



HAVE YOUR SAY IN RESEARCH

THE QUARTERLY NEWSLETTER FOR PARTICIPATION
OPPORTUNITIES

Welcome to our first “Have your Say in Research” mailout!

In May we held an online event introducing our Collaboration with the University of Manchester and explored the barriers to older people getting involved in research. Over 65 people attended and we had some great discussion. If you weren't able to attend the event and would like to find out more or watch the recording you can see this on our [website](#).

One of the barriers to getting involved in research that was identified at the event was not knowing how to participate and what opportunities were on offer. To respond to this, the Network have decided to send out a quarterly mailing to our members to make sure that you get this information on a regular basis.

We'd also like to take this opportunity to say a huge congratulations to all of the Network members who have been involved in the Keeping Well Campaign. The Network received the Group COVID 19 Award for our collaboration on this work over the past year at the Patient and Public Involvement and Engagement Awards, organised by the University of Manchester's Faculty of Biology, Medicine and Health. Fantastic work everyone!

We hope you find the mailout useful, please let us know if you would like to suggest content for the next mailing or have any feedback by contacting gmopn@macc.org.uk or 0161 8349823.

Best wishes,
The GMOPN Team



Applied Research Collaboration Greater Manchester - participation opportunities

The Applied Research Collaboration Greater Manchester supports health and care research that responds to, and meets, the needs of local populations and local health and care systems. Public, Community, Involvement and Engagement is a key foundation within the work that the Applied Research Collaboration Greater Manchester does. Please find our involvement opportunities below.

→ **Active, Connected and Engaged trial**

Active, Connected, Engaged is a trial which is running across Manchester, Birmingham and Cardiff working with the Royal Voluntary Service and local communities. It aims to establish whether a peer volunteer led active ageing programme can help get older adults out and about and improve their everyday lives.

Could you be involved?

Opportunity 1: Become a Peer Mentor



- Are you aged 50+?
- Do you enjoy being active?
- Are you from central Manchester?

If this sounds like you, you could volunteer to be a 'Peer Mentor'. This would involve supporting one or two older adults for six months to access opportunities in their local communities.

Timescale: Starting from September 2021

Opportunity 2: Advisory Group Member

Those interested in being a 'Peer Mentor' who would also like to sit on a local advisory group, and help guide the project.

Timescale: Starting from September 2021, meeting twice in the first year and then 3 more times during the project

Opportunity 3: Workshop Discussions

Older adults aged 65+ who are at risk of disability but still able to walk, and people aged over 50 with experience of volunteering to support older adults to join several workshops to discuss factors influencing the engagement of older adults with community initiatives.

Timescale: Starting from September 2021

Opportunity 4: Become a 'Citizen Scientist'

Ten 'citizen scientists' in Manchester to directly contribute to assessment within the Active Connected Engaged trial, feedback of findings and impact activities during the study, and increase their own scientific understanding (training will be provided)

Timescale: Starting from September 2021

How many people are they looking to recruit?

- 50 'Peer Mentor' volunteers from within central Manchester
- 20 people across the other opportunities described

What are the payments for public contribution?

Approximately £75 per half a day

If you would like to find out more information, please telephone Helen Hawley-Hague on 07810 358568.



→ **Impact of Covid-19 Lockdown Studies**

Study 1: The impact of Covid-19 lockdown on physical activity trends and changes in exercise patterns

Study 2: The impact of Covid-19 on physical and mental health of homeworkers

The aim of these two studies is to identify changes that took place during lockdown, specifically around physical activity in older adults and the health of homeworkers aged 50+. Each study consists of two parts:

- The first part uses data from the UK Household Longitudinal Survey to identify the change in trends during lockdown
- The second part will involve individual interviews and focus groups to help explain the reasons why these changes occurred and identify potential improvements

The purpose of these two studies are to improve service provision and ensure people's needs are being met on a variety of levels such as individual, family, community and society.

Could you be involved?

- Are you aged 50+?
- Are you based within Greater Manchester?

If this is you then you could take part in one of the following study opportunities:

Opportunity 1: One-to-one interview

Adults aged 50+ who are willing to be interviewed individually about their change in physical activity over this past year or so (prior to lockdown, during the Covid lockdown and at present).

The research team would like to discuss:

- How your exercise patterns have changed
- The barriers and facilitators that you may have faced to undertake exercise
- What help and support you may have received, and if the provision of services in your area changed
- If the changes had any impact on you and how it affected your routine

The team are looking for 15-20 participants for this opportunity. Interviews will likely take place from September – December 2021

Opportunity 2: Advisory Group

The study team are looking to recruit participants to be part of an advisory group that will help guide the development of a regional survey in Greater Manchester to identify exercise patterns and explore service provision.

The team are looking for 2-3 people to be part of the advisory group; the group will meet 3-4 times over 12 months.

Opportunity 3: Focus Group

Employed adults aged 50+ who are willing to take part in group discussions or be individually interviewed about changes in their mental and physical health as they worked from home during the pandemic (prior to lockdown, during the Covid lockdown and at present).

