

# The Hopkins Centre

Research for Rehabilitation and Resilience



The Dignity Project

## Community Hub User Guide



**Bold ideas. Better solutions.**



Metro South Health



A joint initiative of the  
Division of Rehabilitation, Metro South Health, and  
Menzies Health Institute Queensland, Griffith University.

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## THE DIGNITY PROJECT: OVERVIEW

**The Dignity Project** is a research and community building agenda aimed at disrupting stereotypes and breaking through barriers that people with disabilities experience every day.

Whether overt or covert, deliberate or unconscious, these barriers lead to undignified treatment and exclusion. The Dignity Project wants to inform disability reform for the future – and will learn from the past and stories, that would otherwise remain unheard. Through stories, we can illuminate future possibilities, but also pathways that should never again be travelled.

Using a novel approach to Citizen Science and funded by the Office of the Queensland Chief Scientist, Citizen Science grant, The Dignity Project Team is made up of people with disability and people without. At the intersection between human experience of disability and science, The Dignity Project uses a digital engagement and analysis platform, where people with disabilities can share, reinterpret, and analyse their collective experiences. It also features citizens and researchers co-designing service and system innovations for the future.

To help The Dignity Project uncover the meaning of dignity for people with disability, we invite you to share your stories and experiences with dignified and undignified treatment. To take our survey or join our community space, The Community Hub, click [“Have Your Say”](#) or visit our website: <https://www.hopkinscentre.edu.au/the-dignity-project>.

Presented by

### **The Hopkins Centre**

Research for Rehabilitation and Resilience



**Queensland  
Government**

Office of the Queensland Chief Scientist

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## THE DIGNITY PROJECT COMMUNITY HUB

The Dignity Project Community Hub is a digital engagement and analysis platform where people with disabilities can come together to share, reinterpret and analyse collective experiences. We recognise that you may not identify as having a disability, but if you do identify as having an impairment, you are also welcome in this space.

### Have Your Say

Join our collaborative platform, where diverse people come together in a supportive and accepting community to design a bolder and better society.

### About the Community Hub

The Community Hub is a private group where members can participate in fortnightly forums, surveys, discussions and conversation in order to generate research, address the topics of greatest concern to people with disabilities, and work together to deliver meaningful outcomes and social change that promote dignity.

The Community Hub is moderated by Angel Dixon, 2019 QLD Young Australian of the Year. Dixon publishes monthly blogs about issues and information that affect dignity. Angel publishes monthly blogs about issues and information that affect dignity.

To join the Community Hub, please click on the link that says "[Join the Community Hub](#)". This will take you to a short survey where you can register your interest. Your request to join will be approved within 5 business days by one of our team members.

We are continuing to work with Microsoft to ensure that The Community Hub is accessible to the greatest diversity of people, however, we recognise that some may experience barriers.

Please contact us to discuss any problems you may have. User testing for this platform was completed by members of The Hopkins Centre Ambassador's Council and the Centre for Accessibility Ltd., under the direction of Dr. Scott Hollier.

### Further information

The Dignity Project | The Hopkins Centre

T +61 7 3382 1295

F +61 7 3382 1414

E [dignityproject@griffith.edu.au](mailto:dignityproject@griffith.edu.au)

[hopkinscentre@griffith.edu.au](mailto:hopkinscentre@griffith.edu.au)

W [www.hopkinscentre.edu.au](http://www.hopkinscentre.edu.au)



[twitter.com/hopkins\\_centre](https://twitter.com/hopkins_centre)

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## WHY WE ARE CONSULTING

Physical and attitudinal barriers can limit people's access to environments, housing, education and opportunities, thus preventing participation in vital personal activities, social connections and employment. Rhetoric such as co-design, co-creation, and co-production now dominate policy narratives, but there are few good examples of how such a deep level of engagement can be facilitated in the disability sector.

This project aims to address this challenge. We will disrupt negative stereotypes about disability, whether overt or covert, deliberate or unconscious, that impact on the ways in which people with disabilities are treated or their participation in society.

We acknowledge that to better understand disability reform in the future, we must learn from the past and the stories that would otherwise remain unheard. Through stories, we can illuminate future possibilities, but also pathways that should never again be travelled. Creative methods can add the element of surprise, breaking through traditional ways of thinking to create new and deeper understanding. Using recognised and well-tested participatory research methods, like digital storytelling, have been shown to promote critical dialogue and bring about change for marginalized populations (Green et al., 2008).

To ensure citizens can accessibly and comfortably share their experiences with dignity, they will be able to communicate in the method that best suits them, including, but not limited to, traditional storytelling, art, visual media, and voice recording. We will analyse and share these insights in surprising ways that can reach and educate all citizens.



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## BECOME A MEMBER

We welcome all people who identify as a person with disability or impairment. Support people are able to assist people with disabilities in participating in the Community Hub but cannot be members themselves.

If you would like to **register your interest** in joining **The Dignity Project Community Hub**, please visit our website and complete the [intake survey](#) (click the link for direct access).

The Dignity Project team will review your responses and respond to your membership request within five (5) business days. Once your request is approved, you will receive an email alerting you to access.

Should you have any further questions, or if you are unable to access or complete the online questionnaire, please email: [dignityproject@griffith.edu.au](mailto:dignityproject@griffith.edu.au)



Share your stories and be a part of meaningful change. Help The Dignity Project uncover the meaning of dignity for people with disability.

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## ABOUT US

Taking its name from the esteemed **Dr. Paul Hopkins**, AO, a rehabilitation physician who changed the face of rehabilitation in Queensland, **The Hopkins Centre: Research for Rehabilitation and Resilience** is a joint initiative of Griffith University and the Division of Rehabilitation, Metro South Hospital and Health Service in partnership with the Motor Accident Insurance Commission, Synapse, Spinal Life Australia, and Health Consumers Queensland.

Our researchers focus on topics of relevance to people with brain injury, spinal cord injury, amputation, persistent pain and other chronic disabling conditions that have lifelong implications for individuals, their families and support services.

The Centre focuses on interdisciplinary applied research that examines rehabilitation practices, disability services and social support systems. It provides a vehicle for driving improvements in service delivery, by facilitating research that is embedded in practice. We are ideally positioned at the interface of research, clinical practice and community, bringing together experienced rehabilitation practitioners, expert academic researchers, community practitioners, policymakers and consumers.

