

# Report on the learning and development programme for People in Health West of England to April 2016

## Introduction

People in Health West of England (PHWE) provide a learning and development programme to develop capacity and capability for public involvement. The Research Fellow (Patient and Public Involvement) funded by National Institute for Health Research (NIHR) Collaboration for Leadership in Applied Health Research and Care (CLAHRC West) leads this area of work. The workshops include training for both members of the public, researchers and other professionals. We are working to consider and address the recommendations from the 'NIHR-wide learning and development for public involvement: working group report and recommendations' which were published in June 2015 ([see here](#)) and to provide regional leadership and co-ordination of learning and development for public involvement as encouraged in the 'Going the Extra Mile a strategic review of public involvement in the National Institute for Health Research' published in March 2015 ([see here](#)).

The learning and development programme is overseen and supported by a Learning and Development Group which includes members from a range of partner organisations and two public contributors. The group includes members with links to the Capacity Development Team at NIHR CLAHRC West, the NIHR Clinical Research Network West of England, Bristol Health Partners, Bristol University and the University of the West of England (UWE), the Research Design Service South West, the Avon and Wiltshire Mental Health Partnership NHS Trust, the North Bristol NHS Trust, the Care Forum and Healthwatch. This group meets quarterly to plan and develop the programme and review feedback from workshops held and reports back to the PHWE Strategy Group. From May 2016 the two public contributor members of the group will be members of the PHWE Strategy Group.

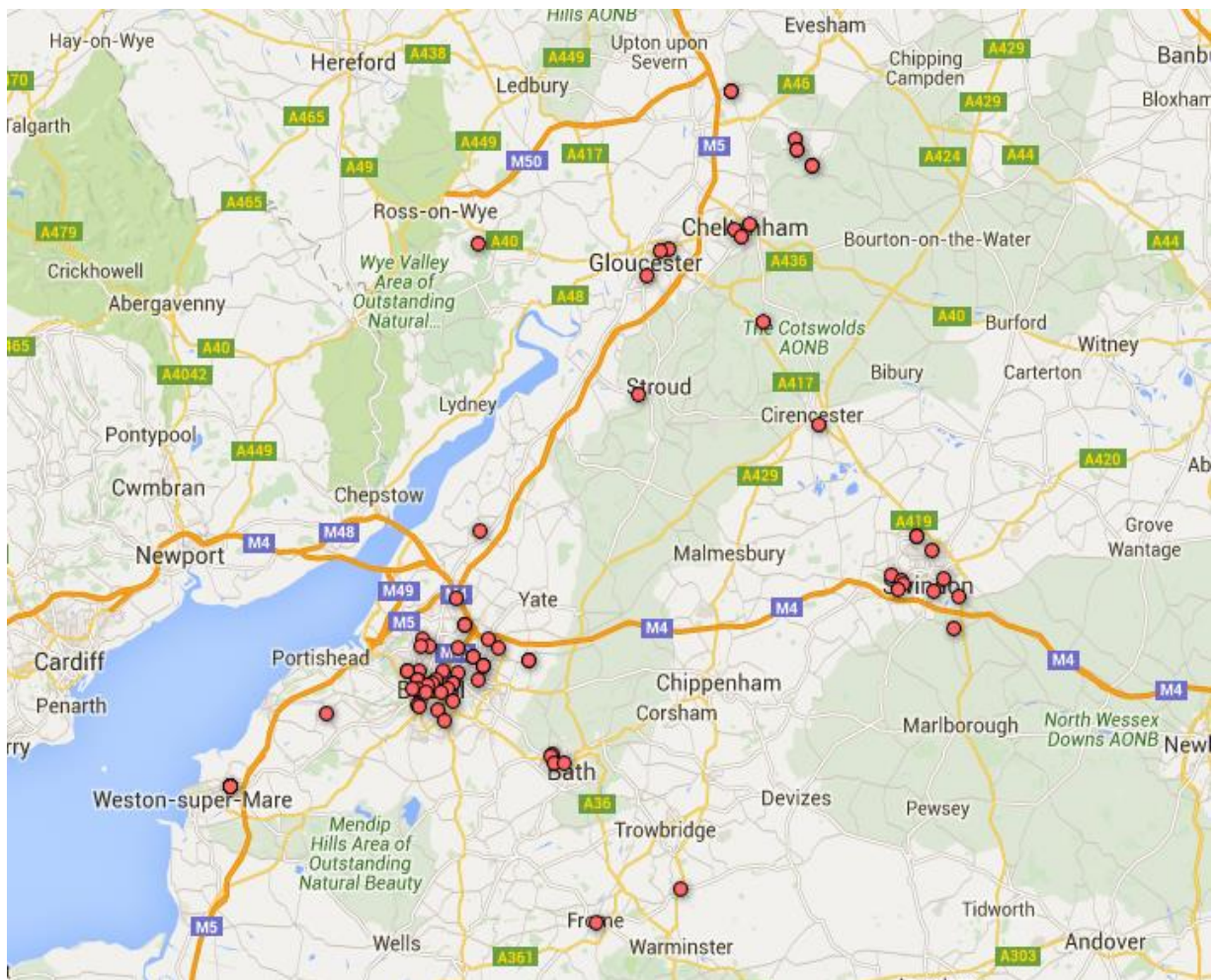
The current programme provides three core workshops which are Building Research Partnerships, Enhancing Facilitation Skills, and Using and Understanding Research Evidence. This report includes sections on each of these workshops. In addition, during February and March 2016 NIHR CLAHRC West also ran four workshops to generate research ideas from members of the public. These workshops were run across the West of England - in Bath, Bristol, Gloucester and Swindon. Ideas generated at these workshops will be considered by NIHR CLAHRC West alongside research proposals submitted to the second call by academics and health and social care professionals. We will report on the outcome of this process in the Autumn of 2016. More information about these workshops is provided [here](#).

