

SURESEARCH ANNUAL REPORT 2015-16

For Suresearch AGM, 10th November 2016

Introduction

The running of Suresearch is a team effort of members and officers and organised through the Futures Group.

Membership

We have 91 members on our email list, up to 20 receiving the postal mailout, plus 8 members whose email addresses have not been functioning for some time.

During the year, some members attended the funeral of John Cairney, a member of Suresearch from the early 2000s. John contributed to Suresearch's editorial involvement in the production of the first service user written *Journal of Social Work Education* back in 2005.

Organisation

Officers

Officers elected in November 2015 have served throughout the year.

Office Facilities

The Suresearch office has remained at Park House during this year. The office houses computers which are used to maintain our membership database and website, our archives and a small number of reference books. Members can arrange to access the office to view these materials by emailing suresearch.org@gmail.com.

Mailings

About 15 members still receive the monthly mailing by post and the rest are sent by email. Those who are on the email list have also been receiving more frequent circulations of events and opportunities of interest.

Website

In 2015, Carbon Creative were commissioned to redesign the Suresearch website at www.suresearch.org.uk, as part of the Suresearch 2015 project, with the aid of Awards For All Lottery Funding. This included a new logo for Suresearch. Members were involved in decisions on the redesign, and the new site went live in early 2016. Details of meetings, news items, and articles by members are posted on the site.

Members are encouraged to submit items for posting on the website, under the following categories:

- Reports on members activities, including involvement in research, training and other work, through Suresearch,
- Articles and opinion pieces from members,
- Members' creative writing.

Suresearch will need to find a new hosting service for the website from February 2017 onwards, to take over from the current service provided by Carbon Creative.

Monthly Meetings

Suresearch has continued to have monthly meetings at Park House. Speakers have included:

Rosie Barker, Birmingham Museums Community Engagement Officer, outlined details of this year's programmes the Birmingham Museums are running for Carers and people with mental health issues.

Dr Emma Perry spoke about the National Service User Network, including its National Gathering and AGM in Birmingham on Sunday 8th May 2016.

Dr Karen Newbigging , Senior Lecturer in Healthcare Policy and Management, HSMC¹, University of Birmingham and Suresearch member, spoke about how to write a research proposal.

Dr Lynn Tang, previously employed in the Centre of Excellence in Interdisciplinary Mental Health (CEIMH), University of Birmingham, now an Assistant Professor at the Tung Wah College, Hong Kong, told members about her ongoing work in Hong Kong re mental health and her forthcoming book on the experiences of Chinese people of mental health services.

¹ Health Service Management Centre, University of Birmingham

Future of Suresearch (Futures) Group

The Futures group has continued to meet when required and focus on the day to day running of Suresearch and its future development including funding (see separate heading for work on funding).

Five meetings were held during the year.

A code of conduct for Suresearch members was completed and presented to the April monthly meeting. A supplement outlining procedures for dealing with any problems that may arise will be produced in due course.

The group has taken responsibility for maintaining the Suresearch archives. These are now being updated at every monthly meeting with minutes and information of members networking activities. Members should bring items for the archives to monthly meetings.

Funding of Suresearch

A separate financial statement for 2015-2016 is presented to the Annual General Meeting.

The Awards for All Lottery Funded one year project entitled Suresearch 2015, came to an end in December 2015. This involved a re-launch of Suresearch, around a redesign of the Suresearch website and generally enhancing the awareness of Suresearch across the Midlands to Mental Health Services and User and Carer groups, through payment of members travelling expenses and production of leaflets. On receipt of our final report on the project's achievements, the Awards for All Lottery Fund congratulated Suresearch on the success of the project, and returned the cheque for the unspent award money. This, and Suresearch's accumulated donations have covered travel expenses to meetings during 2016, but this money will run out during 2017.

A June application for further funding to the Allen Lane Foundation, based on activities, over a two year period to generate content for the website was unsuccessful.

In order to protect our remaining funds, the following decisions were taken during the year:

- to restrict payment of travelling expenses for attending meetings to £15 per meeting and to those living in the Midlands.
- to start all morning meetings no earlier than 11.00, to facilitate the use of off-peak travel passes.

- to reduce the overall number of Suresearch meetings (monthly and group meetings) in 2017 by half if further funding is not obtained, with the method to be discussed later if necessary.

A further application was submitted to the Awards for All Fund.*

**Shortly before the A.G.M on 10 November 2016, we were notified that the application had been successful, and an offer of £8.125 funding for a Suresarch2017 project received. Details of the new project are summarised in Appendix 1.*

Research

During the year, members have continued to be involved in a variety of mental health research projects, by providing advice and working collaboratively as researchers.