The research team would like to explore:

- what changes you have experienced in your health
 - how it affected you
 - how it affected your work
 - what resources you had access to
 - what help and support you may have received from your employer, health provider and other avenues of support such as family and the community
-

The team are planning to run around 3-4 focus groups to discuss the questions above, focus groups will be made up of approximately 5-10 people. They are looking for around 30 people to take part in total. Focus groups will likely take place from September 2021.

What are the payments for public contribution?

- Participants who take part in a one-to-one interview or focus group will receive £15 in high street vouchers
- Public contributors who take part in the advisory group will be paid £20 per meeting plus £5 for internet usage

If you would like to find out more information, please contact:

- **Dr Saima Ahmed - saima.ahmed@manchester.ac.uk**
 - **Ms Alison Littlewood – alison.j.littlewood@manchester.ac.uk or telephone 07766 133714**
-

→ Older People and Frailty Policy Research Unit - participation opportunities

The Older People and Frailty Policy Research Unit is a collaboration led by the University of Manchester in partnership with Newcastle University and London School of Economics. They have a large portfolio of work and are keen to engage with a broad range of participants in current research projects. Please see below the current opportunities but also keep an eye on their website 'get involved' pages. Currently they have opportunities on the following three research projects:

- **Supporting people to stay independent in later life**
- **The impact of changes in local authority support during Covid-19 on carers (aged 70+) supporting partners living with dementia**
- **Palliative and End of life care experiences of people of African and Caribbean descent during COVID-19 (PEACE)**

Information about all of the above participation opportunities can be found on the Older People and Frailty's [website](#), including contact details for each project.

Did your loved one die during the pandemic from COVID-19 or another illness?

Are you ready to talk about it?

People of African and Caribbean descent are less likely to receive good care in the last year of life.....

....We need to change that now!

Help us make care better!

Do you identify as being of Caribbean or African Descent?

Are you over 18?

Would you mind spending an hour talking to us 1 to 1?

Either on the phone or via video call

We want to hear about the care your relative received and your family experiences.

NIHR | Policy Research Unit
Older People and Frailty

CONTACT US...
Call or text 07708 649459.

MANCHESTER 1824
The University of Manchester

Newcastle University

PEACE@newcastle.ac.uk

@OPF_PRU

→ Mental capacity and personal finances: a study of assessment and support

Public Contribution Opportunity

Could you be involved?

This research focuses on what happens when older adults need support to manage their money. The University of Manchester is currently reviewing professional and public documents and information resources about the issue of supporting people to manage their money.

They will then interview social care practitioners, older adults and their family members about their experiences of this topic.

The project aims to provide evidence for social care practitioners to develop their skills, and an information resource for older adults and families who may be looking for help.

If you are aged 50+ you could take part by attending 4-5 meetings over the course of the project.

Meeting schedule:

- **Meeting 1: August/September 2021** - To support the development of interview questions
 - **Meeting 2: March 2022** - To support interpretation of findings from the interviews
 - **Meeting 3: May 2022** - To provide critical comment and feedback to support the overall analysis of the documents and the interviews
 - **Meeting 4/5: August/September 2022** - To support the development of a lay summary and an information resource for older adults and families
-

How many people are they looking to recruit?

6-10 people to form a consultation group

What are the payments for public contribution?

£75 per meeting

If you are interested in taking part or would like more information, please email Dr Alex Hall at alex.hall@manchester.ac.uk.

→ Launch of the research report, ‘Covid-19 and Social Exclusion: Experiences of older people living in areas of multiple deprivation’

Event

You are invited to join Andy Burnham, Mayor of Greater Manchester at the launch of a new research report from the Manchester Urban Ageing Research Group at University of Manchester, ‘**Covid-19 and Social Exclusion: Experiences of older people living in areas of multiple deprivation**’ on **Monday, 12 July 11am – 12.30pm**.

This event is jointly hosted by the GM Ageing Hub, University of Manchester and Centre for Ageing Better in partnership with Manchester City Council, Greater Manchester Council of Voluntary Organisations and the Greater Manchester BAME network.

We will hear from Professor Chris Phillipson on the findings of the research and the recommendations to address the significant inequalities experienced by groups of older people in Greater Manchester.

Confirmed speakers include:

- Andy Burnham, Mayor of Greater Manchester
 - Chris Phillipson, Professor of Sociology and Social Gerontology at The University of Manchester
 - Patrick Vernon OBE, Associate Director, Centre for Ageing Better
 - Cllr Jude Wells, Stockport Council and Deputy Portfolio Lead, Ageing and Equalities, Greater Manchester Combined Authority
 - Chair: Pam Smith, Chief Executive, Stockport Council and Lead Officer for Ageing and Equalities, Greater Manchester Combined Authority
-

This event will support policy makers and practitioners across Greater Manchester to understand the experiences of inequality faced by groups of older people in Greater Manchester. There will be a focus on understanding the population health challenges arising from the COVID-19 pandemic, particularly the physical and mental health impacts faced by older people to assist in developing recovery responses.

This event forms part of the Ageing Hub's response and mobilisation in the light of the report, [The Next Level: Good Lives for All in Greater Manchester](#) from the Greater Manchester Independent Inequalities Commission.

Please [book your place to attend this online event here](#).

This launch event forms part of plans to disseminate this research widely with stakeholders across Greater Manchester.