In addition to the workshops we also run a public involvement Journal Club at UWE. This group meets at lunchtime for an hour every six weeks to discuss an article chosen by a group member. We have 15 regular attendees, including up to 6 members of the public. In June 2015 the Learning and Development group ran a regional event which nearly 100 people attended, a quarter of who were members of the public. A short report on this event is included in this document.

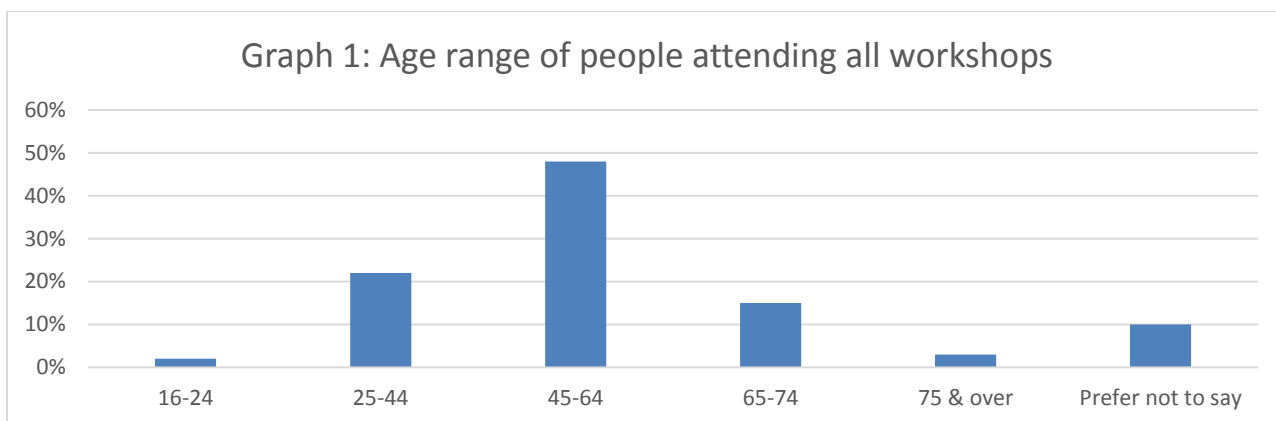
## All Workshops

This section provides a summary of information about all eleven workshops that have been run by People in Health West of England to date. This includes three Building Research Partnerships workshops (October 2014, April and October 2015), two Enhancing Facilitation workshops (September 2014 and 2015); two Using and Understanding Research Evidence workshops (November 2015 and February 2016). We have also included information from the four Generating Ideas for Health Research workshops (two in February and two in March 2016).

