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West of England**

Better involvement · Better research · Better health

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Newsflash

6 December 2017

Involvement Opportunity: Depression and low mood

**respond ASAP, meeting late January,
Bristol**

For: People who are currently experiencing symptoms of depression or low mood, and receiving treatment to manage depression or low mood (e.g. CBT, antidepressants), aged over 18, and user of a smartphone.

What: Researchers at the University of Bristol seek people to try out a smartphone app and provide feedback at a one-hour meeting.

[Click for more info](#)

Volunteer birth supporters

interviews in January, Bristol

For: Women who have birth-room experience, through antenatal support, breastfeeding support, parenting experience or have completed doula training or midwife training; additional spoken languages are an advantage.

What: Project MAMA will launch in 2018 and will be a peer support service offering antenatal, birth and postnatal support to



hyvr--new online platform

The [West of England Academic Health Science Network \(WEAHSN\)](#) has launched [hyvr](#), a new online platform bringing patients and the public together with innovators to co-create new ideas for health improvement. Sign up to try it out.

[Click for more info](#)

Swindon action research

Initial findings have been published from [Your Space Your Say](#), an action-research project, based at the University of Bath, which explored young people's experiences of leisure, active mobility and inequality in Swindon. The young people were involved in a range of creative

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status.

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Volunteer 'Community Navigators'

Bristol

For: Friendly, respectful and thoughtful people who are good communicators.

What: Community Navigators Bristol seeks volunteers to help older people in Bristol feel happier, healthier and less lonely by connecting them with their community.

[Click for more info](#)



Event: USAWA (Equality) A Specialist Course

7th December, Bristol

For: Practitioners who seek a greater understanding of working confidently, competently and effectively by valuing diversity and difference.

What: A multi-agency one-day training course to inspire and empower you to explore and reflect on personal and organisational attitudes, values, bias and practices. The course is run by Nilaari, a Black, Asian and Minority Ethnic led Bristol charity. £70/£55

[Click for more info](#)

Please feel free to pass this on to anyone you feel may be interested.

distrACT app launched

The free [distrACT app](#) gives discreet access to information on how to manage difficult feelings for those thinking about self-harm or who have self-harmed. The app was developed with the support of [Bristol Health Partners 'Improving Care in Self-Harm' Health Integration Team \(STITCH HIT\)](#)

Public Engagement Guide

[Public engagement--a practical guide](#) is designed to help researchers involve the public in working out how to communicate findings--from the earliest stages of projects, and on the most challenging of subjects.



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People in Health West of England is a collaborative approach to involving patients and other members of the public to promote a strong public voice for better involvement, better research and better health.

 Bristol Health Partners Clinical Research Network:
West of England Collaboration for Leadership
in Applied Health Research
and Care West UWE
Bristol University
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PHWE Newsflash 6 December 2017

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