0:0:0.0 --> 0:0:0.730  
Akiko Murayama  
Oh, OK.

0:0:3.450 --> 0:0:4.970  
Akiko Murayama  
All of this would have.

0:0:-4.-280 --> 0:0:13.390  
Keir Williams  
Creative. I'm gonna try and summarize it using an AI which would allow. Basically I should be able to take our conversation and then what we've done into like a one page summary with like some actions like and so hello. How are you doing? So first thing, how are you?

0:0:14.630 --> 0:0:16.560  
Akiko Murayama  
Oh yeah, yeah.

0:0:16.0 --> 0:0:22.780  
Keir Williams  
Well, I suppose in terms of project with anything you're worried about, just you know to get all your head, how you feeling about the project?

0:0:23.840 --> 0:0:36.570  
Akiko Murayama  
Umm, I'm really worried about the I actually now I wanted to make a contact with stakeholder possible stakeholders, but I.

0:0:37.170 --> 0:0:39.340  
Akiko Murayama  
For now, I couldn't find the.

0:0:41.500 --> 0:0:44.600  
Akiko Murayama  
People were so yeah, it's.

0:0:44.70 --> 0:0:52.500  
Keir Williams  
OK, but don't worry. We're gonna. We can talk through that. So in a way, right today, one of the things we do is go through the kind of research and thinking you've done already.

0:0:53.270 --> 0:0:59.780  
Keir Williams  
We're trying to get it into it place where you can kind of describe your project quite simply one second, but I've got to go to overhead.

0:1:1.40 --> 0:1:2.100  
Akiko Murayama  
OK, OK.

0:1:10.740 --> 0:1:11.140  
Akiko Murayama  
Ohh.

0:1:21.470 --> 0:1:22.120  
Akiko Murayama  
Mm-hmm.

0:1:2.120 --> 0:1:31.550  
Keir Williams  
Sorry, just really loud. I haven't. Yeah. So we'll get it to a stage where you can describe what you project is quite simply. You're kind of research question and then what we'll think about and we'll come to that and then we'll, we'll we'll also think about how what stages you can go through about getting hold of the stakeholders. You wanna work with. So the first thing I'd like you to do right is just tell me. Imagine I'm just your friend having dinner. What is your project? What are you working on for your project?

0:1:32.730 --> 0:1:36.240  
Akiko Murayama  
OK, my research question is.

0:1:37.90 --> 0:1:54.730  
Akiko Murayama  
Uh, sorry, my topic is improving, very being of unpaid caregivers in the UK and my question is how might we deduce carers threats when they faced with the emotional instability?

0:1:54.830 --> 0:1:59.290  
Akiko Murayama  
Instability of a family member with dementia.

0:2:1.460 --> 0:2:1.770  
Akiko Murayama  
Yeah.

0:1:59.750 --> 0:2:12.350  
Keir Williams  
That's brilliant. That's really clear. Like the excellent well done. So let me just see if and get the transcripts it helpful because it will show me what you just said and have you got this as text anywhere that I can have a look at?

0:2:13.180 --> 0:2:14.20  
Akiko Murayama  
Ohh OK.

0:2:13.610 --> 0:2:18.690  
Keir Williams  
But you said it just be really useful. You can share it because we I wanna talk through what you just said because it was so good.

0:2:19.470 --> 0:2:22.930  
Akiko Murayama  
Oh, OK. Or can I share my screen?

0:2:23.120 --> 0:2:24.390  
Keir Williams  
Yeah, yeah, it should be able to.

0:2:32.600 --> 0:2:33.80  
Akiko Murayama  
OK.

0:2:35.590 --> 0:2:39.310  
Akiko Murayama  
Oh I somewhere. My problem here is.

0:2:36.660 --> 0:2:50.430  
Keir Williams  
Perfect. Yeah, it's really OK. Let me just read that proving will be brilliant. And on paper with brilliant, brilliant. How might we? Brilliant. How might reduce stress for placement? So what? Let's go through some of these questions. Alright. So the first one is how might we?

0:2:51.220 --> 0:2:51.580  
Akiko Murayama  
Yeah.

0:2:51.170 --> 0:2:53.540  
Keir Williams  
So what's the main overall question?