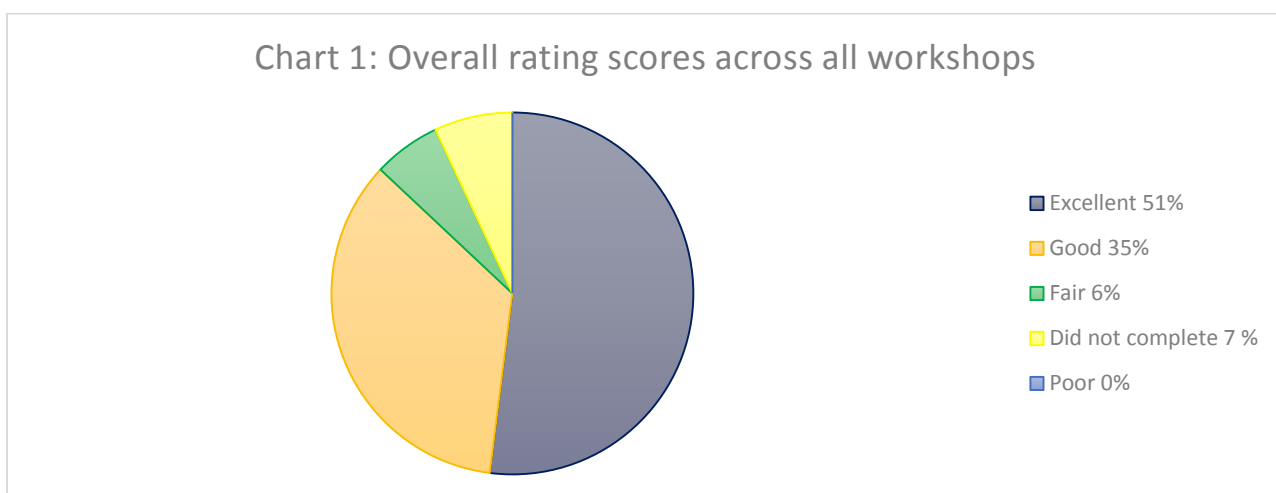
One hundred and thirty six people attended these learning and development events; 40% were members of the public (55 people). The map below identifies the post code areas of delegates, which shows that we have reached out to the key population centres in the region. A few participants from more distant places are not on the map.



26% percent of the people who came along were men, 68% were women, and 80% were white. Overall 22% of the people who attended said they had some kind of disability. Graph 1 shows the age range of the people who attended the workshops.



All participants at our workshops are asked to complete evaluation forms. The Learning and Development Group receives detailed evaluation and equality reports on all workshops. Chart 1 below summarises the overall rating scores for all eleven workshops.