The approach and structure of the Centre enhances timely translation of knowledge into new ways of working and improved outcomes for people living with chronic disability and complex health conditions. By creating an environment that nurtures sustainable partnerships and respectful sharing of diverse knowledge, the Centre continually expands its potential and the impact of its research.



The Hopkins Centre Ambassadors and Citizen Researchers Dr Kevin Cocks AM and Angel Dixon (2019 QLD Young Australian of the Year) with Kelsey Chapman, PhD Researcher, The Hopkins Centre.

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## MODERATOR AND CITIZEN RESEARCHER: ANGEL DIXON

Welcome to the Community Hub, my name is Angel, I am the moderator of the Dignity Project's Community Hub. As an activist with a particular interest in the rights of people with disability, I was naturally drawn to the Dignity Project and to this role.

After working in corporate, commercial and non-profit areas in an attempt to affect lasting change in the lives of people with disability, I am excited to embark on this new research adventure with a community of citizen scientists like yourselves.

My standard bio goes something like...Angel is committed to removing the barriers to participation and opportunity that people with disability encounter. She is passionate about inclusion and authentic representation. Angel is the CEO of the Attitude Foundation and the Advocacy Manager for Starting with Julius. Angel is also an international Fashion Week model and in 2017 became the first adult agency signed model with a physical impairment to be featured in a national television campaign. For her activism in the area of representation, Angel was named the 2019 Queensland Young Australian of the Year.

That bio states the facts about my career, but what it doesn't share is the reason I am passionate about, and committed to, accelerating the inclusion of people with disability. As a person with disability, I encounter prejudice and exclusion every day. It can be as subtle as a sorry glance as I roll by a fellow pedestrian on the street, or as obvious as being told that I could not be employed because I am a fire hazard. It can be a building with no ramp access or a healthcare worker that speaks only to the person without disability who is with me, not to me directly. My encounters are not unique – exclusion and discrimination are unfortunately part and parcel of life for people with disability.

The interesting side effect to these regular encounters is a fine-tuned lens for both good and bad interactions. Everyone has different experiences and preferences, but in general, people with disability have a personal radar for what interactions or environments preserve their dignity or remove it.

This Community Hub was created as a place to capture those lived experiences and turn them into tangible change. Within the Hub, you will find a monthly Moderator's blog where topical or common experiences will be discussed. You can also take part in the fortnightly forums, where you can answer the hard-hitting questions developed by our team.

We know that people with disability are the experts on the experience of disability, and until such time as we are part of the design of services and policy, dignity will continue to be lost. Your experiences are powerful.

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Please share the good and the bad with us and help affect lasting change in the Australian medical and rehabilitation environment.

To engage with Angel directly, please follow her on **Instagram** @ [angeldixon](https://www.instagram.com/angeldixon)



**The Dignity Project Ambassador and Moderator**  
Angel Dixon, Citizen Researcher and  
2019 QLD Young Australian of the Year

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## LOGGING IN

You will receive an email, inviting you to join The Dignity Project Community Hub. When you receive this email, mouse click on the text **“Go To The Dignity Project Community Hub”**.

To accept your invitation, sign in with a Microsoft account or an account assigned to you by your organisation. By signing in, you allow Griffith University to use your basic profile (name and email address) in accordance with their privacy statement. You can remove these permissions at [myapps.microsoft.com](https://myapps.microsoft.com).

### Logging in for the first time

1. Choose an account to sign in with:
  1. Microsoft account (OneDrive, Xbox Live, Outlook.com, or other Microsoft services).
  2. Organisational account (sign in with the account provided by your work/school to use with Office 365 or other Microsoft services).

 Office 365

## Welcome to SharePoint Online

To accept your invitation, sign in with a Microsoft account or an account assigned to you by your organization. By signing in you allow Griffith University to use your basic profile (name and email address) in accordance with their [privacy statement](#). You can remove these permissions at [myapps.microsoft.com](https://myapps.microsoft.com).



### Microsoft account

Sign in with the account you use for OneDrive, Xbox LIVE, Outlook.com, or other Microsoft services.



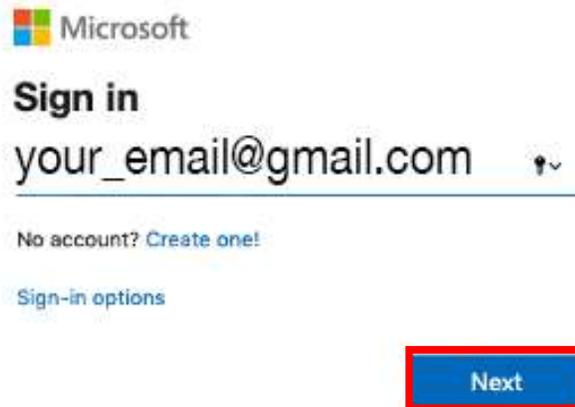
### Organizational account

Sign in with the account provided by your work or school to use with Office 365 or other Microsoft services.

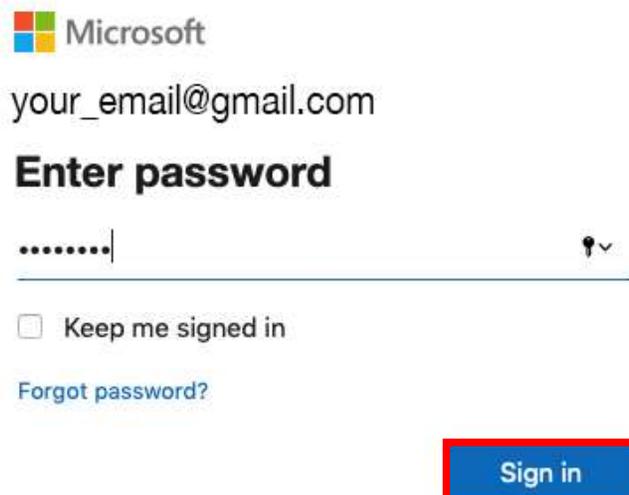
Don't have either account? [Create a Microsoft account, it's quick and easy!](#)

[Legal](#) | [Privacy](#)

- 
3. Select the account option you wish to use to sign in with, by clicking on the appropriate icon.
  4. In the “**Sign in**” field, type your email address.  
Example: [yourname@gmail.com](mailto:yourname@gmail.com)
  5. Select the “**Next**” button.