0:2:54.390 --> 0:2:54.980  
Keir Williams  
Smaller.

0:2:54.470 --> 0:2:56.600  
Akiko Murayama  
The main main question is.

0:2:56.140 --> 0:3:3.360  
Keir Williams  
What would you be equal? Main question is it these two do you think because one thing if you scroll back so I can see your heading. Sorry zoom out.

0:3:3.970 --> 0:3:5.640  
Akiko Murayama  
Oh, yes. Oh, no, I.

0:3:6.900 --> 0:3:8.420  
Akiko Murayama  
Ohh to what? OK.

0:3:5.80 --> 0:3:19.490  
Keir Williams  
See my little bit, so can see all of it. That's it. Just a little bit. That's enough. That's enough, right. So topic right. In a way, your topic can be your main question. So how might we improve the well-being of unpaid caregivers in the UK? Brilliant.

0:3:19.490 --> 0:3:20.640  
Akiko Murayama  
Yeah, yeah.

0:3:20.230 --> 0:3:35.490  
Keir Williams  
Then that leads to these sub questions, right? Working unpaid carers. How am I? We support carers to maintain about this care. Brilliant. How am I reduce care is stress. We're facing the instability. I think emotional instability. Try and find a slightly different word for that.

0:3:35.990 --> 0:3:36.690  
Akiko Murayama  
Ohh OK.

0:3:43.660 --> 0:3:43.960  
Akiko Murayama  
Ohh.

0:3:36.930 --> 0:4:5.260  
Keir Williams  
I just did it comes across as a little bit derogatory negatively, not hugely, but I think you could unlock. I can't think of the word is, but you know, just read that it's good. I gave you mean just be a bit careful. How am I being encouraged unpaid carers to make a connection with social communities? OK, you're putting the onus in that question on the unpaid carers. It should be. How can we support unpaid carers to connect with social communities? It's a bit different.

0:4:6.530 --> 0:4:7.130  
Akiko Murayama  
How would you?

0:4:5.580 --> 0:4:8.950  
Keir Williams  
So what you're saying at the moment is you're telling it's kind of their fault.

0:4:9.970 --> 0:4:10.740  
Akiko Murayama  
Uh, yes.

0:4:10.470 --> 0:4:20.870  
Keir Williams  
Just and again I'm being subtle here because this is really good, but what I would say is how might we support unpaid carers to make a connection? Just encourage makes it sound like.

0:4:21.720 --> 0:4:25.70  
Keir Williams  
I get what you mean. It just makes it sound like it's their fault a bit.

0:4:26.90 --> 0:4:27.80  
Akiko Murayama  
No. Yeah.

0:4:27.30 --> 0:4:28.90  
Keir Williams  
OK so.

0:4:28.790 --> 0:4:32.500  
Keir Williams  
Now what I would say is for each of these points you've got underneath.

0:4:33.600 --> 0:4:41.570  
Keir Williams  
Brilliant. You need to show me the citation or find a citation. You know, find a paper that talks about each of those points, right?

0:4:41.310 --> 0:4:43.90  
Akiko Murayama  
Oh, OK alright.

0:4:50.270 --> 0:4:50.600  
Akiko Murayama  
Ohh.

0:4:52.750 --> 0:4:53.260  
Akiko Murayama  
Yes.

0:4:42.600 --> 0:5:3.600  
Keir Williams  
To see what makes I'm sure you've done research, you found things, but if you haven't, you then need you just so the resources underneath. Ohh there you have. Sorry that's great, just link them really clearly, right? Just be like enabling carers to balance. Then go #1. So that's all. I just can't see where they're from because that's brilliant. Well done. And make sure though that you're research when you've got it is.

0:5:13.50 --> 0:5:14.110  
Akiko Murayama  
Ohh.

0:5:18.690 --> 0:5:18.930  
Akiko Murayama  
Umm.

0:5:4.860 --> 0:5:29.670  
Keir Williams  
So for example, you know you might have one paper, but if you're looking at that paper at the end of the paper, there will be other citations you can look at. So it's always worth just checking for you at a just cause. Sometimes they end up being better cause in a way what you want is a proper, you know, a published article or book rather than a website if possible. But you know, sometimes the only thing you get is website. So this looks good now.

