

# Baowen Fellows Interview Final

Thu, Jun 15, 2023 4:29PM 11:08

## SUMMARY KEYWORDS

caring, impact, young adult, workshop, project, ucl, people, bigger, labour, conversations, talk, research, provide, hope, increase, policy, carers, exams, proactive, preparing



00:00

So I'm balanced to a my postdoc researcher at the Department of Epidemiology and public health at UCL. So I've been at UCL for a decade now. And my research mainly focuses on social epidemiology. So to look at how the social factors influence people's houses for my research interest, and from like two years ago, I'm quite interested in young people's and young adults. So I start with a project called the Euro care project to look at, like how uptake of young adult caring influence young people's education employment house, and I think this could have some really important impact others. So that's why I'm also applying for this impact fellowship, our project could have a really big impact on young adults, for example, well, for the papers that I'm leading on, I find that so those urinals who take up informal caring, so they are caring for their families or other relatives or friends, I find that they are much less likely to get a university degree and they also less likely to enter the employment. So I think there's a huge need to understand why informal caring influence their opportunities to get into the university, and to get into labour force, labour force, and also what can be done at the University, or it's the labour force or at the higher level, community level, the society level, to help them to get access to useful resources, and to help them to to overcome the potential barriers. And also, I think it's quite important for them, for us to understand they are doing contributions, they're helping their family, they also contribute to the society. So I feel that they really need support, so they need more attention on them. So that's why I really want to maximise the impact of my research. So I'm not just happy about like, got my paper published. But instead, I want to let more people to know our results, to get a wider stakeholders to understand what's going on there and to see what are the next steps to fully support er das. So that's why I decided to apply for this impact fellowship. So to learn more about that. So our project is also like focus on young adults based on what we have fine. So I plan to have two workshops. So one is in June, the other in July. So one workshop is mainly focus on those who are still in education. And the other workshop is among those who have access to the university or they are prepared to moving into labour force. So I have two different workshops targeting two different age groups. And so during that workshop, we will like co hosted with the caretrust, who have a lot of impact, and they also influence about young adults. So we will need why to about 10 to 12 young adult carers to join our workshop, so they will share their experience. And we will also share our research findings and through these conversations and communications. Their experience can feed back to our research and our research and also feedback for their plans. And also we have the support from user a widening participation team. So so we hope to provide some teams some information resources for them to understand like how to access to the higher education and also some tips about job hunting. And also, we really want to highlight that like they are doing formal caring, they are contributing to their families. So this is

something they could highlight in their CV, because they must be really good at managing different tasks at the same time. So and we hope to let them know that what they are doing, what their contribution is appreciated by the university by the labour force and also by the society. So and we hope this kind of conversation can have to give us a full picture of what's going on with young adult carers, their barriers and their concerns. And we also want to provide is an opportunity for young adult carers to meet their peers. So today Oh, yellow care, so they can share some information and they can keep in touch with each other. And, and after that, we will also provide a campus tour around UCL to two as kind of the after you and after this kind of presentation saying so. So that's the plan of the impact project. And then we hope to have some like code from young adult carers. And because at the end of our Euro care project, we will have a policy report and also have some policy conferences, so we hope that their voice can be heard by a wider range of audiences. So that's our plan. I do think there are several surprised so first I so it becomes much bigger than I originally thought. So arrange a mini I just think William wider feel, ya know, cares. But then he's become bigger. And then we have like to face to face workshops. And we also plan to do some online workshops, like in the future, so it's becoming much bigger. And then also Karis trust, they're so supportive, they also heavily involved in that there are several stuff from Charis Trost and also several staff from UCL widening, per se patient team. And we also have like, four research staff. So also, we were talking about like a size of at least the 10s that are found is to organise this kind of thing. So it's become much bigger than salt. And also, the other surprise that I think it's more complicated than salt, because there are so many details, we are talking to young people, many of them, they are teenagers, and they are doing caring. So they have caring responsibilities. And many of them they are preparing exams. So so that's why in terms of the like the timing of the workshop, we need to be really careful. So they are now to doing exams. And those, so we need to go through a lot of like risk assessment to see whether things are manageable or not. So yeah, so there's like a lot of details to make it really happen. So we have spent about like at least six months is to, to really prepare for the workshop. So this is something I didn't expect, because I think, Oh, it's just a one day event. And actually, the time we spend on that the discussions, the conversations we had is much more than just a one day event. I think that there's a kind of increasing interest about young people, and especially since the COVID. Like, it has really influenced the young people and a lot of young people that are struggling with that. So I'm quite proud that what we have find that can kind of provide evidence and this kind of policy database on that. And, um, and also, what I'm quite proud is that so we, I think we can dis provide us a chance to really talk to people who, who was there or who are still doing this thing. And so we're not just like looking at data. So we're talking about real person stories. So So I think this is something I really are proud of. And I'm really, really looking forward to talk to them. So yeah, I think I have learned a lot from like preparing this project. So the skills, the knowledge I have, of course, I will carry on. And so in the future, like I will start a new project, and you got a new fellowship to look at, like, flexible working. So



09:19

it's a totally different project. But it's, again, really like policy relevant. And it's really important to increase the impact of that project. So I think, from this project, the experience the conversations I have, so it will definitely be very helpful for me to think about what I can do for my next project. So I think the skills and also the ways of try to increase the impact, for example, how to talk to NGOs, how to talk to other stakeholders, as in this kind of experience will be really helpful for me Need to build up some new network some new impacts? So yeah, so I will definitely doing more than that. I think to be proactive is really important in terms of increase the impact. So yeah, so before I start this fellowship, I just think, Oh, how can do that

what to do? I think a lot but I don't act a lot. And then and then from this impact fellowship programme, I just see there's so many ways, so many different ways to increase the impact. For example, I really liked the topic about doing something at a science museum. So I never think about that. So you can do impact activities at a museum so so I think this is amazing. So I think my top tip is like to, to just not just to focus on your own thing and to try to be proactive, to talk to different people and then you will get really different ideas of how to increase your impact.