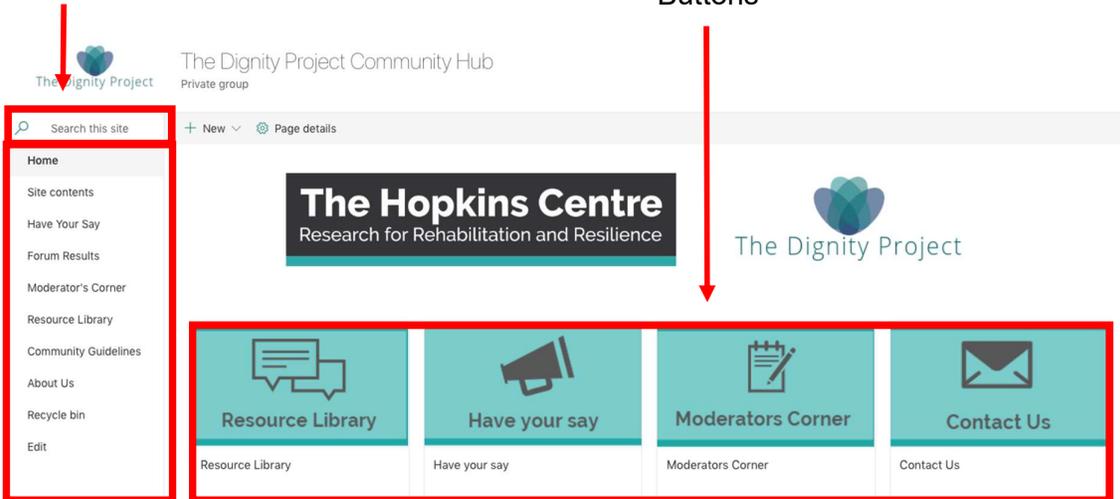
6. Enter your password and select the “Sign in” button.



# HOME PAGE

## Search Feature

## Dashboard Buttons



## Sidebar Ribbon

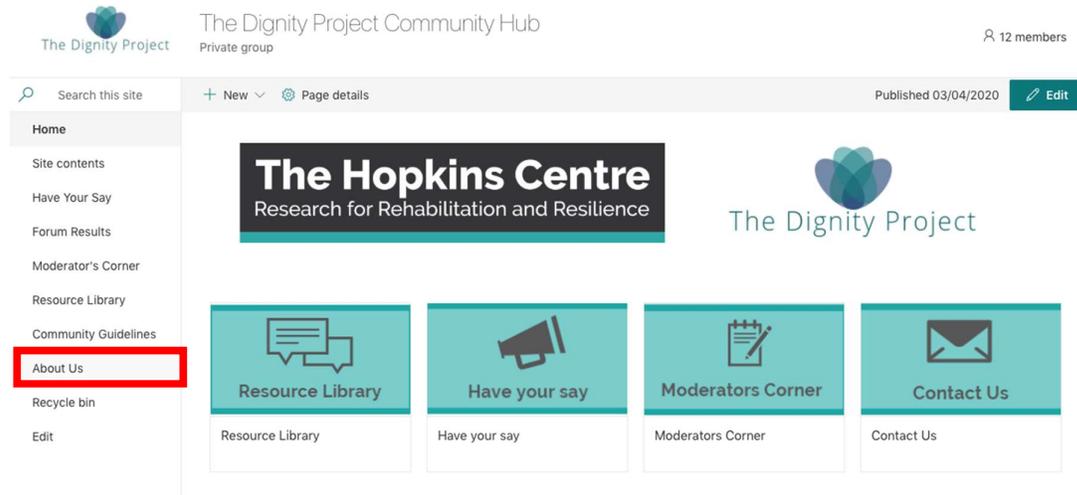
## Content Pane

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# ABOUT US

## TO READ MORE ABOUT US ON OUR PORTAL

1. On the Home Screen, select the **“About Us”** sidebar tab.
2. Additionally, you can download The Hopkins Centre brochure [here](#).



The Hopkins Centre, Princess Alexandra Hospital

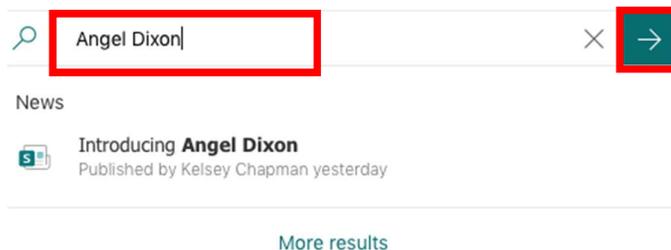
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## SEARCH FUNCTION

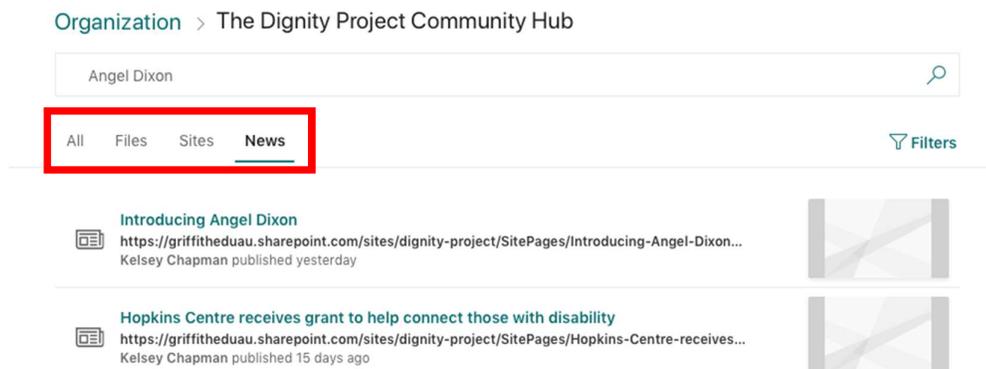
The “**Search**” feature is located in the top left-hand corner of the home page above the sidebar ribbon. It can be used to search the entire site for topics, using keywords or phrases.



1. Type your “**Keyword or Phrase**” into the textbox provided and click the arrow button to conduct a search of the site.

