



## Creating a safe space to build trust

- Safe spaces are created through a sense of shared identity and experience
- Safe spaces are developed through membership, fulfilment of needs, emotional connection, and influence. **How did we create safe spaces?**
- Perceptions of similarity are linked to feelings of safety and comfort
- We were engaging in ‘reciprocal exposure’: for someone to open up to the researcher, the researcher has to do the same.

# Culturally tailored safe spaces for Pakistani and Bangladeshi women



# Culturally tailoring safe spaces for Indian women



# Tree of life – using creative arts

- A metaphor to enable people to share their stories.
- Used by Ncazealo Ncube (2006 2007) working as a psychologist in Zimbabwe with children who had lost their parents to HIV/AIDS.
- Tree of Life enables people to speak about their lives in ways that are not re-traumatising.
- The Tree of Life utilizes metaphors, which in many cultures and communities evoke powerful meanings.
- People have engaged easily with the tool due to the appealing nature of the metaphors that are associated with it.

# Narrative Therapy: Tree of Life Exercise

## Narrative Therapy Tree of Life Exercise

This exercise is about identifying all the different aspects of your identity; including your past, future goals, strengths and support system. For each section, draw part of your tree and write notes around it. There is a tree outline and some examples on the back of this worksheet.

### ROOTS



#### **Where you come from and your family:**

- What roots do you have in your life? How important are these?
- Does your past influence who you are today?
- Do you have any favourite memories?
- Has your perception of your roots changed over time?
- Where were you born? Where did you go to school?

### GROUND



#### **Your present life and day-to-day activities you engage in:**

- What is the ground like in your life? Is it fairly stable or frequently changing? (could represent with flat or bumpy ground)
- What influences you on a daily basis?
- Who do you live with? Where do you go to school/work?
- Do you have a favourite place that you visit?

### TRUNK



#### **Your skills and abilities:**

- What talents and coping skills do you have?
- Can you play an instrument/draw/write? Are you helpful/kind?
- How important are these abilities to you? Do you value them in others?
- Do you find it easier to think of your faults compared to your skills?
- Are there any skills other people think you have?

### BRANCHES Your hopes and goals:



- If you could have three wishes, what would they be?
- Do you hope for health, happiness, success, money, family etc?
- Do you aspire to be a nursery nurse, actor, vet, etc?
- How achievable do you feel your aspirations are?
- What would need to happen for you to achieve these?
- Do you have hopes and wishes for other people in your life?

### LEAVES



#### **Important people in your life:**

- Who plays an important role in your life?
- What type of influence have they had? If they've helped, how?
- Do you feel that you have played an important role in their lives?
- How might your relationship change in the future?
- Are there who have passed away - leaves in the wind?

### FRUIT



#### **Gifts from important people:**

- Have these people provided you with a shoulder to cry on/support/compliments?
- What have your parents taught you?
- Have they ever given you a material gift which meant a lot to you?
- How have these gifts helped you?
- What have you given them in return?

### STORMS



#### **Challenges:**

Include everything from family conflict, mental health problems, lack of resources, loss of important people in your life, etc.

- What storms have you experienced in the past?
- How did you manage with these?

## Tree of Life Methodology:

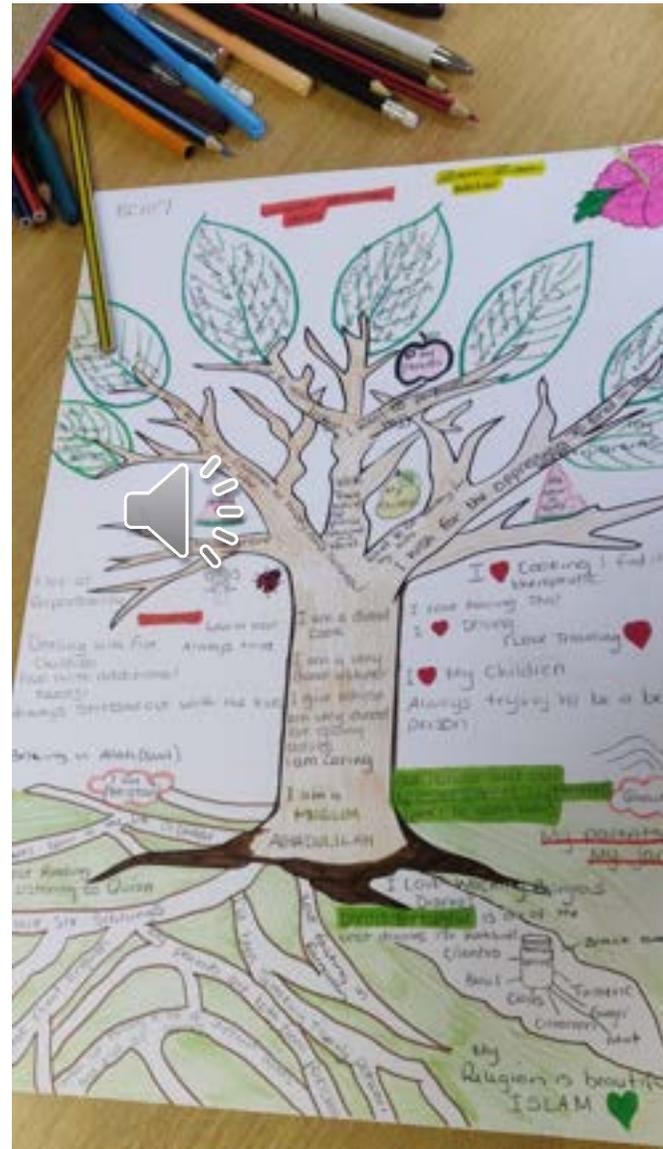
Individual reflections on identity, challenges, fears, concerns

