

Mindset-XR Innovation Support Programme

Cardiff Roadshow Event

Thursday 16 October 2025

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Life Sciences Hub Wales

Lived Experience in Innovation Design: The Walking in Our Shoes Project

Barrie Evans

Lived Experience Expert, Limbless Association

Dr Ceri Phelps

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Limbless Association
#LifeBeyondLimbLoss

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No Amputee Need Cope Alone



The Limbless Association

What are we trying to achieve?

Project Aim

To design and evaluate the acceptability and feasibility of a co-produced psychoeducational intervention designed to support better psychosocial adjustment to living with limb loss.

Co-production and the Person-based approach

- **sharing of power** – the research is jointly owned and people work together to achieve a joint understanding
- **including all perspectives and skills** – make sure the research team includes all those who can make a contribution
- **respecting and valuing the knowledge of all those working together on the research** – everyone is of equal importance
- **reciprocity** – everybody benefits from working together
- **building and maintaining relationships** – an emphasis on relationships is key to sharing power

[NIHR Guidance on co-producing a research project](#)



Limbless Association
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The Team

Academic Research Team

- Dr Ceri Phelps
- Associate Professor Paul Hutchings
- Dr Fatma Layas
- Nathan Morgan
- Mark Huntly
- Garry Bartlett
- Dr Tim Bashford
- Dr Kate Williams