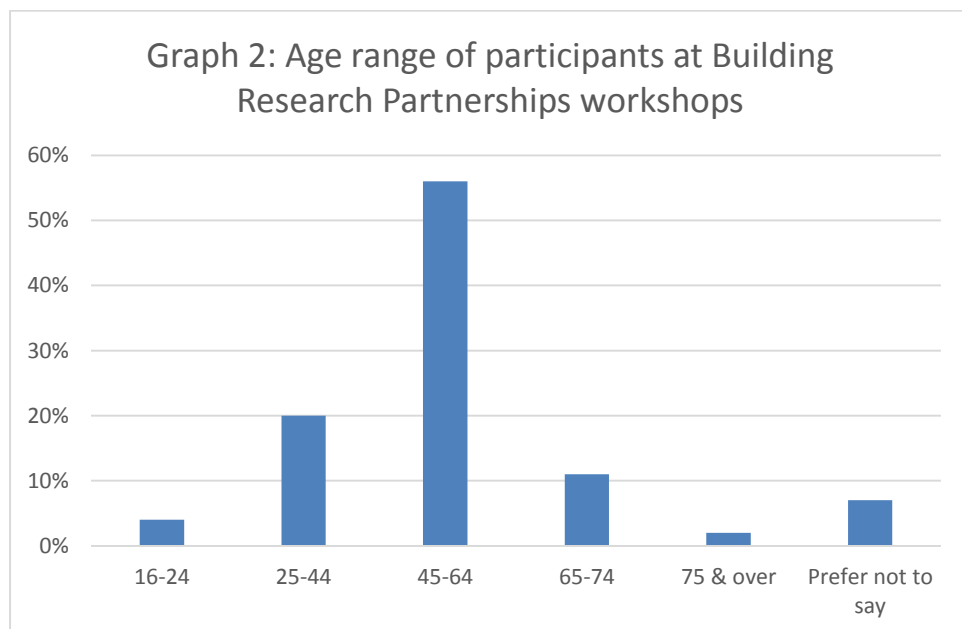
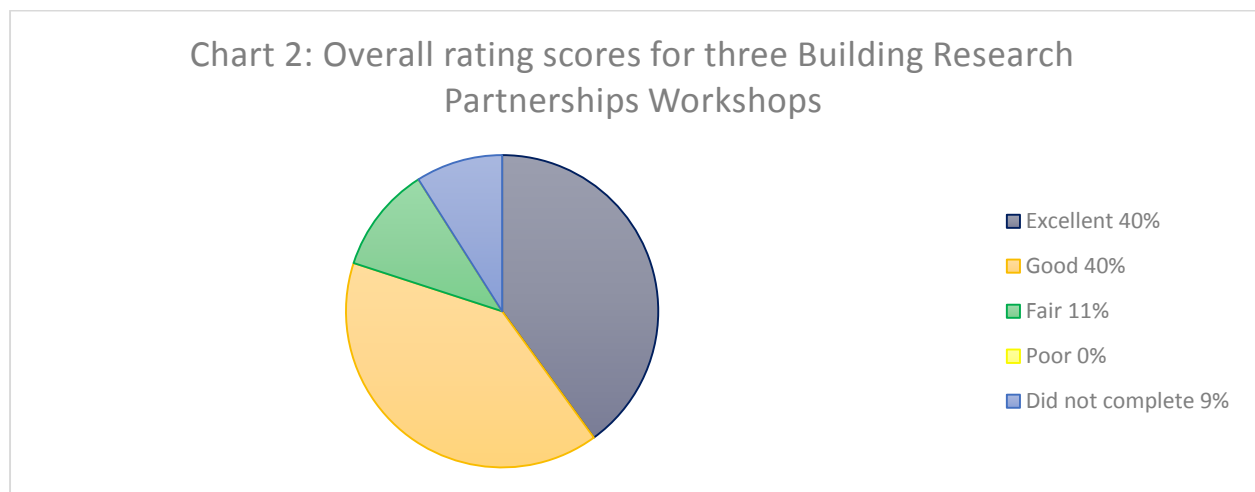
## Building Research Partnerships

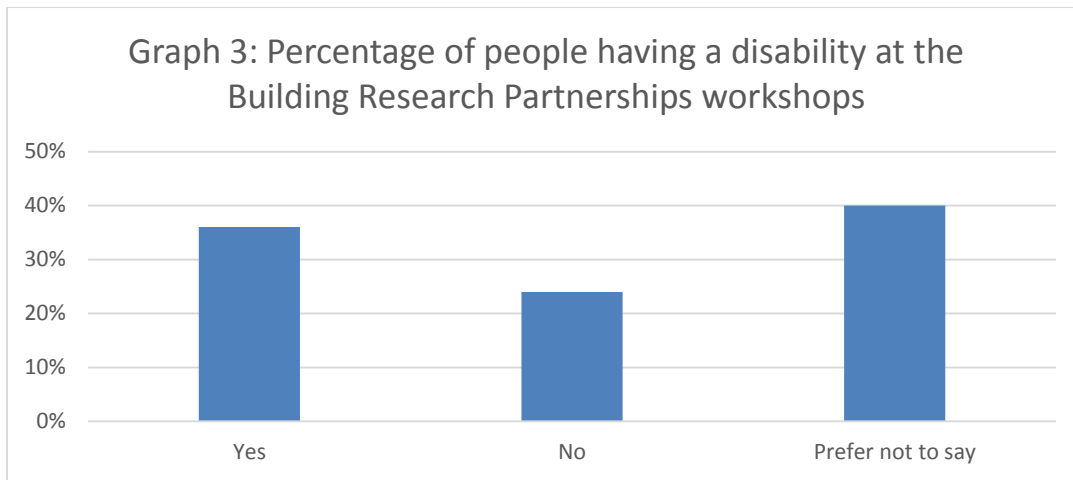
The Building Research Partnerships workshop is an introductory workshop on public involvement that explores how the public (including for example patients, service users, and carers) can get involved in health and social care research and work with professionals (researchers, academics and health professionals) in the research process. The workshop aims to support members of the public to get involved by outlining different types of research methods and terminology, and exploring different aspects of the involvement role. It also aims to support researchers who would like to involve the public in the planning, conduct and sharing findings of research to develop their understanding of public involvement. This workshop was originally developed by Macmillan Cancer Support with a focus on cancer research. It has been adapted to be relevant across health and social care, and has been delivered and evaluated nationally. Currently the national NIHR Clinical Research Network is promoting this workshop ([see here](#)).

