

## Healthy Parent Carers Family Faculty working group meeting

(Room G27, Medical School Building, St Lukes Campus)

10 October 2019

### Meeting notes

#### Attendees

PenCRU – Gretchen, Katharine

Family Faculty – Faye, John, Annette, Lynn, Rachel

#### **Overview**

- PenCRU updated the group on the Healthy Parent Carers project, including group completion and data collection.
- Researchers summarised the programme optimisation process, which is how we are working to improve the programme training, delivery, and content using feedback from the study.
- The group discussed two pieces of feedback in detail and shared thoughts.
- The group watched a video from the programme and discussed it.
- The group discussed the filming project and reviewed interview questions for research participants.
- The group discussed the plan for the celebration event in November.

- Gretchen gave updates on the progress of the project. We have completed delivery of the programme and the first data collection for all sites. The final data collection is underway for Torquay and Plymouth. The remaining sites will complete final data collection in December and January.
- Gretchen then summarised the optimisation process, which is the process that we are following to review all of the feedback from participants and facilitators. We will then use that feedback to make improvements to the training, delivery, and content of the programme.
- The attendees split into two groups to discuss different pieces of feedback related to how we collect and share information about any additional support for participants to take part in the group programme with facilitators and how we contact and support participants who miss group programme sessions. The two groups then shared their thoughts and the whole group discussed how we might respond to these two pieces of

feedback. The recommendations will be fed back into the programme optimisation work.

- The attendees watched a video that is used in the programme, which has received a lot of mixed feedback. The group discussed why this video may not be relevant for parent carers and could be interpreted as dismissing their experiences. The group suggested trying to find examples of how mindfulness can help with stress, ideally with a message that says 'if you are facing a lot of stress, there are some things you can try'. We could also see if any participant interviews provide examples of things that participants have found to have helped.
- Gretchen summarised the plans to create a series of short films with participant and facilitator interviews and film of a taster session of Healthy Parent Carers. The aims of these films are to show what it is like to take part and to share the experiences of participants and facilitators.
- The group read the draft interview questions and provided feedback on them ahead of the first interviews.
- Gretchen summarised the plan for an event to celebrate completion of delivery of Healthy Parent Carers on the 29<sup>th</sup> November. The group provided feedback on the plan for the event and noted the date.
- Gretchen confirmed that the next meeting would be next term and that the PenCRU team will be in touch with the date when it is arranged.