Lived Experience Experts

- Barrie Evans
- Dr Mark Williams
- Lianne Forest
- & our co-production group

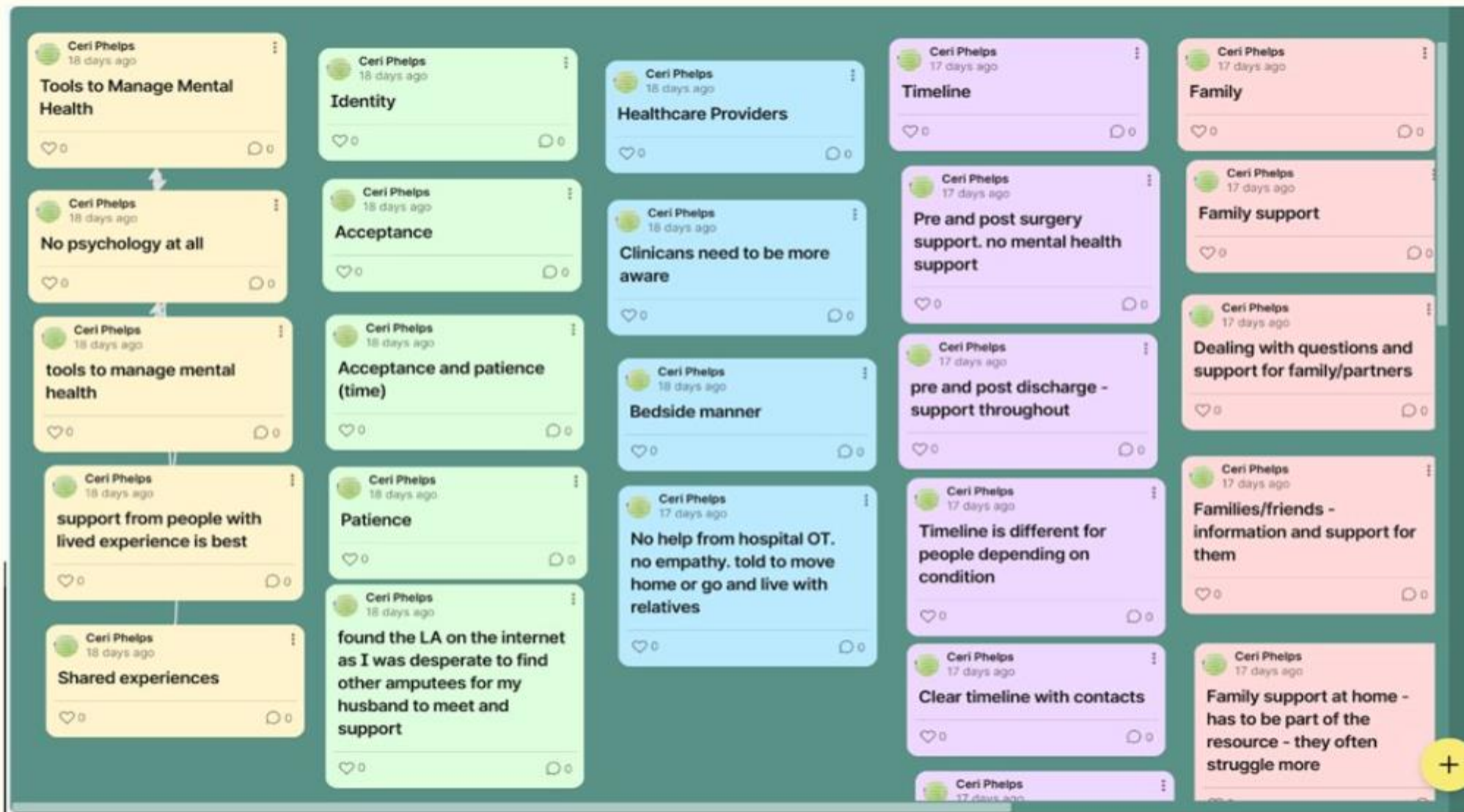
Stakeholders

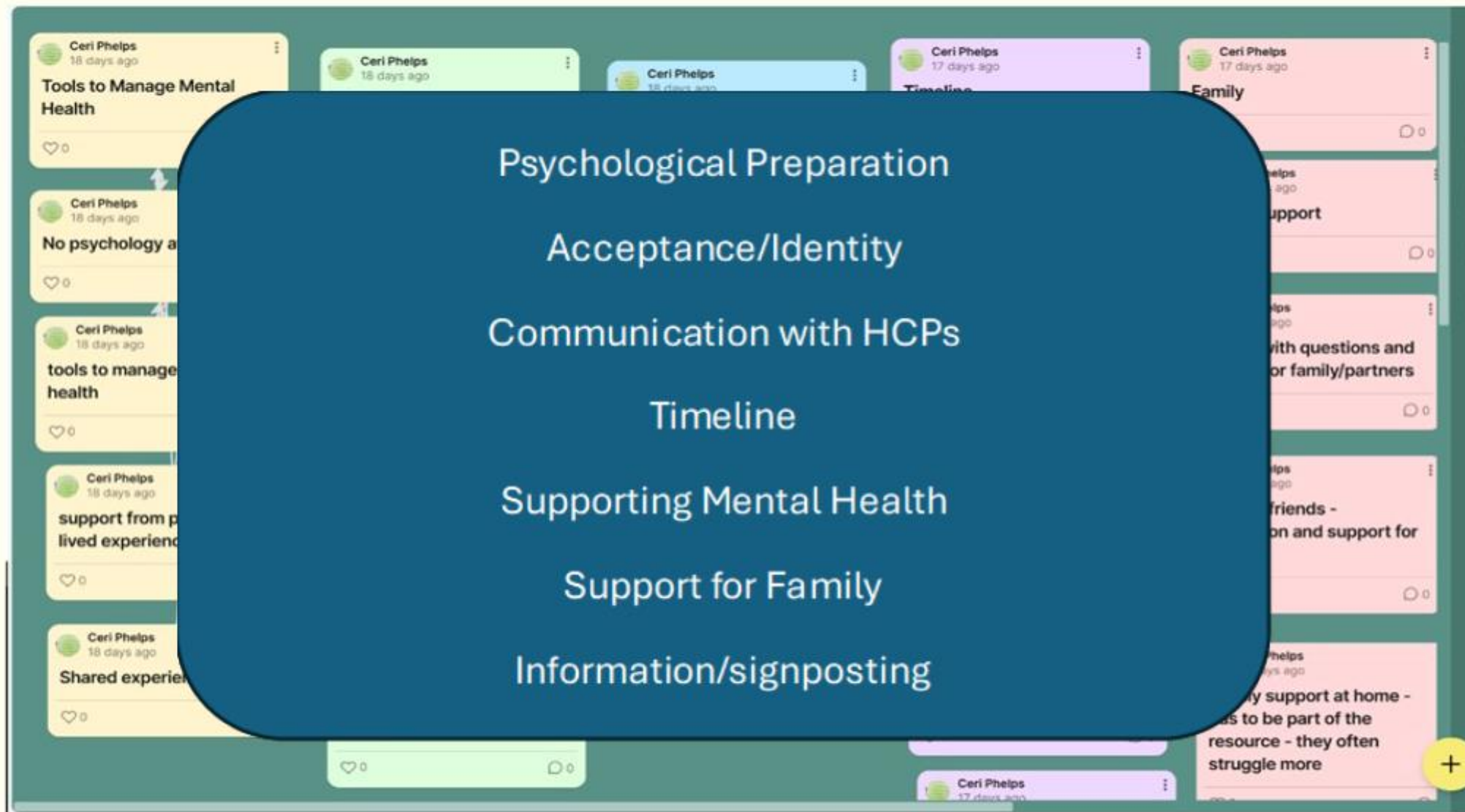
- Deborah Bent CEO LA
- David Bosanquet, Surgeon
- All Wales Psychoprosthetics Group
- Dr Pippa Tollow, CAR, UWE



