

# EXCITe!



## Excellence in Community Inspired Transformation

**EXCITe!** aims to celebrate and strengthen the voice of individuals and communities in transformational research across the Bradford District and beyond. In this edition we hope to give you a flavour of the current research activity at the Bradford Institute for Health Research. And perhaps excite and inspire you to get involved!



## PROSPER

This programme of work aims to improve the quality of life for people aged 65+. It currently has 10 lay representatives working alongside researchers. Lay reps were recruited via a number of channels including other research projects; older people fora and local libraries. Reps. contribute on many levels from sitting on strategic steering committees to acting in role play! The level of involvement ranges from the bi-annually (Programme Steering Committee) to the bi-monthly (Programme Management Group). To date the lay reps have helped us to keep PROSPER grounded; making sure it compliments other local and national initiatives. They have also added value to training packages by providing realistic case based scenarios for role play.



The Born in Bradford cohort was established in 2007 to examine how genetic, nutritional, environmental, behavioural and social factors impact on health and development during childhood, and subsequently adult life. It has an advisory/consultation group of **Parent Governors** who have children in the cohort. The group meet one evening, every other month, at Bradford College. BIB's **Parent Volunteers** promote the work and findings of BIB within Bradford communities. They also help the BiB team at community engagement events. BiB has a **Young Ambassadors** (YAs) network. YAs are BiB children aged 10-12 years. The aim is for this group to

develop as an advisory and consultation group. The YAs meet periodically, usually either in school holidays or twilight times.

## HERO

Home-based Extended Rehabilitation for Older People

A research trial testing a home based exercise programme for people aged 65+ after leaving hospital (the HOPE programme). HERO connects with this particularly vulnerable group of service users via an Age UK representative who attends a bi-annual Trial Steering Committee. Service users have undertaken activities such co-development of the HOPE programme, and developing the exercise diary used in the trial. Service users will be called upon again when planning the trial results dissemination strategy. HERO also works with a representative from Carers Resource who attends the Trial Management Group meeting six times a year to give a carer's insight into data collection and process evaluation activities.



**CARE75+** follows the health and well-being of people aged 75+ across a four year period.

Four lay people form the **Frailty Oversight Group** (FOG) provide focussed input into the Community Ageing Research Study (CARE75+). The FOG meet approximately 3 times a year and scrutinise study materials and documents also provide a member to sit on the committee that approves data access requests and requests to embed sub-studies within the CARE75+ cohort. Additionally, FOG members have observed researchers undertaking assessments with participants to suggest improvements which can be made to the assessments procedures. FOG members have contributed to writing journal articles, workshops, and provided testimonials for study newsletters. **The FOG is currently seeking a new member to represent the South Asian community.**

**Born in Bradford Better Start (BiBBS) Community Research Advisory Group (CRAG)** is a group of 10 parents from the Bowling & Barkerend, Bradford Moor and Little Horton ward. They meet every 8 weeks to advise research partners on issues connected with research design. Many members have gone on to take active roles with the BiBBS programme including Board membership. CRAG members now alternate to attend the Programme Management Group and have recently started to read and appraise manuscripts and grant applications. One member has joined a small team of researchers to be included as co-applicant for a research bid and if the award is granted will chair the PPI group associated with the study. Several published papers have acknowledged the CRAGs input.



The **Quality & Safety Patient Panel** has 8 members of the public who have an interest in

improving health services and experiences of patients and their carers. They are people with links to many different groups across Bradford and beyond (e.g. chaplaincies, NHS Trust boards, and disease-specific charities). They meet every 3 months at the BRI on Thursdays between 5pm - 6.30pm. This group advise researchers on topical priorities and how to approach and work with people in research. They are currently helping researchers with outreach workshops in community centres. **The panel is recruiting new members.**



There are 8 **Lay Improvement Fellows** in the Academy who

get involved in supporting healthcare staff in using research findings to improve services. They are all members of other patient advocacy or support groups and the Academy provides peer support through access to training and workshops. Fellows have been involved in directly helping healthcare staff – supporting co-design of new approaches to working with patient feedback, and presenting patient stories in staff training sessions.

The **Patient Safety Translational Research Centre** currently has 4 Lay Leaders providing strategic insight from a public perspective to ensure the voices of patients is representative throughout their work. They are key members of the research teams; engage with local, regional and national research groups. Lay Leaders are drawn from across Yorkshire and Humber and usually meet in Leeds or Bradford once a month. They also represent at Executive and Advisory Groups every six months. Lay Leaders have been involved in all aspects of research from co-applicant to dissemination. They have also developed activities for outreach in the community. And, have co-designed the engagement strategy for the team, and helped facilitate workshops.



**Partners at Care Transitions (PACT)** are a five year research programme aimed at improving the transition from hospital to home for older people. The

Panel provides the patient/ public/ carer voice; supporting and refining the research programme and intervention development. PACT has seven members recruited from across the region. Members meet bi-monthly but also input via email. So far they have been involved in reviewing research materials; advising on language and terminology, and supported development of the interventions. They also co-designed the study logo and participated in a film about the study for patient information.

Last but not least there are currently 37 people involved with the **Citizen Participation Group (CPG)**. This larger group of individuals of all ages and from across both professional and lay networks is used to gain a wider, more diverse perspective on the work at the BIHR. The group meets face to face twice a year. The CPG are involved in developing shared understanding of ideas and concepts e.g. a poetry workshop helped to develop a shared understanding of what patient safety means to communities and resulted in a patient safety manifesto.

If you are interested in knowing more about any of the projects outlined in this newsletter, would like to receive a newsletter in future, or have something to add, please contact: [claire.marsh@bthft.nhs.uk](mailto:claire.marsh@bthft.nhs.uk) or [anne.heaven@bthft.nhs.uk](mailto:anne.heaven@bthft.nhs.uk)