



Joy Fillingham
and Julia Savage

NAVIGATING A
COMPLEX WORLD WITH
LIVED EXPERIENCE OF
ADVERSITY

Reflections on Social Care Responses

Social Work Studies
Collection Editor
KATE PARKINSON

LIVED PLACES
PUBLISHING



Navigating a Complex World with Lived Experience of Adversity: Reflections on Social Care Responses

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COLLECTION EDITED BY Kate Parkinson

COLLECTION

Social Work Studies

EDITION

1st edition

MARKET

College/higher education
and Professional and
scholarly

This course reading...

- Features real-life stories told by those who have directly experienced adversity.
- Reframes perspectives on adversity and offers new insights into human resilience.
- Ensures authentic representation and empowers individuals with lived experience.
- Ideal for social workers, students and faculties in social work, psychology, and sociology.

How do we find strength and resilience in the face of life's greatest challenges?

Navigating a Complex World with Lived Experience of Adversity showcases how people facing loss, disability, and upheaval find strength to thrive? This book explores the lived experiences of six individuals navigating mental health, caring responsibilities, disabilities, trafficking, and asylum processes. Each honest account reveals resilience and strength, highlighting how they found or re-engaged with themselves. Co-produced with individuals who have lived experience, this book challenges existing narratives and offers insights into navigating adversity.

Ideal for social workers, students and faculties in social work, psychology, health and social care courses. Also for general readers interested in human resilience and overcoming adversity.

Joy Fillingham, a lived-experience academic with 17 years in social-work, focuses on co-production, meaningful-involvement, and disability visibility.

Julia Savage, a bipolar expert by experience with seven years in NHS/education, co-authored two Bipolar Disorder Research Network papers.

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