

Photovoice: Wellbeing

In preparation for the Wellbeing Study, we had planned to conduct training for photovoice in Kwara, Nigeria. However, due to travel restrictions as a result of COVID-19, this was no longer possible. We decided to pilot the photovoice activity remotely between the UK and Nigerian research team, to first try it as participants, before conducting the training with peer researchers. These are the final photos selected from the Photovoice pilot, which represent perspectives and understandings of wellbeing following group discussions.

Theme A: Environmental wellbeing



'Hope'

This photo represents life that comes out of dryness. There is hope no matter what is going on, there is always hope. After a long dry season, the plants are green, and this makes me feel hopeful. (Adekeye)



'Green Space'

When I am here, I feel great and happy. When I'm here I feel focused. The environment is serene, it's green and the air is cool. The breeze makes me feel at ease, and feel good about life itself. It is my second office. (McRae)

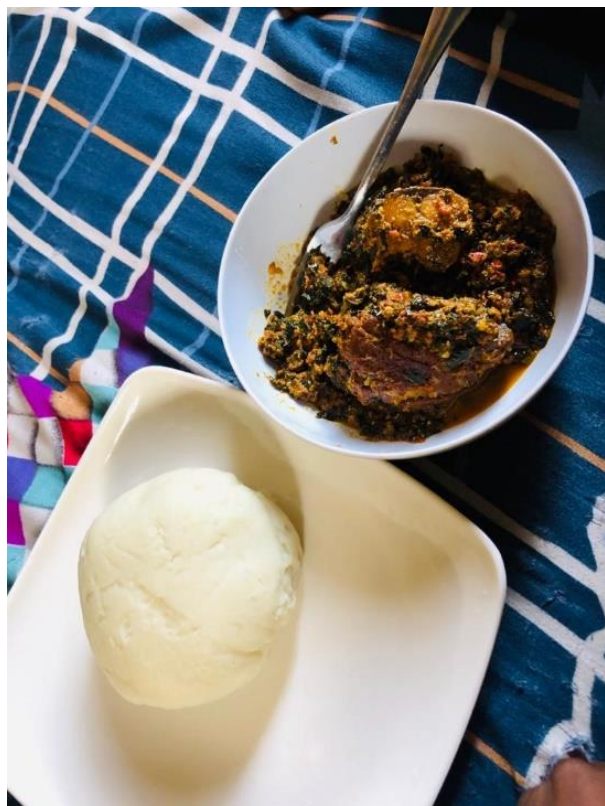
Theme A: Environmental wellbeing



‘Societal Neglect’

Due to the dirt, society neglects this piece of land so in the same way, society can often neglect people living with disease, rather making it a better place. (Adedeji)

Theme B: Food – Physical and Social Wellbeing



‘Food brings connection’

Food can fuel your body physically which can make me be in a perfect state of mind and improve my mental being. Food brings connection amongst people – when you eat as a family or friends, or dates, having dinner together, you can connect together on issues pertaining to life. (Adedeji)

Theme C: Physical Wellbeing



‘Essential daily routine’

Waking up every morning, the first thing I do is to wash, have a bath or use the toilet which makes me feel clean, healthy and ready to set out for the day. The sun reflecting captures the feeling of how I feel after cleaning every morning. Personal hygiene is important for health and wellbeing. (Adedeji)

Theme D: Emotional/psychosocial wellbeing



‘Responsibility’

This photo reflects my responsibility as team lead to ensure that everything that is required for successful implementation of the study is in place. With the black colour of the car, at that point, represents indecision and confusion as it relates decisions around purchasing cameras. The fact that some things are not in place leads to a negative wellbeing and can affect the direction of the project. The car is an indication of movement from one point to the other as it relates to the Wellbeing project which means movement from the beginning to the end. Because I am team lead, I will have to drive that car through until the end. (Adekeye)



‘The darkness after a power cut’

Things are not working as expected. We need things to be improved and we need to focus and think straight. If the light is off, it makes me feel so sad about so many things – mentally and physically it makes me feel sad that things are not working. The system is not working. I have the hope that subsequently we can make it work by electing good and sensible leaders (McRae)

Theme D: Emotional/psychosocial wellbeing



‘Unused Ambulance’

