

Health and Care Research in the County of Hertfordshire and across the East of England region

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| Applied Research Collaboration East of England (ARC EoE)

- The NIHR ARC EoE is one of 15 ARCs across England, part of an original £135 million investment by the NIHR to **improve the health and care of the public, including patients.**
- ARCs support and **facilitate research** and increase the rate at which research evidence is **implemented into practice**, to deliver a step change in **impact.**
- We aim to improve **outcomes, access and experiences** for the public by
 - improving the quality, delivery and efficiency of health and care services;
 - increasing the sustainability of health and care systems both locally and nationally

ARC EoE Research 2022-23

£1+ million
in co-funding from 26
formal partners



£10+ million
awarded in research grants



90

on-going research projects
across our research themes



31
Fellows and PhD
students



65
published papers in
peer reviewed journals



94
funded people across
our ARC



122
collaborating
organisations

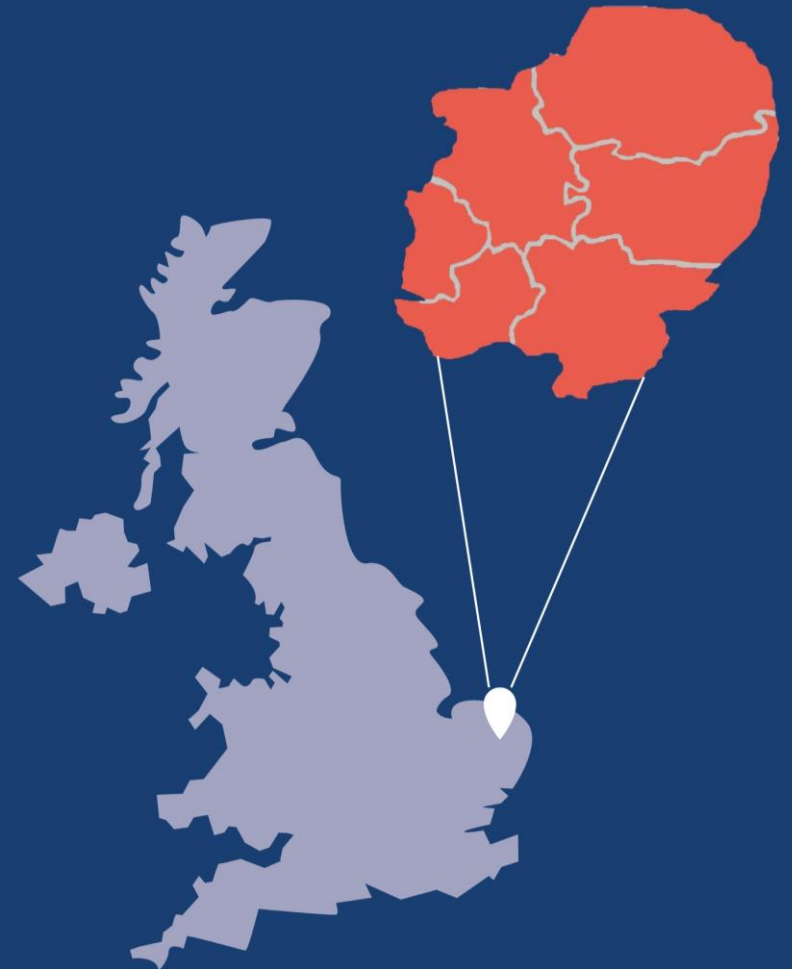


13
links with
industry

Applied Research Collaboration East of England (ARC EoE)

Five year collaboration between:

- Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)
- University of Cambridge, University of East Anglia, **University of Hertfordshire** and University of Essex
- Eastern Academic Health Science Network
- Other NHS trusts, local authorities, regional ICSs, patient-led organisations, charities, and industry partners across the region
- ARC funding has been extended for a further 18 months, until March 2026



- Centre for Research in Public Health and Community Care
 - A multidisciplinary research centre focused on producing research that makes **a difference to people's lives** by improving the **quality** of health and social care services and **promoting** health and wellbeing.
 - Key areas of research activity include:
 - Communities, Young People and Family Lives
 - Place-based Ageing
 - Patient Experience and Public Involvement
- **NEW!** Centre for Applied Clinical, Health and Care Research
 - Incorporating musculoskeletal (physiotherapy) research; unscheduled and emergency care; nursing and midwifery research.