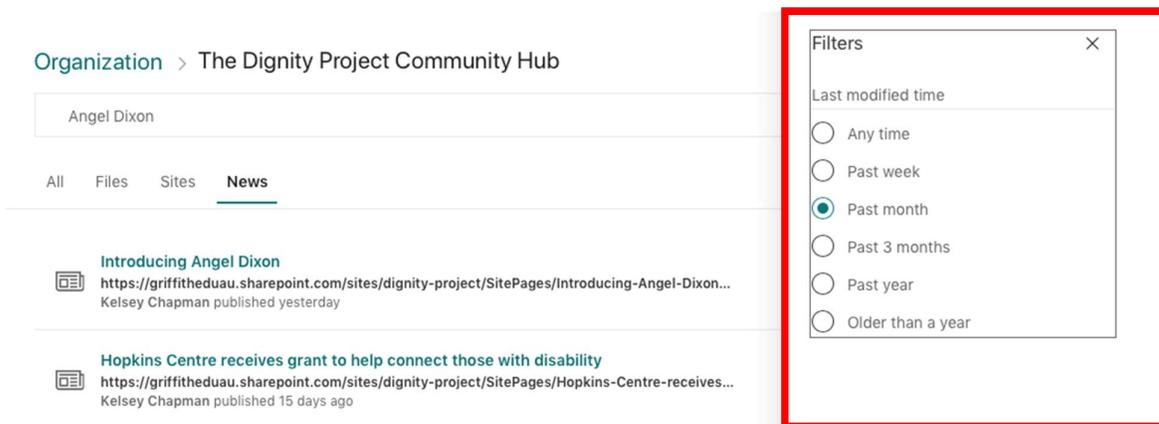
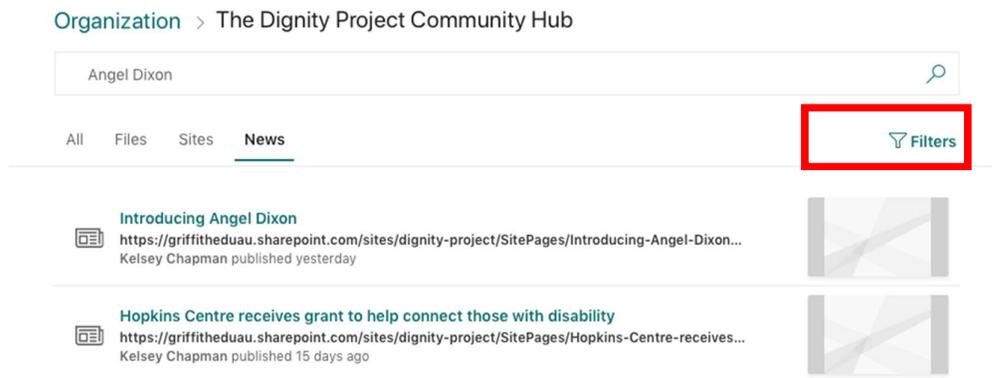


2. From the “**Search Results**” you can further define your search by resource/document “**Type**”, including:
  1. **All** – Displays all documents found in the search.
  2. **Files** – Document files such as PDF, Email, Spreadsheets, Charts etc.
  3. **Sites** – Websites.
  4. **News** – Media and News related documents.

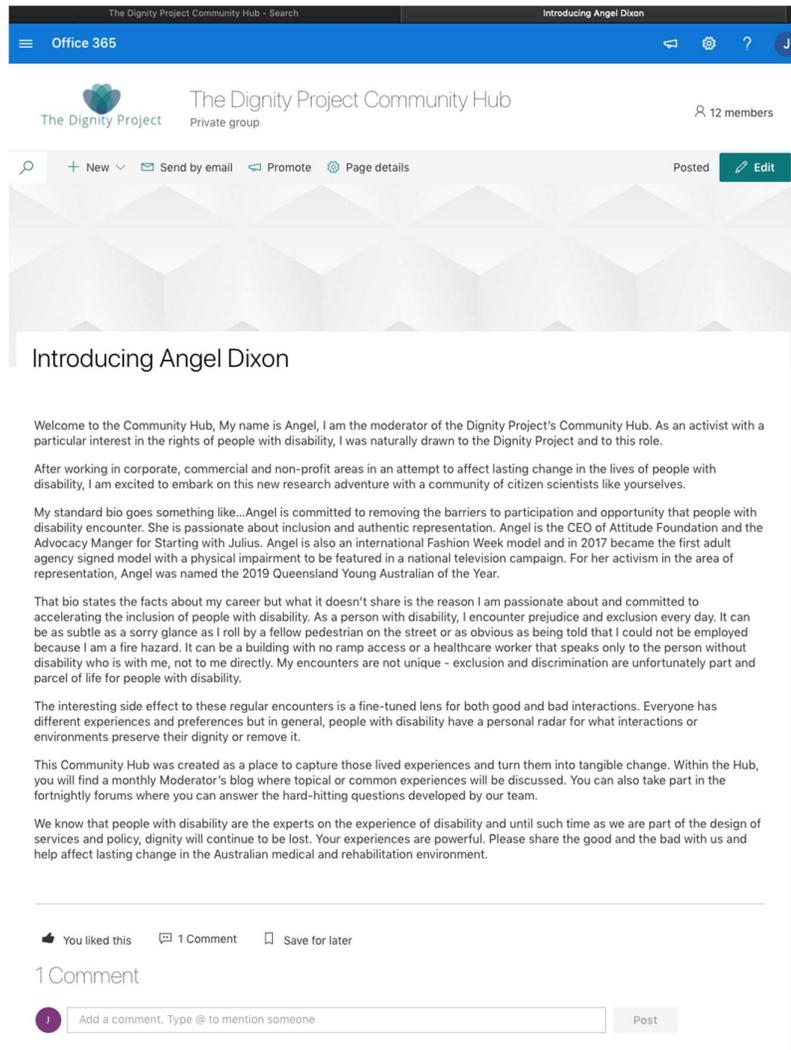


3. Add a **“Filter”** to further refine your search by clicking on the filter feature on the right-hand side of the ribbon. By doing this, you can select items by the “date of publication” within the site. Select the radio button you would like to apply to your search. Documents will be filtered automatically.

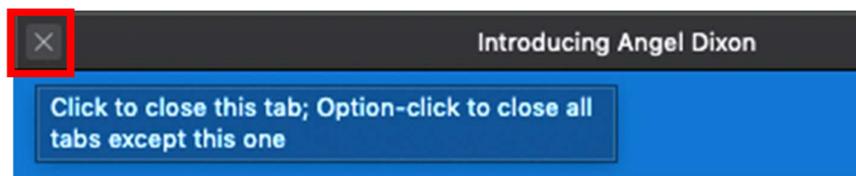
1. **Any time** – Displays *all* results regardless of date.
2. **Past week**
3. **Past month**
4. **Past 3 months**
5. **Past year**
6. **Older than a year**



4. To open and view a resource or document found through your search, click on the document you wish to view, and it will be opened in a new window within your browser.



