

## The **LIMITLESS** study

My name is Simon Hammond, I'm a Lecturer in Education at the University of East Anglia. Working with colleagues, I am leading a research study called "LIMITLESS" and we need your help.

### What is **LIMITLESS** aiming to?

We aim to improve how life story work is offered to adolescents with care experience. We feel that there is no clear guidance on how or when life story work should be best undertaken, by whom and why it improves (or not) the mental health of care adolescents with experience. We want your help to start to change this.

### How would we like you to help us with?

We will undertake a review of research already done in this area and use this to suggest the best ways of undertaking life story work with adolescents with care experience. We would like to commission 6 members of your group to form a Consultants with Care Experience Expert Group (CCEG). This group will provide feedback on our ideas at the beginning (November 2021), middle (May 2022) and end (October 2022) of the project. In real terms, this would relate to attending (probably remotely!) three one-day workshops across the project.

### What's in it for you?

This is up to you. We will cover travel, subsistence and pay for your time. We also hope that this may be something you enjoy being involved in. We are keen to talk with you about how you would like to be involved. For example, we will need people involved in focus groups commenting on our ideas and help with others about what the project found.

### Okay, I'm interested what do I do next?

Talk to Rosie and we can go from there.

### Further information

The study is funded by The National Institute for Health Research, hosted by the Norfolk and Suffolk Foundation Trust and lead by the University of East Anglia.