| Research across Hertfordshire

- ARC EoE currently has **23 research projects** underway in Hertfordshire
 - 57% are focused on Stevenage
 - On a range of topics/populations and involving range of service providers
- **25%** of **all** current ARC EoE research is led by the **University of Hertfordshire**



Beyond Words: co-creation and evaluation of a visual resource to support COVID-19 vaccine uptake in people with intellectual disabilities

The aim of this research is to develop, and then evaluate, the usefulness and impact of a new pictorial resource about the COVID-19 vaccine for people with intellectual disabilities and their carers (family, friends and 'formal' carers).

Who was involved?

- Professor Natalie Pattison, Professor, University of Hertfordshire, n.pattison@herts.ac.uk
- Professor Jacqueline Kelly, Dean of the School of Health and Social Work, University of Hertfordshire, j.2.kelly@herts.ac.uk
- Professor Julia Jones, Professor, University of Hertfordshire, j.jones26@herts.ac.uk
- Anne Hunt, Deputy Director of Nursing & Partnerships, Hertfordshire Partnership University NHS Foundation Trust (HPFT)
- Dr Rajnish Attavar, Hertfordshire Partnership University NHS Foundation Trust (HPFT)
- Dr Romanie Dekker, Hertfordshire Partnership University NHS Foundation Trust (HPFT)
- Louise Jenkins, Hertfordshire County Council (HCC)
- Nick Wright (Collaborator) Books Beyond Words Charity

For more information

- <https://arc-eoe.nihr.ac.uk/research-implementation/research-themes/prevention-and-early-detection-health-and-social-care-7>

Disclaimer

This study is supported by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration East of England (NIHR ARC EoE) at Cambridge and Peterborough NHS Foundation Trust. The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

For more information, contact Julia Jones
(j.jones26@herts.ac.uk)



Developing a co-designed intervention to increase COVID-19 vaccination confidence the Black African and Caribbean communities in Watford

Design and deliver a consultation on vaccine confidence in 12-16 year old children and their parents among the African / Caribbean community in Watford.

Who was involved?

- Daksha Trivedi, Researcher, University of Hertfordshire, d.trivedi@herts.ac.uk
- Dr Claire Thompson, Senior Research Fellow, University of Hertfordshire, c.thompson25@herts.ac.uk
- Ludovico Nocco, Hertfordshire County Council
- Anna Baker, Hertfordshire County Council
- Sharon Bailey, Watford Borough Council
- Natasha Austin, Hertfordshire Healthwatch
- Chloe Carson, Hertfordshire Healthwatch
- Kate Belinis, Community Development Action Hertfordshire

For more information

- <https://arc-eoe.nihr.ac.uk/research-implementation/research-themes/prevention-and-early-detection-health-and-social-care-15>

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*For more information, contact Daksha Trivedi
(d.trivedi@herts.ac.uk)*



Household Experiences of Food Poverty and Support Service Provision in Hertfordshire

A mixed-methods collaborative study to inform Hertfordshire County Council's 'Food Poverty Needs Assessment'. The aim was to assess the range of existing services and agencies supporting households experiencing food poverty across Hertfordshire.

Who was involved?

- Dr Laura Hamilton, Research Fellow, University of Hertfordshire, l.hamilton7@herts.ac.uk
- Dr Angela Dickinson, Senior Research Fellow, University of Hertfordshire, a.m.dickinson@herts.ac.uk
- Faith Eddlestone, Health Improvement Lead, Hertfordshire County Council
- Kirsten Lorrain-Smith, Hertfordshire County Council

For more information, contact **Laura Hamilton**
(l.hamilton7@herts.ac.uk)

For more information

- <https://arc-eoe.nihr.ac.uk/research-implementation/research-themes/prevention-and-early-detection-health-and-social-care-17>

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Exploring older people's attitudes towards sharing activity monitoring data into social care services (AMM40)

Author



Chris Metcalf
SCRIPT FELLOW



To explore older people's perceptions regarding benefits and concerns of home activity technology; specifically, regarding social services accessing data to support proactive, preventative interventions. Findings could inform social services development, delivery, and adoption success of this technology enabled care service.