Identify the importance of different aspects of their life which are enablers or barriers to health-related decision making

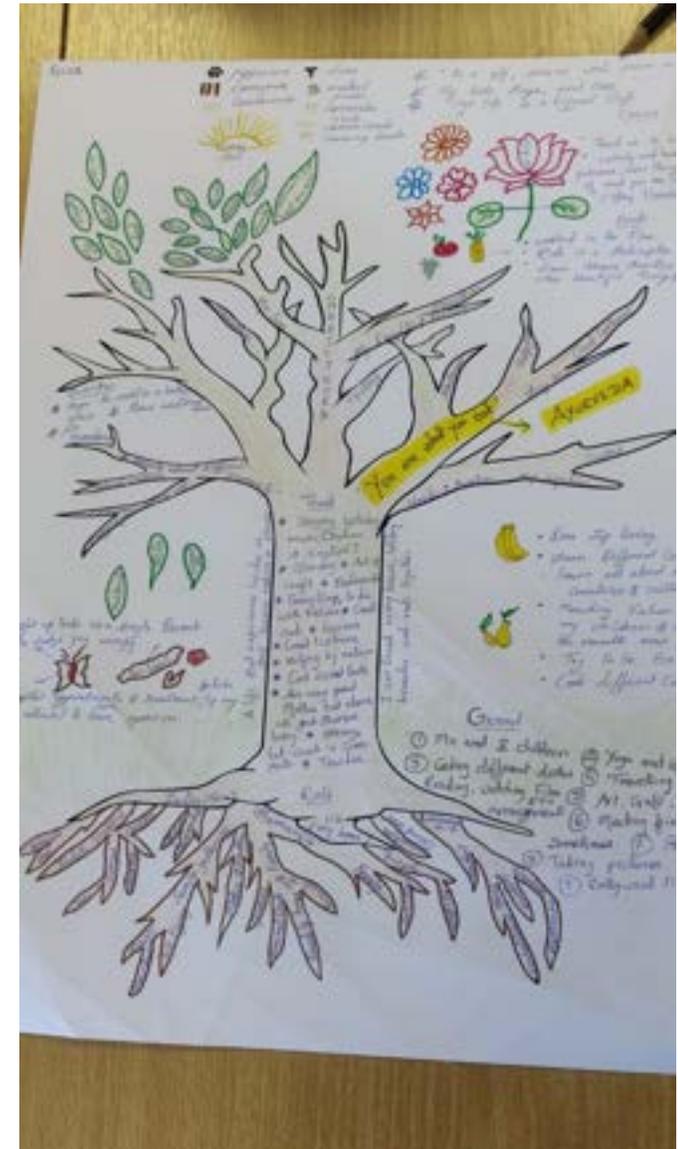
### Bangladeshi Group



### Pakistani Group



### Indian Group



# Manchester museum

## South Asia Gallery

- British Museum partnership
- a compelling, contemporary take on South Asian & British Asian culture
- 1<sup>st</sup> permanent gallery in UK to celebrate experiences & contribution of the South Asian diaspora
- world-class material from the British Museum alongside the best of South Asian collections in Manchester
- multilingual gallery
- designed & built with the South Asia Gallery Collective, an inspiring group of community leaders from South Asian diaspora
- unique spirit of collaboration and co-production



## Filming



## BBC



## Meet the team



[BMH Social Responsibility | Tree of Life: Meet the Research Team](#)

[BMH Social Responsibility | Tree of Life: How exploring diversity can create unity](#)

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# Celebrations and certificates at The Manchester Museum South Asian Gallery