Each workshop brings together a unique mixture of people with their own experiences, views and ideas, and the interaction between participants is an essential part of the day. The training is designed to encourage participants to get to know each other, network and build partnerships.

Between October 2014 and October 2015 PHWE ran three workshops and also trained three local facilitators. The facilitator training was planned and delivered with Jamie Spencer a national expert on this approach. The facilitator training was widely advertised and a selection day was held for potential trainees, five were selected and three completed the training and are now delivering the workshops in the West of England, with ongoing support and supervision from Jamie Spencer.

Three workshops have been run, the first in October 2014, and in April and October 2015, attended by 47 people. 31% of participants in these workshops were members of the public, 24% were men, and the majority of all participants were white British. The Chart 2 below shows the overall rating scores for these workshops, and Graph 2 shows the age range of the participants. Graph 3 shows the proportion of people attending who said they had a disability. Two workshops are being delivered in 2016 in April and October.





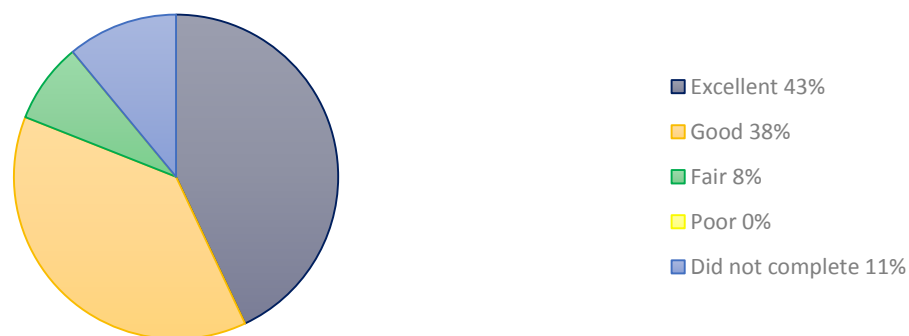
### **Enhancing Facilitation Skills workshops**

This workshop has been developed locally by PHWE. It was initiated by Dr Nicola Williams (Deputy Director, Research & Innovation, North Bristol NHS Trust and co-chair of the PHWE Strategy Group) and developed and delivered with Cathy Rice (Co-chair of the PHWE Strategy Group and experienced public contributor).

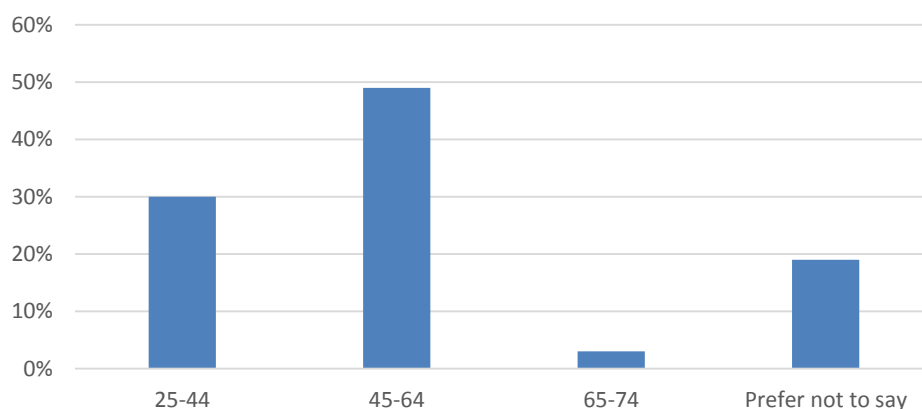
This workshop is for researchers, health professionals and other staff currently running Patient and Public Involvement (PPI) meetings and groups (and those who will soon be taking on this responsibility). It is also for members of the public who are, or will be, facilitating involvement meetings. This workshop offers the opportunity to reflect on and improve the skills needed to facilitate meetings involving members of the public. It covers meeting arrangements and practicalities, setting ground rules and chairing skills, and establishing and maintaining co-chairing arrangements. The workshop draws on the experiences of participants and provides an opportunity to share learning and ideas.