Theme

Ageing and Multi-morbidity

Exploring older people's experiences of returning home from hospital on the Discharge to Assess pathway: implications for social care practice (AMM41)

Author



Toby Connell
SCRIPT FELLOW



A qualitative study using interviews to explore older people's experiences of receiving support from social services, after returning home from hospital on the Discharge to Assess pathway.

Background

PROJECT PEOLC16

Carer Support Nurse Pilot (PEOLC16)

Author



Morag Farquhar
PROFESSOR OF
PALLIATIVE CARE
RESEARCH



We have worked with carers, health and social care professionals, voluntary organisations and national leaders in carer support, to develop a new Carer Support Nurse role. This study explores the role's value and impact, and the feasibility of a larger study of how the role works across multiple sites.

Theme

Background

PROJECT PEDHSC25

Empower Evaluation: evaluating project aiming to improve the mental health of young people (PEDHSC25)

Theme

Prevention and Early
Detection

Status

Ongoing

Partners

[Watford FC Sports and Education Trust](#)

Location

The University of Hertfordshire is working with Watford FC Sports & Education Trust to evaluate [Empower](#), a 24-week project that aims to improve the mental health of young people aged 9-12 through the use of physical activity,

Summary

Up to 1 in 8 children in Hertfordshire have a clinically diagnosable mental health issue. There has been an increase in the number of young people who are currently in employment, school and colleges who need support with mental health and wellbeing, and so this project aims to equip young people (alongside teachers, parents and sports coaches) with the skills and knowledge needed to develop healthy and lasting coping strategies. The aim of Empower is to improve young

PROJECT AMM25

The Contribution of Physical Activity to Social Connectivity and Wellbeing in Older Adults Living with Dementia (AMM25)

Author



Elspeth Mathie
UNIVERSITY OF
HERTFORDSHIRE



Theme

Ageing and Multi-morbidity

Status

Completed

Location

[Hertfordshire](#)

[Stevenage](#)

[Watford](#)

University

[University of Hertfordshire](#)

This project followed on from a national evaluation of Dementia Friendly Communities (DFCs), the DEMCOM study. The focus of the project was to explore how DFCs involve and engage people living with dementia in physical activity.

Summary

Physical activity can improve the wellbeing of people affected by dementia and their carers. It may also help people living with dementia to feel connected with their local community. Yet, the impact of physical activity programmes on the experience of people living with dementia is often overlooked. The current project examined the provision of physical activities by DFCs in England for older adults living with dementia and the strategies used to engage this population in the planning and running of activities.

A mix of research methods were used including: a survey completed by the leads of DFCs, detailed case studies of three DFCs with different experiences of providing physical activity, interviews and focus groups with key stakeholders and documentary analysis. All stages of the project involved 'experts by experience' from Patient and Public Involvement (PPI) groups.



Physical Activity Inclusion in Dementia Friendly Communities

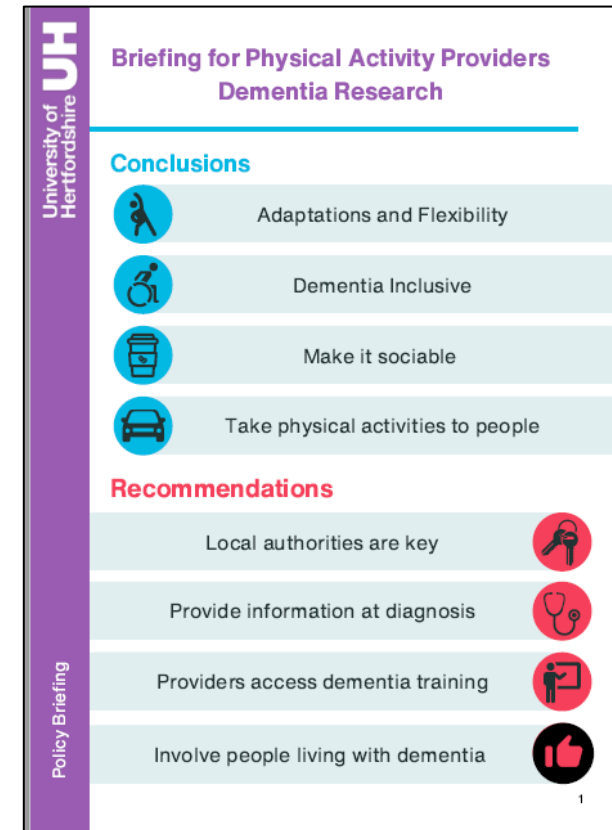
Dr Elspeth Mathie, Reader in Health and Social Care Inclusion, Co-lead Inclusive Involvement Research Theme, NIHR Applied Research Collaboration, East of England