0:5:30.660 --> 0:5:43.950  
Keir Williams  
How would what? What would you like to do? So assuming you could get a group of the people with dementia and carers, right, how would you work with them? So that's just forget that you can't for a moment. Let's think how you would, how would you work with them?

0:5:44.750 --> 0:5:46.200  
Keir Williams  
To to answer this.

0:5:44.800 --> 0:5:52.170  
Akiko Murayama  
Umm yeah, yeah, I'm actually. I'm now focusing on the.

0:5:54.380 --> 0:5:57.650  
Akiko Murayama  
Break here you have caregivers so.

0:5:58.750 --> 0:6:0.850  
Akiko Murayama  
Uh, yeah.

0:6:10.390 --> 0:6:10.810  
Akiko Murayama  
Yes.

0:5:59.120 --> 0:6:11.170  
Keir Williams  
Ah, OK, that's useful. So that's actually more accessible, you know, because what I was gonna say is I think you won't be able to work directly with people with dementia because.

0:6:11.260 --> 0:6:25.320  
Keir Williams  
I'm ethically you just. It would take it the process you need to do to make it safe for everyone would take a long time, but I think contacting people you know, working with people who are caregivers is possible.

0:6:26.240 --> 0:6:26.670  
Akiko Murayama  
Oh yeah.

0:6:45.950 --> 0:6:46.780  
Akiko Murayama  
Ohk OK.

0:6:26.150 --> 0:6:56.660  
Keir Williams  
But also, if you're contacting them, you can. You can talk to people to try and find people to work with, but the minute you are going to actually do the research and ask them to, you know, I would like to meet you to record an interview. So. And you need to talk to me or Hena first, cause that bit you need to make sure that we're doing in the right way. It's very important and that's all before you actually record any interviews or anything. You'd have to check with those because you have to do that in a particular way and even how you're gonna ask them to kind of come and do the interview the way you're gonna do it.

0:6:56.820 --> 0:6:57.210  
Keir Williams  
Now.

0:6:58.0 --> 0:6:58.360  
Akiko Murayama  
Umm.

0:7:0.0 --> 0:7:0.530  
Akiko Murayama  
Oh yeah.

0:6:57.910 --> 0:7:3.180  
Keir Williams  
You got some options here. I think finding caregivers ohh care.

0:7:3.260 --> 0:7:11.490  
Keir Williams  
I'm so providers. There's two. There's one people who do that as a job as opposed to at home, right?

0:7:12.50 --> 0:7:13.550  
Akiko Murayama  
Oh yeah. OK.

0:7:13.150 --> 0:7:33.650  
Keir Williams  
Which I'm not saying it's perfect, but then it doesn't fit because actually what you're talking about is care support. So that doesn't work. Ignore that. Sorry, my other thought is that you can you can suck. You can work to if you can access people who directly are caregivers, you can talk to them, although you have to be cautious about what we're talking about.

0:7:34.610 --> 0:7:35.10  
Akiko Murayama  
Ohh.

0:7:38.780 --> 0:7:39.320  
Akiko Murayama  
OK.

0:7:43.110 --> 0:7:43.540  
Akiko Murayama  
Yeah.

0:7:34.590 --> 0:7:48.320  
Keir Williams  
In terms of identifying information, but we don't worry about that for now. The other thing is you can work with experts or you can work with what I would call a proxy. So PROX i.e. SI think proxies.

0:7:48.140 --> 0:7:51.110  
Akiko Murayama  
Can you OK proxy. Ohh.

0:7:50.330 --> 0:7:54.30  
Keir Williams  
Proxy. So what that means is it's it's someone who talks for someone else.

0:7:55.20 --> 0:7:56.270  
Akiko Murayama  
Oh, OK, yeah.

0:8:4.830 --> 0:8:5.360  
Akiko Murayama  
Ohh yeah.

0:8:10.910 --> 0:8:11.400  
Akiko Murayama  
No.

0:7:54.800 --> 0:8:23.340  
Keir Williams  
Right, because you can't. What you can say is in your proposal, I won't be able to work with people with dementia because various reasons, you know, ethics time it takes to get there. That would be ideal. So instead what I will do is talk to people who work with people who I will talk to. You know, I will talk to if I can't talk to carers, I will talk to people who will work with carers. Does that makes sense? And for that it could be. There must be lots of support organizations who help carers.