Suresearch has been named as a collaborator in the following funding bids:

- The resubmitted bid from the UoB² Psychology Department to the European Horizons 2020 Fund, coordinated by Dr Michael Larkin (Psychology Dept and Suresearch member), which was unsuccessful.
- In October, Dr Karen Newbigging (HSMC and Suresearch member) confirmed that, as from November, she will be leading a research study about the scope and role of voluntary sector provision for people experiencing mental health crises in England. It is the first of its kind and will open up opportunities for researchers with lived experience to become part of the research team. There is also a possibility of Suresearch being involved in the training of these co-researchers. Suresearch has been involved in developing the bid for funding and will continue to have a place on the Steering Group.
- Suresearch has contributed to a UoB School of Nursing bid to secure University funding for a pilot project to involve service users in the clinical supervision of mental health School of Nursing students, to promote holistic and person centred recovery focused practice. Stephen Jeffreys has coordinated responses to this invitation, and a decision is awaited.

Members have attended a number of research focused groups and workshops. Some of these were multidisciplinary gatherings attempting to formulate ideas for further funding bids. These include:

- Stephen Jeffreys attended a research group meeting on risk work in health, following an invitation to Suresearch from Dr Nicola Gale of HSMC . The group discussed ideas

² University of Birmingham

for a research project focusing on the experiences health workers involved in considerations of risk and risk management. We are not aware of any further developments from this.

- Stephen Jeffreys continues to attend the BSMHFT³ Psychology Research Group which was formed to promote psychology research in the Trust and assist Clinical Psychology Students with their research projects. They are planning to promote themselves through the BSMHFT website. There is likely to be an opportunity to include information about Suresearch.
- Stephen Jeffreys went to the UoB inter-departmental meeting planning bids around “Transitions in Mental Health’. The meeting discussed themes for applications to be pursued when the formal call for bids arrives. We are not aware of further developments on this.
- Tony Devaney and Stephen Jeffreys took up invitations to attend a stimulating cross-universities research seminar on Relational Wellbeing, which included research findings related to the social as well as the personal context of wellbeing.
- The ongoing Mental Wellbeing Clinical Research group, and Self and Identity collaborative research project, have not progressed over the last year due to unavailability of the academic staff involved .

Jo Barber has continued her work on spirituality in Mental health care. One important output has been the “Handbook of Spiritual Care”. Written by Jo, it is available on the Suresearch website, in the Educational Resource section and on the Royal College of Psychiatrists’ website, in the section about the Spirituality and Psychiatry Special Interest Group. Jo has presented on her work to qualified and trainee psychiatrists in the West Midlands and been invited as a keynote speaker at two mental health conferences. Jo is writing further papers for publication on Phase Two of her Spirituality research will be preparing a grant bid for Phase 3 of the work.

Professor Jerry Tew (UoB School of Social Policy and Suresearch member) reported that papers from a workshop held at the University of Birmingham two years ago on Personality Disorder, in which members of Suresearch presented were being published for a special edition of the Journal of Medical Humanities.

Barbara Norden reported back on the presentation she was part of at the March 2016 Conference of the British and Irish Group for the Study of Personality Disorder. The presentation received an award from the Conference and a service user network for Personality Disorder has been formed. Barbara has recently submitted a paper to the

³ Birmingham and Solihull Mental Health Foundation Trust

Medical History Society's Journal based on the presentation she gave to a Birmingham University conference two years ago on the history of Personality Disorder. The paper will be published in 2017.

Two Suresearch members. Stephen Jeffreys and Dr Bev Smith have continued to work, as research assistants, on the evaluation of a Birmingham service for older drinkers being led Dr Denise Tanner (UoB) and Prof Sarah Galvani (Manchester Metropolitan University).

In 2015 Suresearch set up a Community Interest Company as part of working on developing its own Service user research team, to assist seeking and holding funds for mental health research and other work. Over the last year, Members have prioritised work on the new website, and the CIC has not been required for research activities that have been undertaken.

Involvement in Teaching

Suresearch members continue to be involved in teaching on social worker, clinical psychology, mental health nursing and other practitioner training at the University of Birmingham and elsewhere. This includes the Collaborative Learning Initiative each January which brings together trainee social workers, psychologists, psychiatrists and nurses.