5. To close the document, select “File” and “Close Tab” in your desktop browser application or simply click the “X” in the tab ribbon.



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## “HAVE YOUR SAY” FORUM

Share your valuable experiences or stories in our fortnightly **“Have Your Say” forums**, questionnaires, discussions and dialogue in order to generate research, address the topics of greatest concern to people with disabilities, and work together to deliver meaningful outcomes and social change that promote dignity.

Our forums serve to address the topics of greatest concern to people with disabilities and will assist researchers, policy makers, and other citizen scientists, like yourself, to deliver meaningful outcomes and social change that promote dignity. Topics discussed in each forum will be available in the **“Forum Results”** sidebar tab.

The Dignity Project Community Hub will enable citizens with disabilities and impairments to work collectively to gather and interpret stories that may not otherwise be told. These stories will expose infringements of dignity or successful inclusion, and make recommendations for change that can improve experiences in future. The Community Hub is committed to using creative methods for disrupting stereotypes, promoting positive images, encouraging respect and accessibility, facilitating opportunities, and engaging people with disabilities in a process of co-designing a bolder and better society.

Please share your valuable experiences or stories in the forums within the website. Each forum will be open for discussion for 2-4 weeks and upon closing, the discussion outcomes will be published in the **“Forum Outcomes”** sidebar tab. All responses submitted for forums will be anonymous and displayed in the form of general, descriptive results, unless otherwise stated at the time of the forum. Your individual responses will never be shared with anyone else, within or outside of this platform, although the overall descriptive results may be shared with industry partners and The Hopkins Centre members.

We invite you to take part in the first phase of The Dignity Project research, and to share your experience with dignity. The questionnaire has received ethics approval from the Metro South Health Human Research Ethics Committee and will be operated in accordance with the ethics approval.

This open forum is hosted on the **Metro South Health Consultation Hub platform** and can be accessed by clicking on the following link:

<https://metrosouthhealth.citizenspace.com/thc/the-dignity-project/>

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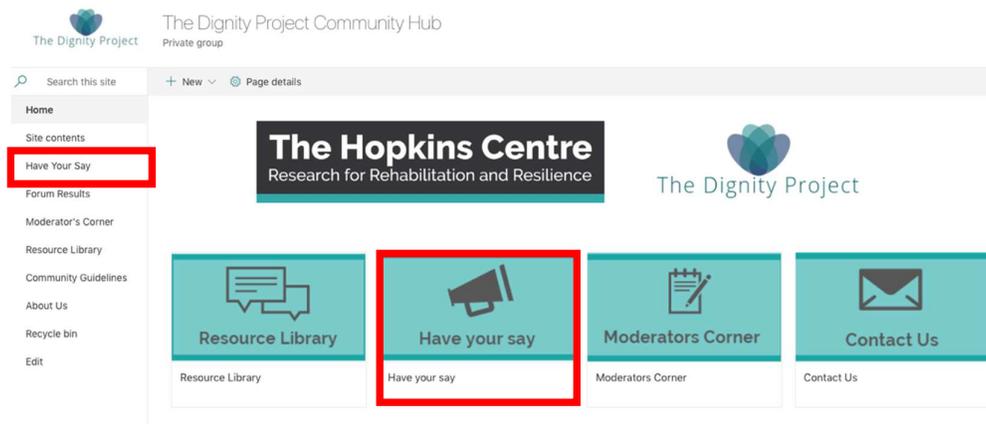
# HAVE YOUR SAY AND TAKE PART IN A CHALLENGE

You can access the “Have your Say” Forum in several ways:

1. Access via **The Hopkins Centre website**:  
<https://www.hopkinscentre.edu.au/the-dignity-project>, and then by selecting the “**Have Your Say**” dashboard button.



2. Access via The Dignity Project Community Hub, by selecting either the “**Have Your Say**” sidebar tab or dashboard button.



3. To take part in a challenge, click the link provided.

To take part in the first challenge, please visit <https://metrosouthhealth.citizenspace.com/thc/the-dignity-project/>

4. Clicking on the link will redirect you to the web page that contains information about the challenge.
5. Fill out the “**Have Your Say**” questionnaire by typing your answers into text box fields, selecting radio buttons or drop-down options, as appropriate. Once complete, select the “**Submit**” button.

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## Our Community and COVID-19

During this time of uncertainty and ever changing daily life, we would like to hear from the members of our community about how they are feeling, ways in which you need further support, experiences that are both positive and negative. Please feel free to share openly. We will collate the results and share a report with the community in the "Forum Results" section in one month's time.

1. With which impairment/condition do you most identify?

- Cognitive
- Mental Health
- Intellectual
- Sensory
- Hidden
- Chronic Pain/ illness
- Prefer not to say
- Other

2. What services were you accessing on a weekly basis prior to COVID-19?

**Submit**

6. Once your response has been successfully sent, a message saying **"Thanks! Your response was submitted"**, will be displayed in the content pane on your browser window.

## Our Community and COVID-19

 **Thanks!**

Your response was submitted.

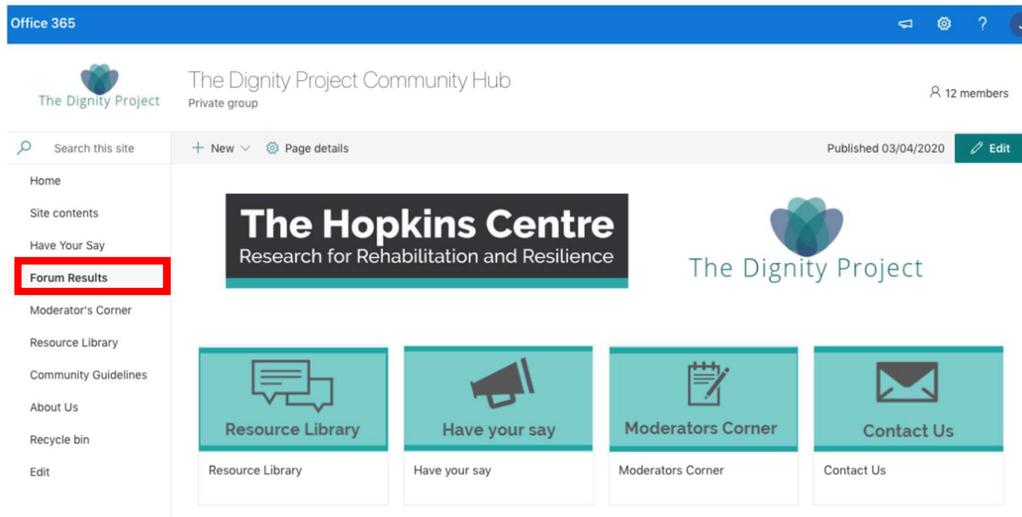
[Submit another response](#)

# FORUM RESULTS

The Dignity Project Community Hub will post the results of topics discussed to our **“Forum Results”** each fortnight or following the close of the previous forum. All results have been submitted by fellow members and individual answers will be de-identified and kept anonymous. This data will not be used or shared outside of this Community except in the form of general, descriptive results, unless otherwise stated at the time of the challenge.