0:8:24.930 --> 0:8:25.710  
Akiko Murayama  
Ohh OK.

0:8:26.470 --> 0:8:27.0  
Akiko Murayama  
Small.

0:8:30.140 --> 0:8:30.590  
Akiko Murayama  
I mean.

0:8:24.10 --> 0:8:40.240  
Keir Williams  
Right, with people with dementia, I mean, I'm sure there's loads of big charities for dementia as well that you could talk to. So my first thought is what you aim for is at the very least, you will talk to a big organization who supports carers and cause the people who do this work.

0:8:41.400 --> 0:8:41.750  
Akiko Murayama  
Hmm.

0:8:41.840 --> 0:8:47.470  
Keir Williams  
Then if you can actually talking to carers if possible, would be your next step.

0:8:47.430 --> 0:8:49.40  
Akiko Murayama  
Ohk OK.

0:9:1.350 --> 0:9:1.590  
Akiko Murayama  
Yeah.

0:9:6.490 --> 0:9:6.800  
Akiko Murayama  
Yeah.

0:9:15.870 --> 0:9:16.630  
Akiko Murayama  
Ah.

0:8:48.170 --> 0:9:17.980  
Keir Williams  
But what you can say is what I'm gonna try is I'm gonna start with this and then hopefully through that I'll be able to get these people cause ideally you talk to people. I mean, if this was a bigger project, you had more time, you talk to people with dementia. You talked to carers directly in the home, at workplaces. But I think for you to help you identify to get this group of people, you need to find charities or societies or government agencies or which I don't think there are many books, but either support.

0:9:22.820 --> 0:9:23.60  
Akiko Murayama  
Yeah.

0:9:18.140 --> 0:9:27.130  
Keir Williams  
The support people with dementia and carers of people with dementia, those are the sort of two groups you need to research then.

0:9:27.660 --> 0:9:28.200  
Akiko Murayama  
OK.

0:9:27.940 --> 0:9:29.180  
Keir Williams  
Contacting them.

0:9:30.30 --> 0:9:30.280  
Akiko Murayama  
Umm.

0:9:36.880 --> 0:9:37.300  
Akiko Murayama  
Yeah.

0:9:48.300 --> 0:9:48.670  
Akiko Murayama  
Umm.

0:9:52.700 --> 0:9:53.330  
Akiko Murayama  
Ohh.

0:9:29.850 --> 0:9:55.590  
Keir Williams  
If you just e-mail them, they're unlikely to get back to you because they're normally very busy and it's just an e-mail. You need to find organizations where you can either go and you know, see if you can go into the office if they have events, if they have volunteering. I don't know, actually, I'm not sure you would be able to volunteer, but somewhere you can go. I mean, e-mail them, but see if you can go and meet them to see what I mean. If there's a public, you know, thing where.

0:9:59.760 --> 0:9:59.970  
Akiko Murayama  
Umm.

0:9:56.380 --> 0:10:6.330  
Keir Williams  
You know they have, I don't know, an event and around dementia awareness go to a dementia awareness event because that's where you're gonna find people that you can talk to about care.

0:10:7.60 --> 0:10:7.450  
Akiko Murayama  
Umm.

0:10:20.520 --> 0:10:21.40  
Akiko Murayama  
No.

0:10:7.10 --> 0:10:22.900  
Keir Williams  
So let's go back. I think overall this is really clear. Actually. I just the very at this stage because it's this is what you're focusing on, make sure you're keeping your citations somewhere very carefully. So I suggest looking at REF works.

0:10:23.650 --> 0:10:25.70  
Akiko Murayama  
Yeah. Ohh OK.

0:10:32.170 --> 0:10:32.480  
Akiko Murayama  
Umm.

0:10:24.690 --> 0:10:36.570  
Keir Williams  
Which is free? You get it as part of the university and what it lets you do is go. I've found this paper or website or book or piece of music and it'll stick it in and then it'll format it in the right citation for you.

0:10:37.590 --> 0:10:38.130  
Akiko Murayama  
Ohh OK.