Inpatient Care Forum (Suresearch Group)

The group focuses primarily on Inpatient issues, and has met formally on 3 occasions during the year, with attendances of 4-7. Members attending include Maureen Smojkis, who is a governor of BSMHFT and teaches in the UoB School of Social Policy.

Jo Barber has kept members updated on her work on spirituality (see above), and the draft research proposal on Compulsory Detention and Treatment (CDT), which has been developed through the Inpatient Care Forum (IPCF). Unfortunately she has not been able to identify funders for the compulsory treatment project.

Maureen Smojkis has kept members up dated on progress with the new book edited by Professor Barbara Fawcett which includes a chapter on resilience in mental health, written by Maureen with contributions from Suresearch members.

Writers and Readers Group (Suresearch Group)

The Writers and Readers Group has met every month except September, with attendances from 2 to 6 people.

A report on the group is included at the end , as Appendix 2.

Campaigns consultations other activities

Members have provided personal input to various consultations on service changes in their own areas, and attended a variety of meeting bringing together service providers, commissioners, service users and carers throughout the Midlands.

Stephen Jeffreys 23.10.16

APPENDIX 1

SURESEARCH2017

This one year project (January-December 2017) has been funded by the Big Lottery Awards for All Fund. It aims to increase the digital reach of Suresearch and grow the opportunities available to Suresearch members and potential members by building new resources for the Suresearch website (www.suresearch.org.uk).

Suresearch2017 project will focus on:

- developing more website resources and information that will benefit Suresearch members as well as those outside the network, with an interest in mental health.
- enabling more Suresearch members to acquire skills relating to the upkeep and development of the website.

The proposed project will:

- deliver on the aims of Suresearch by involving its members in a new peer led and supported opportunity drawing on their expertise in education, research and the creative arts
- expand an accessible, free resource for local, national and international mental health teaching and research communities which promotes the benefits of service user involvement.

The grant applied for will fund:

- Travel expenses of members engaged in the project's activities.
- Payments to individuals delivering on the project's activities i.e. website trainers and Suresearch members
- Costs of material, equipment and promotion essential to the project.

Awards for All describe it as:

'A project by a community organisation in Birmingham. The group will use the funding to increase its capacity to provide training and opportunities for people who are living with mental health issues. This will allow people to use their personal experiences of facing mental health issues for the good of the wider community which will lead to better chances in life.'

November 10th 2016

APPENDIX 2

REPORT ON WRITERS AND READERS GROUP FOR 2016 AGM

Written by Ann Davis, based on the minutes of the Writers and Readers Group.

The monthly meetings of the Writers and Readers group over the past year have involved members in four main activities:

1. Sharing work in progress
2. Public Events
3. Spontaneous Writing sessions
4. Sharing information about courses, events and books

1. Several members have written poetry and prose over the year. Some of this has been published. Members have taken the opportunity in group meetings to read their work in progress with other members. The reactions and comments of other members has proved productive in sustaining creativity. The work shared has spanned work related to autobiography, poetry, mental health experiences, mental health education and current affairs.

2. The group organised a display of members' work at the University of Birmingham as part of the Survivor Art exhibition which was held in November 2015 at the Muirhead Tower in the School of Social Policy. The pieces of work included poetry by members and autobiographical writing relating to recovery. Contributions included work by Janet Qureshi, Gordon Parsons, Tony Devaney, Phil Hill, Annie Lloyd and Alice Woodall. This display has now been incorporated into a semi permanent display for Survivors' Art on the 7th floor of the Muirhead Tower, Birmingham University. It can be viewed free of charge, thanks to the work of Dawn River, Lecturer in Social Work. Throughout the year several members have taken part in local poetry events in Worcester and Birmingham reading their work published and unpublished to the public. In addition some members have shared their work as co-tutors on University social work and mental health professional education programmes.

3. Spontaneous writing sessions have been held at the end of a number of meetings during the year. The outcomes of these sessions have been shared immediately and at subsequent meetings with other members.

4. Throughout the year members have shared with each other a wealth of information about opportunities, events and courses related to writing and the arts. This information has been gathered from the range of local and national organisations that group members are linked to. In addition, members have shared with others books and writing that have inspired them, often reading out extracts at meetings.

At the beginning of 2016 Renata Ažman died in Ljubljana, Slovenia where she had lived all her life. Renata had, for several years run therapeutic writing workshops in Birmingham and been a source of inspiration to members of the Writers and Readers Group. Members of the group marked her parting by writing about what she meant to them. These tributes can be read in Writers and Readers Group Section of the Suresearch website.