This half-day workshop was run first in September 2014, September 2015, and we plan to run it in September 2016. The two workshops completed to date have had 41 participants. The overall ratings for these two workshops are presented in Chart 3. As we expected the majority of participants at these workshops have been professionals (78%), only 11% were men, and most were White/White British. The age range of these participants is shown in Graph 4.

Chart 3: Overall rating scores for the Enhancing Facilitation Skills workshops



Graph 4: Age range of participants at the Enhancing Facilitation workshops



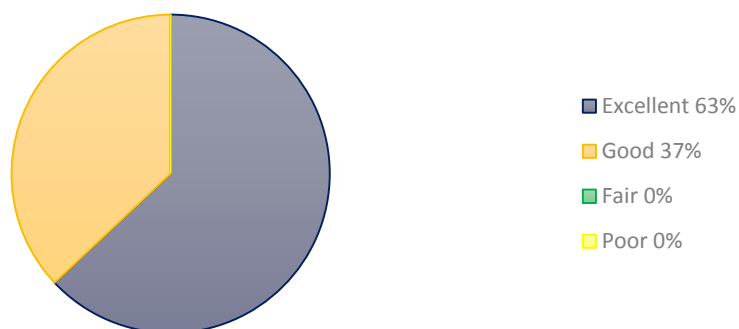
## Using and Understanding Research Evidence

This workshop was run in November 2015 and February 2016. Andy Gibson, Associate Professor of Public Involvement at UWE initiated this workshop, which has been adapted from a similar workshop developed and delivered at the Peninsula CLAHRC. This workshop is aimed at members of the public and provides an introduction to research and the tools and skills needed to assess the reliability of research evidence relating to health. No prior knowledge of research is required, and the workshop is often of particular relevance to people who are interested in contributing to research through Patient and Public Involvement.

The workshop covers the importance of understanding research evidence, different research study designs and their uses, how to frame a research/search question, and how to search for research evidence. It also helps participants to assess the strength of the evidence. This workshop is a joint project between PHWE and NIHR CLAHRC West Capacity Development Team.

Twenty people attended these workshops and the overall rating scores are presented in Chart 4.

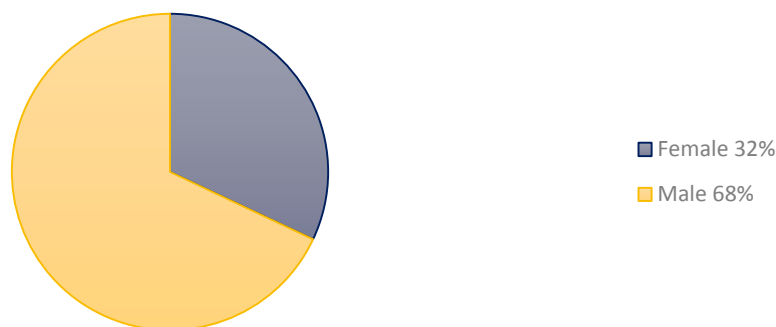
Chart 4: Overall rating scores for the Using and Understanding Research Evidence workshops



Although this workshop is intended for members of the public it has been attended by a number of professionals, particularly from voluntary sector organisations. 63% of those attending were members of the public (this includes patients, service users, family members, carers). 32% were professionals from voluntary and third sector groups.

The age range of participants at these workshops was similar to the age range for all our workshops, with most people between 45 and 65 years, and most were White or White British, but the gender balance at these workshops was different (see Chart 5). 26% of people at these workshops said they had a disability.