0:10:56.680 --> 0:10:57.120  
Akiko Murayama  
OK.

0:11:5.10 --> 0:11:5.440  
Akiko Murayama  
Umm.

0:10:37.680 --> 0:11:7.870  
Keir Williams  
Then all you have to do is copy and paste there and then that just, but just making sure you know where all the things you're saying are coming from is so important at this stage because when you write type you might not use all of it, but you want to go OHD. Where was that paper from? I hear it is, but it end and it's useful to reread. But yeah, it's really strong on this and I think you need to really identify some organizations. So because this is the proposal stage, you need to show us what you would do so.

0:11:7.960 --> 0:11:19.950  
Keir Williams  
If what you're trying to find the population to work with, you still need to start thinking about how you would work with them. So for example, if you had an A charity that work with caregivers.

0:11:27.220 --> 0:11:27.540  
Akiko Murayama  
Umm.

0:11:35.200 --> 0:11:35.530  
Akiko Murayama  
Yeah.

0:11:21.170 --> 0:11:37.340  
Keir Williams  
You could for example say I would like to do interviews with three of the caregivers. One of the experts from the charity, and I'd like to do a workshop with everybody where we explore, you know, some of the problems they have around explore and said now.

0:11:44.570 --> 0:11:45.80  
Akiko Murayama  
Umm.

0:11:46.640 --> 0:11:46.990  
Akiko Murayama  
Yeah.

0:11:51.150 --> 0:11:53.590  
Akiko Murayama  
Yeah. Yeah, but yeah.

0:11:38.450 --> 0:11:57.160  
Keir Williams  
You've got a really good kind of. How might we, in the context for this, I think right, the the methodology what you can say is simply you're gonna use code design methods methodology, right? So one of the things you want to do is talk to people, right? So what we're trying to do in the methodology is prove.

0:11:57.590 --> 0:11:57.960  
Akiko Murayama  
Yeah.

0:11:57.940 --> 0:12:2.170  
Keir Williams  
They show that the question and the questions we have.

0:12:2.980 --> 0:12:3.310  
Akiko Murayama  
Hmm.

0:12:17.630 --> 0:12:18.680  
Akiko Murayama  
Oh, OK.

0:12:20.750 --> 0:12:20.990  
Akiko Murayama  
Umm.

0:12:32.500 --> 0:12:32.760  
Akiko Murayama  
Umm.

0:12:3.260 --> 0:12:32.990  
Keir Williams  
That we can answer them in the best way for our approach using the methodologies that we've described. Yeah. So the methods you're gonna say you wanna use have to be suitable for the questions you've got. That's one of the things we're looking for. That's one of the things that makes a good research. Because if you said, OK, so I'm gonna go and do statistical analysis on people socially isolated. There might work, but it wouldn't necessarily answer your questions that you need to answer. So what are you gonna?

0:12:38.550 --> 0:12:38.960  
Akiko Murayama  
Oh yes.

0:12:33.290 --> 0:12:42.140  
Keir Williams  
So you're approaches, you've got participatory design, good code designing. Good. What I would say, let's go over to this cause it's both my area as well as my leg.

0:12:43.270 --> 0:12:44.410  
Akiko Murayama  
Yeah, yeah, yeah.

0:12:46.680 --> 0:12:46.930  
Akiko Murayama  
No.

0:12:50.200 --> 0:12:50.480  
Akiko Murayama  
Umm.

0:12:59.770 --> 0:13:1.280  
Akiko Murayama  
Mm-hmm. OK.

0:12:44.130 --> 0:13:14.80  
Keir Williams  
Though no, this is really useful. So what you wanna do then split these into your methodology and your method. Now your methodology is all this good stuff codesign participatory design? Just need to show us what's useful from that and make sure you're referencing for that. And then what you can say is you've you talk about each of those and you say, well, I'm gonna take you a bit of a pick and mix. You can say I'm gonna choose bits from Kate. I'm gonna use part code design. I'm using part of participatory design.

0:13:16.990 --> 0:13:18.380  
Akiko Murayama  
All OK.

0:13:32.560 --> 0:13:32.940  
Akiko Murayama  
Yeah.

0:13:35.620 --> 0:13:35.950  
Akiko Murayama  
Yes.