## To access the Forum Results:

1. From **“The Dignity Project Community Hub”** home page.
2. Select the **“Forum Results”** sidebar tab.

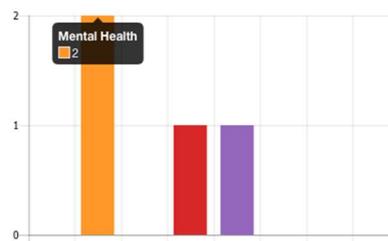


3. To navigate the results, you can use the mouse pointer to hover above the chart legend to highlight category results individually.

### Our Community and COVID-19

4 Responses   02:24 Average time to complete   Active Status

1. With which impairment/condition do you most identify?



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## MODERATOR'S CORNER

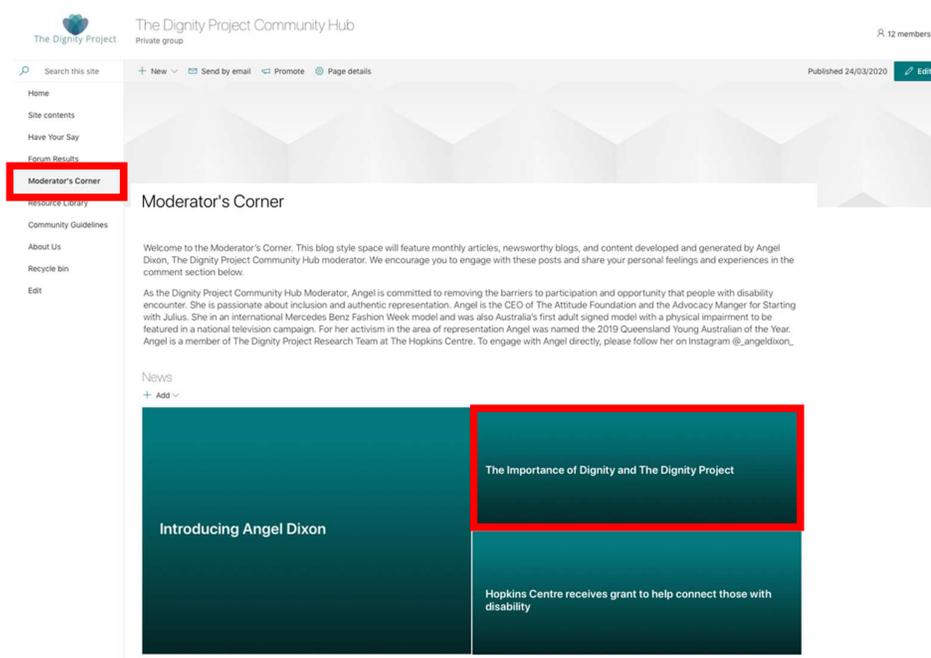
Engage with Angel Dixon in a blog style space that highlights issues that affect dignity. We encourage you to engage with these posts and share your personal feelings and experiences in the comment section.

As the Dignity Project Community Hub Moderator, Angel is committed to removing the barriers to participation and opportunity that people with disability encounter. She is passionate about inclusion and authentic representation.

Angel is a member of The Dignity Project Research Team at The Hopkins Centre. To engage with Angel directly, please follow her on **Instagram @\_angeldixon\_**

### To access the Moderator's Corner:

1. From **"The Dignity Project Community Hub"** home page.
2. Select the **"Moderator's Corner"** sidebar tab.
3. Access blog posts and articles by clicking on the topic titles.



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# RESOURCE LIBRARY

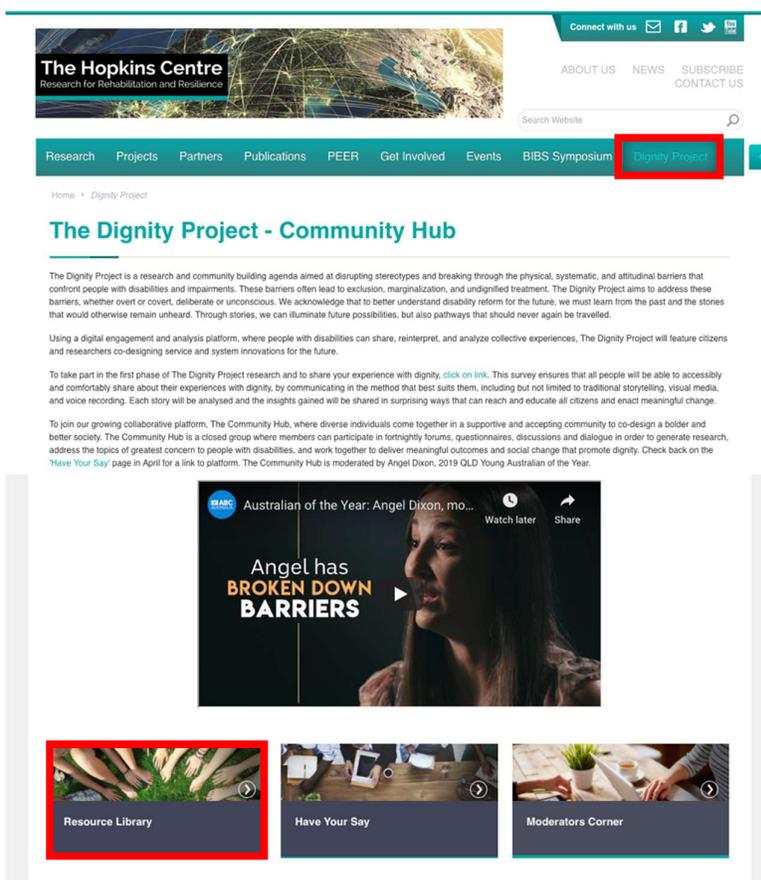
Our resource library features education and capacity building information for anyone interested in research, particularly for people with disability. We encourage you to interact with the resources, many of which were created by our partner organisations. The Dignity Project team will add to the library as more trainings, resources and articles become available.