Chart 5: Gender balance at Using and Understanding Research Evidence workshops



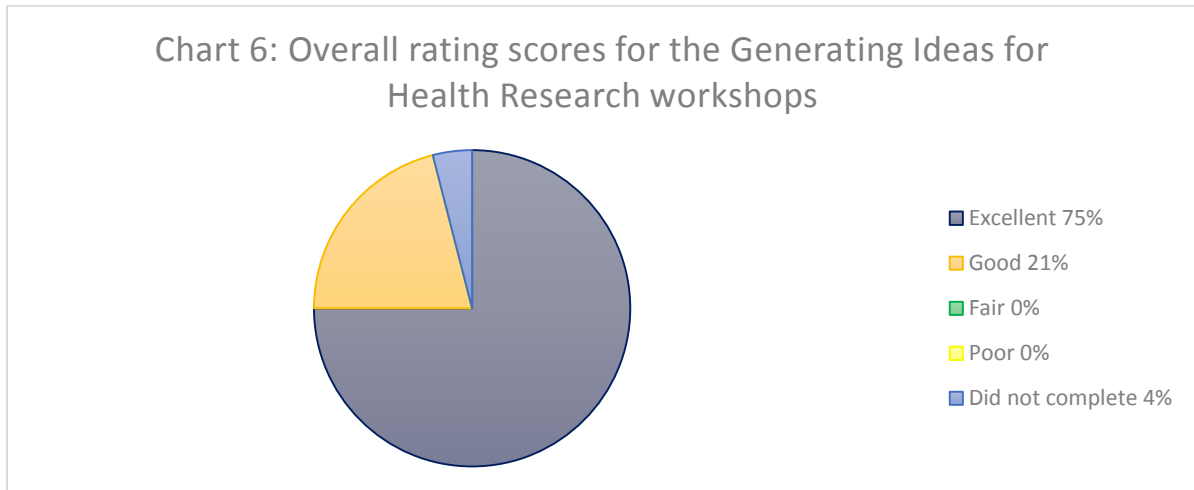
### Generating ideas for health research

In February and March of 2016, in addition to the ongoing learning and development workshops, PHWE ran four 'generating ideas for health research' workshops aimed at the public. These were planned to run in parallel with the second call for research proposals at NIHR CLAHRC West. The research ideas generated from these workshops will be considered by the NIHR CLAHRC West Director and senior researchers for potential development in the summer of 2016.

Twenty eight people attended these workshops which were conducted in Bath, Bristol, Gloucester and Swindon to increase access across the West of England. Thirty one research ideas have been

submitted from these workshops, and they will be screened first within the PHWE team (including two public contributors) and then by the Director and senior researchers at NIHR CLAHRC West.

The overall ratings for these four workshops are present in Chart 6. Almost all participants in these workshops were members of the public, and while the age range of participants was similar to all our workshops, again more men attended these workshops – 46% were men. Most participants were White/White British and 25% described themselves as having a disability.



## Progress and Practice in Public Involvement – June 2015

On Wednesday 3<sup>rd</sup> June 2015 PHWE held a very successful event at the Vassall Centre in Bristol. Nearly 100 people attended and a quarter were members of the public. Feedback from the day was overwhelmingly positive, people appreciated finding out about involvement in different projects and areas and the chance to meet colleagues and made new connections. 79% of those who completed the evaluation form (48 people) rated the day overall as good or excellent.

The day started with a review of public involvement across the National Institute for Health Research (NIHR) from Simon Denegri, Chair of INVOLVE and National Director for Public Participation and Engagement. 95% of people (n=43) rated this session as good or excellent. This was followed by a session describing PHWE as a relatively new regional public involvement initiative, which was delivered by a public contributor with Professor David Evans, the Academic Lead of the PHWE team based at UWE. 86% of people (n=43) rated this session as good or excellent. The remainder of the event provided workshops sharing good practice examples of public involvement, as well as an opportunity for delegates to network with their colleagues. A more detailed report of this event can be found [here](#).

## Conclusion

People in Health West of England has run a strong Learning and Development programme. Building capacity to deliver such a regional programme is an important feature of our regional involvement initiative. Key points about this work are:



- Nearly 250 people have attended workshops and the event run by PHWE to date.
- People attended workshops from all the main population centres including Bath, Bristol, Gloucester and Swindon.
- PHWE is delivering the learning and development programme with a range of core partners in the region, including Healthwatch.
- PHWE is working with the NIHR Clinical Research Network West of England to deliver the Building Research Partnerships workshop.
- Our workshops have successfully targeted both professional and public audiences.
- 86 % of attendees rated our workshops good or excellent

Rosie Davies, Research Fellow (Patient and Public Involvement)

NIHR CLAHRC West and UWE, May 2016