0:13:14.310 --> 0:13:40.420  
Keir Williams  
But using some of system design systematic design, you don't have to do all of them. You just gonna say which which bits of these are useful for answering your question. So you sort of talk about each and say, well, these all really useful. Then you'll methods and things like interviews, you know, surveys, where are you gonna do? That's quite simple. The methodology is the important bit because then it makes us go. Ohh yeah. That's a good way to answer questions.

0:13:41.170 --> 0:13:41.700  
Akiko Murayama  
Hmm.

0:13:55.550 --> 0:13:55.890  
Akiko Murayama  
Umm.

0:14:1.990 --> 0:14:2.460  
Akiko Murayama  
Yes.

0:14:8.940 --> 0:14:9.420  
Akiko Murayama  
Yeah.

0:13:41.740 --> 0:14:11.810  
Keir Williams  
The other thing that you need to do because it's service design is great. This is the research and gonna do. How would you then start to turn that into actual solutions, right? You know the things that's gonna help these people, like, even if it's a prototype. And so for that again, you'll use Co design and participatory design, right, to kind of maybe work with them to say, OK, look, I've come up with this idea. Can you have a look at it would have workshop that comes back. You design it a bit more but you need to plan for that as well.

0:14:20.480 --> 0:14:20.940  
Akiko Murayama  
Ohh.

0:14:29.40 --> 0:14:29.690  
Akiko Murayama  
Oh, OK.

0:14:31.480 --> 0:14:31.730  
Akiko Murayama  
Ohh.

0:14:38.590 --> 0:14:39.50  
Akiko Murayama  
Oh.

0:14:11.910 --> 0:14:43.50  
Keir Williams  
So it's not just finding out the information, it's also sort of building the thing that's the whole point, the cloud design, right. So it's good. I think you why would also suggest is to say this go through Simon, get the headers right from the assignment cause literally tells you how to write the proposal. You know the assignment proposal get that and just write something for each of the headers, right? Even if it's just, I don't know what I should put here. So for the main assignment brief we gave you it literally, I think there's ten points you have to write against.

0:14:43.400 --> 0:14:47.420  
Keir Williams  
And then maybe small workout for each of those sections for you.

0:14:48.240 --> 0:14:48.580  
Akiko Murayama  
Mm-hmm.

0:14:48.70 --> 0:14:55.80  
Keir Williams  
So I don't know. So it's gonna be 3000 words. You could say, you know, introduction needs to be 100, but I don't know.

0:14:55.310 --> 0:14:56.300  
Akiko Murayama  
Oh, OK.

0:15:2.320 --> 0:15:2.650  
Akiko Murayama  
Yes.

0:15:12.950 --> 0:15:13.220  
Akiko Murayama  
Umm.

0:14:55.810 --> 0:15:14.430  
Keir Williams  
I'm gonna make these out, but it then helps you because what we're really keeps you to do this week is just to have something under each of those headings. It won't take you 20 minutes and then all you're gonna do is just keep making that bet. You keep on doing this work, but you've always got that master document you're gonna keep on getting better, and that will finally be able submission, right?

0:15:15.370 --> 0:15:17.730  
Keir Williams  
Yeah, questions sorry. I realised I talked a lot.

0:15:17.170 --> 0:15:18.140  
Akiko Murayama  
Ohh OK.

0:15:26.200 --> 0:15:26.460  
Keir Williams  
That.

0:15:30.860 --> 0:15:32.290  
Keir Williams  
It's not perfect.

0:15:18.300 --> 0:15:34.230  
Akiko Murayama  
Umm. And I also know like researching in only Facebook, Facebook group I I joined a Facebook for KERA with KERA to have a. What did you in here and.

0:15:34.970 --> 0:15:41.410  
Akiko Murayama  
Yes, on the I'm now thinking I try to post a questions for like.

0:15:42.680 --> 0:15:43.990  
Akiko Murayama  
Yeah, yeah.

0:15:40.820 --> 0:15:50.730  
Keir Williams  
He did stop. So I'm just gonna stop you. You see where you said Wendy Jane Baxter. You shouldn't have that there. Although this is it. A private. Is it a private group? Do you get invited in?