If you would like to recommend any resources, please contact us.

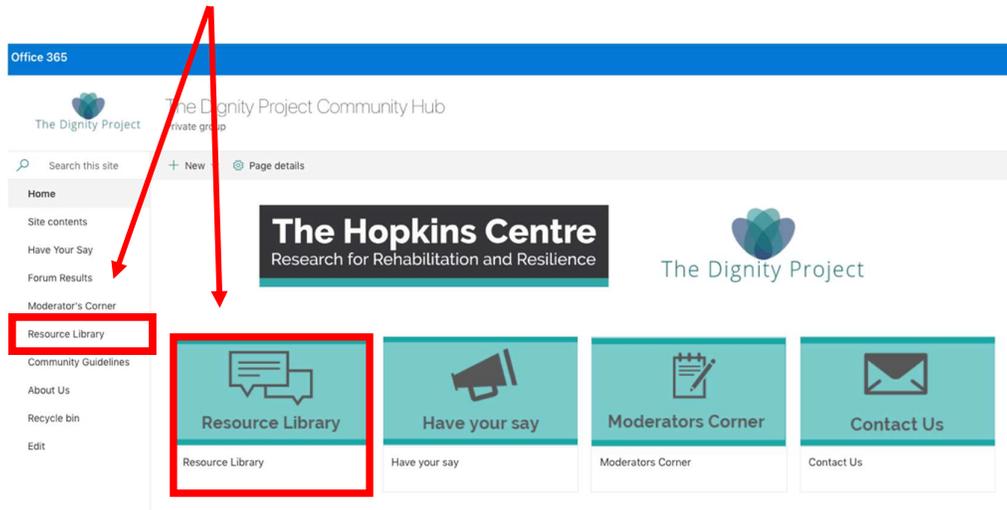
There are two ways to access the resource library, either through the Hopkins Centre Website or The Dignity Project Community Hub.

## Access the Resource Library:

1. Type the following URL into your browser search bar (or click on this hyperlink for direct access): <https://www.hopkinscentre.edu.au> and select the “**Dignity Project**” tab from the main toolbar ribbon and select the “**Resource Library**” button from the dashboard; or



2. Open **The Dignity Project Community Hub** portal.
3. Select **“Resource Library”** from the side bar tab or the dashboard button.



4. From the resources provided in the viewing pane, either;
  1. Select and click on the resource you wish to access;
  2. **“Filter by Category”** by selecting the down arrow to the left; or
  3. Type in a **“keyword”** in the box provided and press **“enter/return”** on your keyboard.
5. Click on the resource you wish to review.
6. You will be presented with one of several options, whereby the document will open in your browser window for viewing:
  1. **“Download document”**
  2. **“Click to review the attachment”**, or
  3. **“Click here to subscribe”**
7. Use the **“Filter by Category”** drop down box to see all available resources (See diagram on the following page).
8. To return to the **“Resources”** page after viewing, select the **“Back”** button.

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## Resources

The Dignity Project resource library has been curated by The Hopkins Centre for all citizens as an educational, empowering, capacity building tool. We encourage all citizens to interact with the resources, many of which have been created and developed by our partner organisations. We will be continually adding to the library as more trainings, resources, and articles become available.

- ✓ Filter by Category
- About Research
- Citizen Collaboration
- Consumer Engagement resources
- Peer-reviewed sources

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**A guide for Health Staff Partnering with Consumers**  
*Published 18th March 2020*



**HCQ eNews and weekly eAlerts**  
*Published 18th March 2020*



**Consumer and Community Engagement Framework**  
*Published 31st January 2020*



**Guide for Consumers**  
*Published 31st January 2020*

Displaying 1 - 4 of 4



The Dignity Project resource library has been curated by The Hopkins Centre for all citizens as an educational, empowering, capacity building tool.

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## COMMUNITY GUIDELINES

Our mission is to build a supportive and accepting community of people with disabilities and impairments, to share, reinterpret and analyse collective experiences in order to affect change. To that end, we will be working hard to ensure that we align our actions with that purpose. These Community Guidelines should not only help you understand how to act within our community, but also help you understand what to expect from others in this space. We invite you to make your mark here, but we do have a few rules... as few as possible.

The Hopkins Centre, Griffith University, and Metro South Health are not responsible for the opinions and comments represented in the group, and these do not reflect the opinions and beliefs of any of the above listed organisations.

### **Uphold Dignity**

The Dignity Project Community Hub values diverse opinions, experiences, and backgrounds. While you may come across something that you don't agree with or you may find disagreeable, it does not necessarily mean it violates our Guidelines. In order to maintain a dignified environment for all users, your participation in the Community Hub must always be respectful of others.

You must own the rights to distribute the content that you publish. You may post quotes, when the source is clearly identified, and as a supplement to your own statements. Links are encouraged and welcome to be used in comments, but The Dignity Project Community Hub is not responsible for the linked content and does not systematically check it.