Dr. Rebecca Hadley, Professor Elizabeth Pike, Professor Claire Goodman,

Sue Marks, Rosemary Phillips and Marion Cowe (Public Involvement Contributors) *University of Hertfordshire*



Image Credit: Cycling without Age



Public involvement

PAGE

Stevenage Dementia Involvement Group

The Stevenage Dementia Involvement Group aims to provide opportunities for people living with dementia, and their carers, to influence dementia research and the planning of local services.



Stevenage Dementia Involvement Group: July 2022



Physical Activity in Stevenage



Receiving and sharing a diagnosis of dementia



Physical Activity in Stevenage 2



Dementia Friendly Hospitals



GPS location devices



Quality of life in care homes



Virtual Wards and Assistive Technology



Social Wellbeing and technology



Dementia Urgent Care Plan



HPFT services

Public Involvement Opportunities through the University of Hertfordshire

- Our University of Hertfordshire well-established Public Involvement in Research Group enables patients and the public, academics and health/care service professionals to work together, to co-design and produce excellent research.
- Contact Julia Jones j.jones26@herts.ac.uk

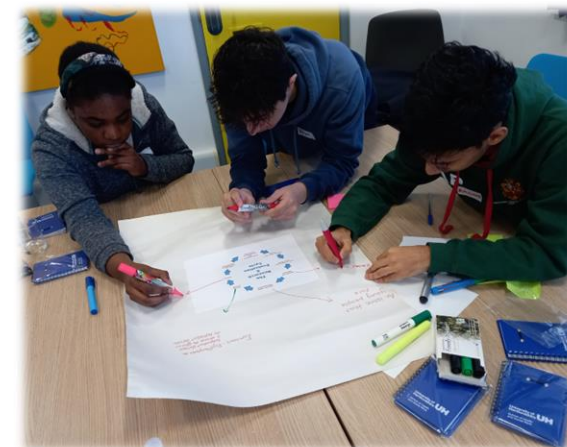


University of
Hertfordshire **UH**



Herts YPAG

- Young people's research advisory group, based at the University of Hertfordshire
- 18 young people aged 8-18
- Meets approx. every 2 months to learn about research and work with researchers working in children and young people's health, care, family lives and communities
- Children and Young People involved from the outset
- Contact Louca-Mai Brady
l.m.brady@herts.ac.uk



<https://generationr.org.uk/hertfordshire-ypag/>

Twitter: @HertsYPAG

Social Care Advisory Group

Set up in 2022 to support growing number of social care research. **This research advisory group includes people who:**

- Have experience of using social care services (either directly or for a family member or friend)
- Have experience of doing or taking part in research in social care
- Are disabled people with long term health conditions and impairments, including people with learning disabilities

Further information and contacts:
<https://scriptstudy.org/public-involvement-in-social-care-research-pi-soc-group/>



We can't do research without public involvement!



I am so pleased to be given the opportunity to be involved with the group and know that my thoughts and feelings are being listened to and hopeful that this may lead to positive change

Anne- Group Member

Thank you for your interest and involvement in research in Hertfordshire



ARC EoE website:

www.arc-eoe.nihr.ac.uk/



Email:

ARCOffice@cpft.nhs.uk ; w.j.wills@herts.ac.uk



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