0:15:51.530 --> 0:15:52.830  
Akiko Murayama  
Yes.

0:15:52.450 --> 0:16:3.140  
Keir Williams  
So why be really quiet? It doesn't. It's just me. And you never have anything like that. Because you see what you've done is you've got the name of the person. I can see the time, the date, and I can see something very personal about their mum.

0:16:4.220 --> 0:16:5.10  
Akiko Murayama  
Ohh yeah.

0:16:12.620 --> 0:16:13.70  
Akiko Murayama  
Oh yeah.

0:16:3.890 --> 0:16:21.230  
Keir Williams  
So in a way, you shouldn't really be using. You shouldn't be using that unless you ask. Basically, particularly if it's a public group, it'd be OK, but because it's private, you need to have already signed off that. You're gonna do that for people, so you can know that information. Just please don't have an image of it and stuff, because that's bad.

0:16:21.910 --> 0:16:24.310  
Akiko Murayama  
OK. OK, I see. So this.

0:16:30.170 --> 0:16:30.570  
Akiko Murayama  
Umm.

0:16:35.440 --> 0:16:35.820  
Akiko Murayama  
Yeah.

0:16:22.570 --> 0:16:47.780  
Keir Williams  
The problem is because that person doesn't know you're doing that. She doesn't know me. She knew she was posting that to the group. I. It's a really important thing. So what I say is face group. Great. What? What you need to do though, again, is if you're gonna ask those people to do work. So compare the part of the of the group. You can analyze what's going in. So that group you can talk about it. You just can't have identifying information.

0:16:48.410 --> 0:16:48.840  
Akiko Murayama  
Mm-hmm.

0:16:53.370 --> 0:16:54.640  
Akiko Murayama  
Oh yeah.

0:16:56.610 --> 0:16:56.860  
Akiko Murayama  
Yes.

0:16:57.780 --> 0:16:58.90  
Akiko Murayama  
You know.

0:17:10.700 --> 0:17:10.930  
Akiko Murayama  
What?

0:17:17.170 --> 0:17:17.890  
Akiko Murayama  
Oh, OK.

0:16:48.530 --> 0:17:20.50  
Keir Williams  
But why would say is? That's probably a really good place to see if you could recruit to talk to people. But before you ask anybody, officially, you need to get you need me or Hena to help you write what you're gonna write. Because you'll need to write. I would like to get you to do, say, two interviews over a teams. We will use your data in this way. You have to get them to sign it. It's very important. Otherwise you just. Yeah. It's very important. If they made a complaint about this, you wouldn't be actually, it'd be a lot of trouble when you be in a lot of trouble.

0:17:19.930 --> 0:17:20.450  
Akiko Murayama  
Yeah.

0:17:20.350 --> 0:17:24.590  
Keir Williams  
It's it's just it has to be offset process. So I think so carry on working with the Facebook group.

0:17:25.340 --> 0:17:35.510  
Keir Williams  
When you want to say, I think the speaker place to get some interviews, you know you could talk to people. I think it'd be really good. But before you ask them, you need to talk to me and Hannah, OK?

0:17:35.830 --> 0:17:37.330  
Akiko Murayama  
Ohh, OK OK, I see.

0:17:38.360 --> 0:17:38.840  
Akiko Murayama  
Yeah.

0:17:40.780 --> 0:17:41.190  
Akiko Murayama  
Umm.

0:17:49.30 --> 0:17:50.470  
Akiko Murayama  
Oh, OK.

0:17:36.820 --> 0:17:58.350  
Keir Williams  
That makes sense cause we there's a process, there's forms we can give you templates, but it's really because it's very personal information. We just gotta be cautious, even if it wasn't super personal, we still have to be cautious. I think that's really good. That's a good idea. I know. Also, just immersing yourself in this stuff, you know, reading about it a lot, well, that's fine to make sure you're kind of doing this a lot, OK.

0:17:58.800 --> 0:17:59.340  
Akiko Murayama  
OK.

0:18:4.440 --> 0:18:5.80  
Akiko Murayama  
Ohh OK.

0:18:8.180 --> 0:18:8.460  
Akiko Murayama  
Yes.