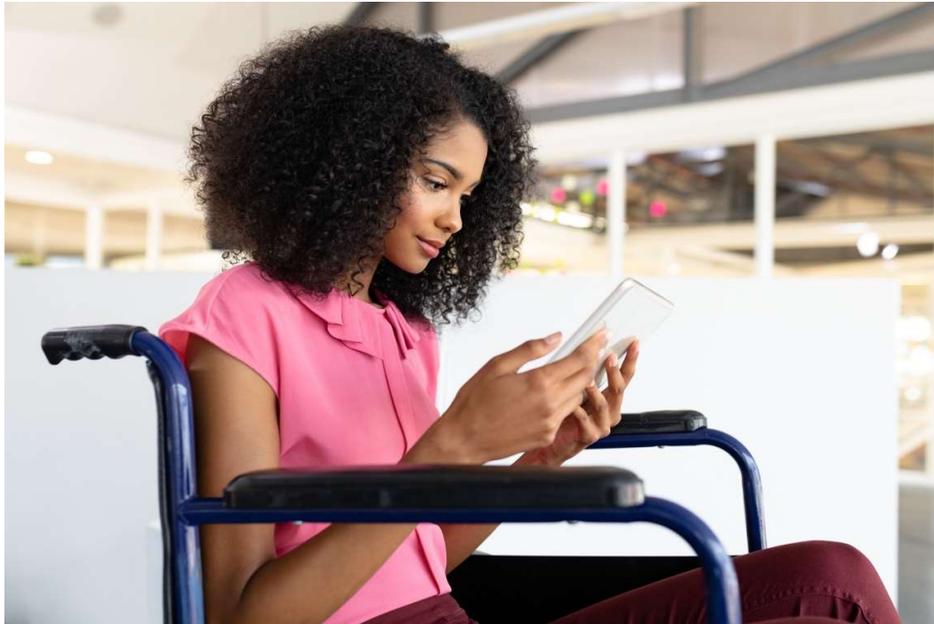
We encourage a robust dialogue and discourse between members; however, we ask that you maintain the conversation in a manner that is relevant, respectful and non-threatening. Insults have no place in these discussions. Discrimination, intolerance, and defamation of other users, social groups, or individuals based on religion, origin, nationality, disability status, income, sexual orientation, age or gender are strictly prohibited. Please refrain from posting any content that is harassing or threatening. Do not post obscene, profane, or pornographic content or any content that contains nudity or sexually explicit images.

Advertising and other commercial content have no place in our discussions. You also may not publish personal information or data of others. Please also consider carefully, which of your own data you make freely available.

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## Presentation

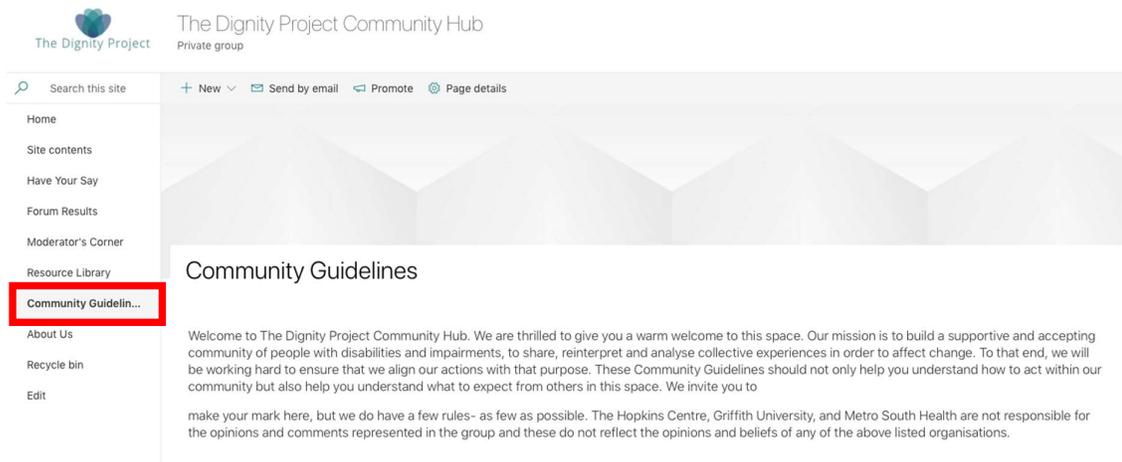
We strive to make the moderation of your comments as transparent as possible. We will intervene to remove comments if they violate the rules set out above. We reserve the right to exclude users from the discussion, or the group, in the event of serious or repeated violations of these community guidelines.



The Dignity Project Community Hub values diverse opinions, experiences, and backgrounds.

## To access the Community Guidelines:

1. From **“The Dignity Project Community Hub”** home page.
2. Select the **“Community Guidelines”** sidebar tab.



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## TWITTER FEED

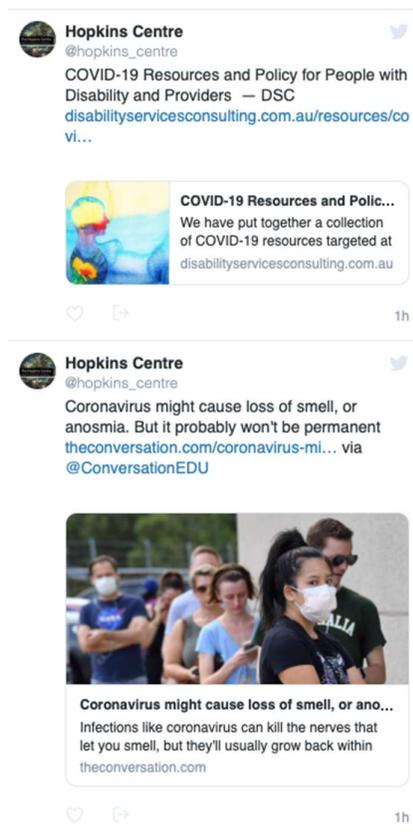
To keep our members up-to-date with the latest Hopkins Center news, our Twitter feed timeline has been embedded within our website in a compact, linear, easy to view pane. This feature has enabled us to display our latest Tweets and curated collections that might be of interest to our members on one central location.

Depending on what type of device you are using to view our site and/or resolution, the Twitter news feed will either be positioned at the right hand side or bottom of your browser window.

Follow The Hopkins Centre on Twitter here: [https://twitter.com/hopkins\\_centre](https://twitter.com/hopkins_centre)

### To access The Hopkins Centre Twitter articles:

1. From “**The Dignity Project Community Hub**” home page.
2. Click the **Twitter article** you wish to view, this will take you The Hopkins Centre Twitter feed in a new browser window.
3. To close this window, select “**File**” and “**Close Tab**” (if using a desktop/laptop) or click on the X on the window tab in the browser ribbon.



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## CONTACT US

### THE HOPKINS CENTRE

### CENTRE FOR REHABILITATION AND RESILLENCE

A collaboration between the Division of Rehabilitation, Metro South Hospital Service and Menzies Health Institute Queensland, Griffith University.

**Phone:** +61 07 3382 1295

**Fax:** +61 07 3382 1414

**Email:** [dignityproject@griffith.edu.au](mailto:dignityproject@griffith.edu.au)

[hopkinscentre@griffith.edu.au](mailto:hopkinscentre@griffith.edu.au)

**Twitter:** [https://twitter.com/hopkins\\_centre](https://twitter.com/hopkins_centre)

#### Foundation partners

A joint initiative of the Division of Rehabilitation, Metro South Health, and Menzies Health Institute Queensland, Griffith University.



Metro South Health



#### Principal partner



#### Affiliates



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