When I took this photo, I was feeling sad because this ambulance could make a great impact, especially with the current global pandemic but because of neglect and misrepresentation, the car is just idle and not helping anyone in any way. The worst thing is there is nothing wrong with the car, which makes me feel very sad about how things are going. (McRae)



‘Peace of mind’

Music in the midst of trying to take efficient decisions has a way of empowering the process of decision making by creating serenity in the mind. When I took the photograph there was a song that was playing and the song made me feel hopeful, feel in charge and that I’m taking the right steps towards a successful study. (Adekeye)



‘Relaxation after the day’s job’

The sunset represents the calm and peaceful environment of the palm trees and in relation to wellbeing, it shows a peaceful state of mind where I feel relaxed and not bothered about the day’s stress. (Adedeji)



‘Peace - A Place of Serenity’

A place of serenity after a long, hot and hard day, where every item on my to-do list has been completed and this reflects a feeling of excitement that the study is on track. The colours in the background indicate the state of my mind where white, for me, is peace and the other colours coming together are the different variations of tasks towards a successful study. The picture shows the part of a church where very few people are allowed into and that reduces noise and distractions creating a peaceful atmosphere. (Adekeye)



‘Social Relaxation’

This shows friends coming together to interact, socialise and have fun to the maximum. I come here to take a couple of drinks with friends, connect with friends and discuss important issues related to work, relationships and family. (McRae)



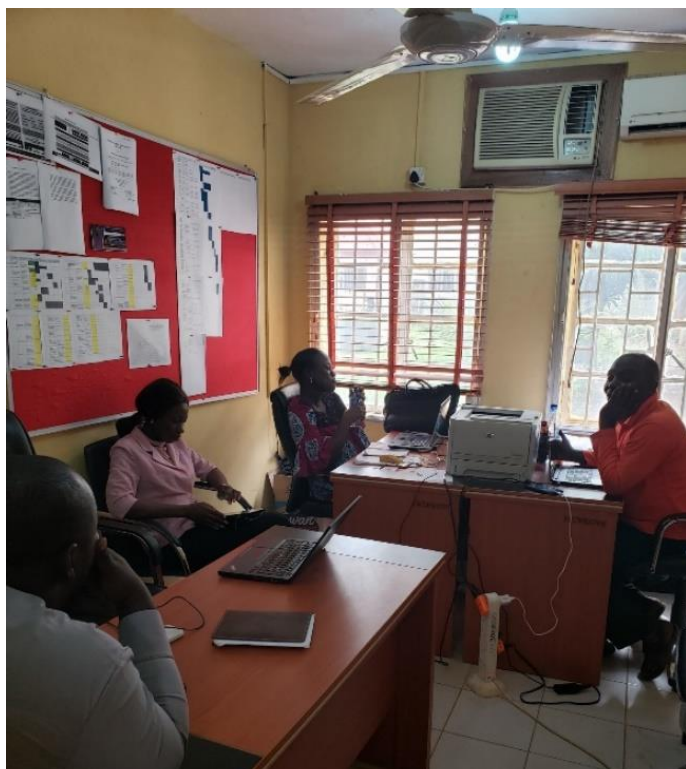
‘Social disconnect’

When I took this picture, I had the thought of disconnection. The sockets represent society while the plug is each individual. Due to different reasons and factors, the plugs can be disconnected from the sockets. The individuals may have ailments or experience stigmatisation and therefore, have that disconnection from society. (Adedeji)



‘Swimming Pool’

This picture shows where I go any time I want to take a break from work and feel relaxed and forget about stress. The place gives a therapeutic effect on my mental wellbeing because I am around friends and in that moment I don't have to worry about any other issues. (Adedeji)



‘COUNTDOWN family’

This picture shows collaboration across teams though we are working on different studies under the same COUNTDOWN umbrella. We still maintain our relationships; we still are able to learn from each other. We are able to contribute not just to work related issues, but also our personal lives. We are more like a family. (Adekeye)

Theme F: Work, Progression and Opportunity



‘COUNTDOWN Office Door’

Before the COUNTDOWN research, I didn’t know 70/80% of what I know now. It has built my capacity through working with people who are ready to guide you, ready to answer any question asked, and ready to work with you as a team to achieve the expected goal. COUNTDOWN as a family has helped me develop myself tremendously. (McRae)