0:17:59.630 --> 0:18:19.750  
Keir Williams  
I think I've gotta go soon. Sorry. I've got, like another one I've had like 6-5 in a row. My brains going. So last points. What? I'll try and summarize this all for you using the AI, but at least I'll give you the recording. So what else? What other kind of? Because it does feel really good. I think you're good. You've just gotta make sure you're actually. This is the thing to say, right?

0:18:20.580 --> 0:18:21.270  
Akiko Murayama  
Ohh yeah.

0:18:30.960 --> 0:18:31.670  
Akiko Murayama  
Oh, OK.

0:18:21.130 --> 0:18:32.290  
Keir Williams  
Make sure when you're doing your research, I think you started to do this already. You've laid out each of those points, so let's go back to the what, why, how do we go back to the questions on your screen? Sorry.

0:18:37.640 --> 0:18:46.310  
Keir Williams  
So these useful right in that what you can do is look at each of those and for me each of those would be a piece of work research I have to do, right.

0:18:47.280 --> 0:18:47.640  
Akiko Murayama  
Yeah.

0:18:56.470 --> 0:18:56.740  
Akiko Murayama  
Yes.

0:18:47.120 --> 0:19:3.350  
Keir Williams  
You know, I mean, just to let them might not be a lot, but so for example, where families in the UK, I'd go and find some stats about family in the UK and dementia or I'd find maybe somebody talked about it. I just stick it in there. So I know it's there, but will it also helps you to do is say, well, I don't need to do anything else.

0:19:8.470 --> 0:19:8.750  
Akiko Murayama  
Umm.

0:19:4.130 --> 0:19:11.510  
Keir Williams  
Once you've got these, you know if these are the points of research you need to do, then you can kind of just do those and stop.

0:19:12.850 --> 0:19:13.600  
Akiko Murayama  
Oh, OK.

0:19:12.900 --> 0:19:36.440  
Keir Williams  
Because you know, I mean, sometimes we research knowing what you need to find out is quite a lot of it. So I'm just saying it's useful. It's useful way to structure thinking because that stops you going on tangents and doing too much other research. So just think about a way one saying is you've got still gotta do a fair bit of research to kind of fill in the proposal. I think in terms of the context as well as how you're gonna work with people.

0:19:37.260 --> 0:19:37.850  
Akiko Murayama  
Ohh.

0:19:46.570 --> 0:19:47.130  
Akiko Murayama  
OK.

0:19:37.140 --> 0:19:52.540  
Keir Williams  
But just make sure you're stretching in a way where you can see if you've got enough research for an element you need to research. You know you've got enough, you don't keep on going. That's cool. I think it's really good, though. I didn't ask questions before we run because it is gonna have a week before the next one.

0:19:53.260 --> 0:19:56.650  
Akiko Murayama  
Umm, no, it's OK. Yeah.

0:20:0.820 --> 0:20:1.310  
Akiko Murayama  
Thank you.

0:19:57.140 --> 0:20:18.260  
Keir Williams  
Wicked. OK, I'll send this to. It's really good though. Like, yeah, just. I would just really get that proposal, get the point, start writing under each one. You might have already done it, but just start filling it in. Make sure you're being careful about situations and think about how you're gonna try and recruit people and what you want them to do. So if you could get hold of people to talk to, how would you work with them?

0:20:19.760 --> 0:20:20.690  
Akiko Murayama  
Yeah.

0:20:18.920 --> 0:20:33.940  
Keir Williams  
That the dimension stuff so you can get a hold of carers. What would that look like? You're gonna need to tell them before they'll say yes. You can't just go. I'll do stuff. So I go. No. Yeah. And you know, again, talk to us and talk to her and she might have some contacts she can work, but.

0:20:32.690 --> 0:20:34.900  
Akiko Murayama  
Ohh yes, before contact OK.

0:20:35.750 --> 0:20:36.280  
Akiko Murayama  
And.

0:20:34.960 --> 0:20:38.850  
Keir Williams  
Good boy. And keep on talking to us. Will help. Alright, see you soon.

0:20:39.60 --> 0:20:39.820  
Akiko Murayama  
Thank you.

0:20:40.60 --> 0:20:40.430  
Keir Williams  
Alright.

0:20:41.750 --> 0:20:42.60  
Akiko Murayama  
Bye.