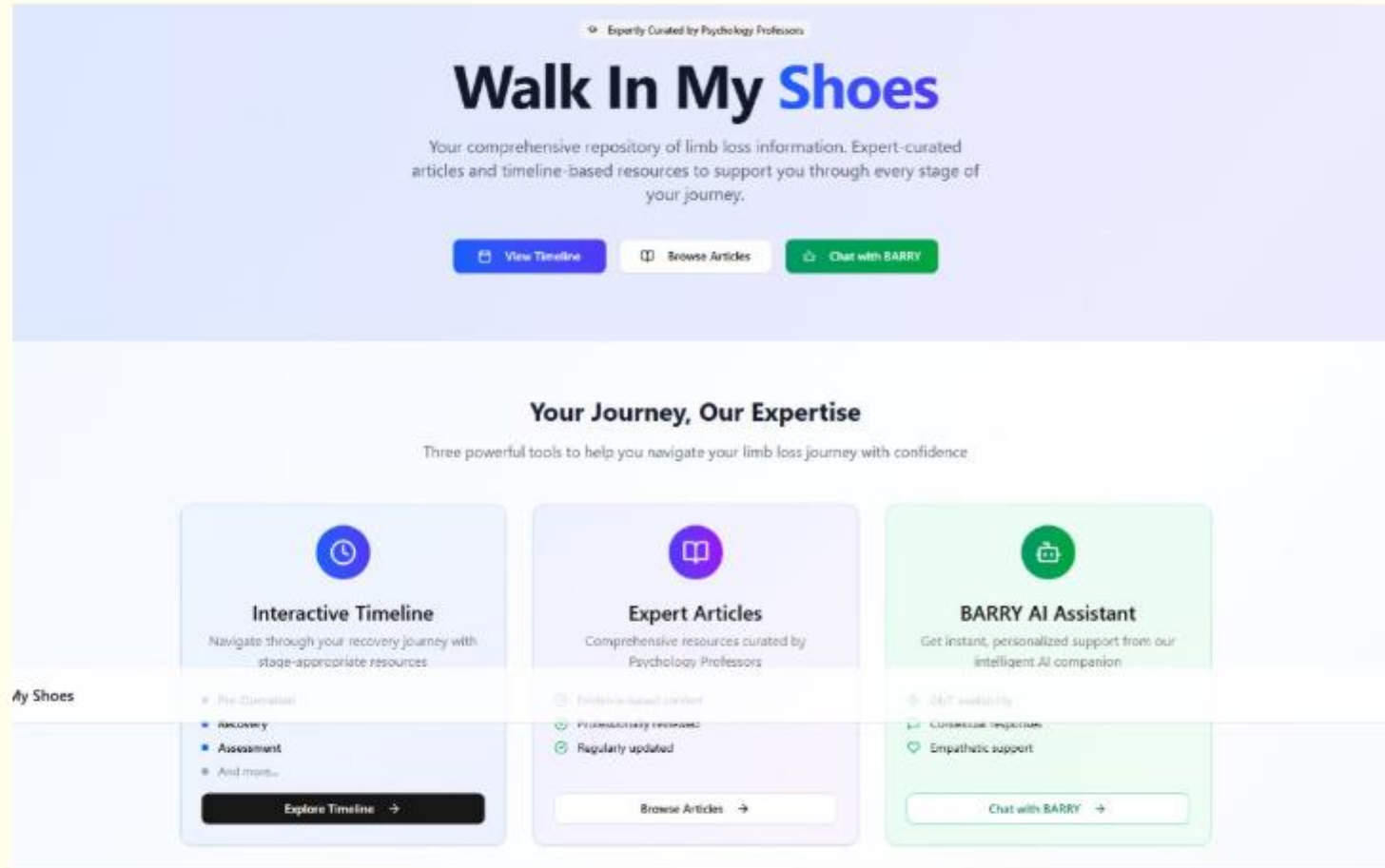
Co-production workshops: Heath Community Centre, Cardiff







WalkInMyShoes: Iteration 1



Immersive Technology? Capturing Daily Challenges















Immersive Technology? Capturing Social Stigma



Next Steps: Experimental Testing of Intervention and UX Testing

Systematic Review of Digital Interventions



Category	Items
Good	Delight, Excellent, Celebrate, Enjoy, Love, Fabulous, Appealing, Glad
Bad	Angry, Bothersome, Gross, Dirty, Tragic, Awful, Selfish, Sick
Physically Disabled People	     
Physically Abled People	     

Benefit to project

Authenticity and Relevance

Enhanced Empathy and Understanding

Tailored Support and Empowerment

Increased Engagement

Credibility and Trust

Lived Experience Impact

- Empowerment and Validation

- Opportunity to Make a Difference
- Personal Growth and Reflection
- Skill Development
- Recognition and Respect
- Sense of Community and Belonging
- Improved Self-Esteem
- Therapeutic Value of Sharing Experiences



Thank you for listening to our shared story



FOR FUTHER INFORMATION CONTACT
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Please stay for demos and networking

**Please scan the QR code to
fill out the evaluation form**



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