



## Healthy Parent Carers Project - Meeting 10

9<sup>th</sup> November 2015 UEMS, St. Luke's Campus

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**PenCRU:** Chris, Ola.

### **Overview**

- In this meeting we discussed the draft documents for the Healthy Parent Carers study (adverts, information sheet, consent form, and session feedback form).
- We tried a 'Resilience Ladder' activity and discussed its use in the Healthy Parent Carers session.

### **What next?**

- We will revise the research documents and submit an application for ethics approval. Once we receive approval from the ethics committee we will be able to start recruiting participants to take part in the pilot study (hopefully in January 2016).
- If you have any comments or come across any information or resources relevant to the programme, please email [PenCRU@exeter.ac.uk](mailto:PenCRU@exeter.ac.uk) or [a.borek@exeter.ac.uk](mailto:a.borek@exeter.ac.uk).

### **Update from previous meeting**

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#### **Healthy Parent Carers guide**

The Healthy Parent Carers Guide has been revised based on the suggestions from the members of the Family Faculty. We are now liaising with the university's design studio to design the graphics and give the guide a more professional appearance. This should be completed by the end of the year.

#### **Healthy Parent Carers pilot study**

We are planning to conduct a small pilot study early next year with about 30 participants. The aim of the study would be to find out what parent carers who haven't been involved in the project so far think about the Healthy Parent Carers programme, what they think about two different ways of delivering it (i.e. one-off introductory session or six-sessions group programme), and to get feedback that would help us improve the programme in the future.

As a research study this would involve collecting 'data', such as recording the sessions, asking the participants to fill in questionnaires, and inviting them to attend a focus group. Therefore, because this study will be part of research we need to receive a permission from an ethics committee to do it (i.e. that the study is safe, won't harm the participants, and that we have a plan for handling any

problems or issues that may occur). In order for the university ethics committee to approve the study, we need to submit a detailed plan of what we are planning to do (i.e. a study protocol) with all research documents (e.g. study adverts, information sheets for the participants, consent forms, questionnaires etc.). **Until the study is approved by the university ethics committee we cannot start advertising it or recruiting the participants.**

After the study is approved, we will advertise it online (e.g. through social media, websites and newsletters). Parent carers interested in the study will be able to find out more on the PenCRU website, and will be asked to contact PenCRU to express their interest. We will then call the interested participants to explain what the study is about and to check if they match our inclusion criteria (e.g. wanting to improve their health and wellbeing, able to attend sessions on scheduled dates etc.). Then, the interested participants will be able to choose if they want to attend a one-off introductory session or a six-session group programme, which are planned to start in January.

Sessions will be delivered by a parent carer from Face 2 Face, who is experienced in delivering group training to parent carers. They have helped us create interactive and engaging group activities, and have in place the necessary training and safeguarding procedures should any problems arise.

### ***Discussions in the meeting***

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#### ***Research documents***

In this meeting we discussed some of the research documents, including a study advert, participant information sheet, consent form, and a session improvement form. The main suggestions were:

- To avoid using the term 'research' in the study advert or information sheet as it might put some people off from participating. The preferred term was 'programme'. However, it was also recognised that the potential participants need to be aware that if they participate in the programme, they will also be participants in a 'study' that is part of research. It was agreed that this should be explained in a telephone conversation with the potential participants.
- It was suggested that the dates when the sessions will take place should be included in all information so that the potential participants know when to expect the sessions (e.g. if we advertise the study before Christmas, when people tend to be busy, we should stress that the sessions will take place in January 2016).
- It should be stressed that the programme has been designed together with parent carers and that it will be delivered by a parent carer.
- The difference between the two ways of participating in the programme (i.e. by attending a one-off introductory session or a 6-session group programme) should be made clearer. It was suggested to change the name from 'workshop' to 'introductory session'.
- It was agreed that we should accept participants who live further away from Exeter providing they are willing to and able to travel for the sessions to Exeter (change the description to 'Exeter and surrounding areas' rather than 'in and near Exeter').

### ***'The Resilience Ladder' activity***

We then played a game called 'The Resilience Ladder'. First, we discussed our understanding of what resilience is and why it is important.

We then read different statements expressing experiences common to parent carers, and decided whether they would lead to higher or lower resilience.

As views on the game were positive we discussed using the game in the first session of the Healthy Parent Carers programme to explore the meaning of resilience and how our different behaviours might help increase it.

It was agreed that things that increase resilience often relate to CLANGERS. We then brainstormed ideas for statements related to CLANGERS that could be used as examples in the game.

### ***What will happen next***

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- We are going to revise the research documents and submit the application for ethics approval at the end of November. We will be able to start recruiting participants to take part in the study only after we receive approval from the university ethics committee – we will let the Family Faculty know when this happens.
- The group sessions are planned to start at the end of January 2016. The groups will be open to parent carers who have not been involved in this project so far, but parent carers in the Family Faculty who have been involved in the project will be invited to contribute to the analysis and interpretation of the results.