

SURESEARCH ANNUAL REPORT 2016-17

For Suresearch AGM on Thursday 2nd November 2017

Introduction

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

Membership

We have 95 members on our email list, about 13 receiving the postal mailout, plus 9 members whose email addresses have not been functioning for some time.

During the year members became aware of the death of Elaine Cottam who was an active member of Suresearch for some years.

Organisation

Officers

Officers elected in November 2016 have served throughout the year.

Office Facilities

The Suresearch office remains at Park House but has been moved to a room opposite the Courtyard Room, 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.

The officers have been informed that the University would like to enter into a formal agreement with Suresearch to confirm our use of the office, and we are awaiting a draft agreement from the University's Estates Department.

Mailings

Around 13 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.

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Website

Suresearch has a website at www.suresearch.org.uk. During the year, Tony Devaney took on the role of website editor, and Suresearch obtained Lottery funding to assist with developing the website as the major part of the 'Suresearch2017' project. This is reported on separately below. Our current website has been designed and hosted by Carbon Creative since 2015. Unfortunately, the design of the site has not allowed us to transfer the site to more affordable hosting services and it has become apparent that we do not have sufficient control over the site to make our own arrangements for maintenance and updating. Consequently, the October meeting of Suresearch took the decision to rebuild the site with hosting service of our choice, using standard WordPress tools as part of the Suresearch2017 project.

We need to get as much new material as possible onto the site before the end of the year. 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.
- Relevant 'news and views' items

Conduct Code and Procedure

An Extraordinary General Meeting was called in May to adopt a Code of Conduct and procedures for dealing with any problems that may arise. This includes a Conduct Panel consisting of members who have volunteered to be available to investigate any complaints. The Panel currently consists of the officers, Ann Davis, Barbara Norden, Tony Devaney and Janet Qureshi. Previously any problems with members' conduct had been dealt with in an ad hoc manner by the officers.

Monthly Meetings

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

- Jack Goldstein, Social Finance, spoke about a proposal to deliver Individual Placement and Support (IPS) in the West Midlands, funded by the DWP.

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- Ruth Orton (Health Education England) and Peter Bates (National Development Team, www.peterbates.org.uk) spoke about a Nurse Education initiative project designed to provide material to encourage nurse educators in Child, Adult, Mental Health and Learning Disability to increase service user and carer involvement in education.
- Louise Isham, PhD student, University of Birmingham, School of Nursing, spoke about her project investigating the needs and experiences of family carers who are affected by abusive or harmful behaviour from the older person for whom they care (www.carershiddenharm.com).
- Sarah Biddell (Clinical Psychology Doctorate programme, University of Birmingham) outlined her research project exploring the experiences of women, age 25-55 years, who have had and recovered from depression within the last five years.
- Andrew Maynard, from the Ethics and Social Welfare Journal spoke to the meeting about the journal and invited Suresearch members to submit articles for its social work practice section.
- Gary Johnston (Social Finance) updated members on the piloting of the 'Thrive into Work' programme, which aims to tackle the high unemployment rates amongst people with a health condition or disability, delivering IPS (Individual Placement and Support). He invited members to apply to join a service user advisory group for the project.
- Mark Hillier (Birmingham and Solihull Mental Health Foundation Trust) updated members on the current key activities and projects relevant to patient and public involvement in BSHMFT, including the Positive Mental Health Group, and the Recovery College.

Funding of Suresearch

A separate financial report for 2016-2017 is presented to the Annual General Meeting.

During 2017, Suresearch has had the benefit of an award from the Lottery Fund which is enabling us to continue paying members' travelling expenses and develop the website.

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Future of Suresearch (Futures) Group

The Futures group has continued to meet when required and focused on the day to day running of Suresearch, developing the code of conduct, the Suresearch2017 project and future of Suresearch, including funding opportunities.

Six meetings were held during the year.

Suresearch2017 Project

Suresearch is currently moving towards the end of its one year project funded by Big Lottery Awards for All Fund.

Suresearch2017 project is focused 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 funds:

- 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

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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)

To date the project has:

- secured a Birmingham based WordPress Trainer, Philip Choi, to work with us on developing our skills and knowledge of WordPress.
- Provided three half day training sessions for members in use of WordPress for blogs, including the News and Views section of the website.
- Facilitated some expansion of content on the website.
- Funded Suresearch leaflets, and travelling expenses.
- Worked on moving hosting of the website to more affordable hosting providers.

Remaining work on the project includes:

- Further expansion of the content on the website, including:
 - Reports on members activities, including involvement in research, training and other work, through Suresearch,
 - Articles and opinion pieces from members,
 - Members’ creative writing.
 - Relevant ‘news and views’ items
- Rebuilding of the website with our chosen website hosting service (see above).
- Further training by Philip Choi for Stephen Jeffreys and Tony Devaney on maintenance of the site.

Research

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

Suresearch is named as a partner in the NIHR funded research project investigating the scope and role of voluntary sector provision for those experiencing a mental health crisis, led by Dr Karen Newbigging (HSMC and Suresearch member). Other Suresearch

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members are involved in various capacities on the project. Alex Davis is on the research team, Jo Barber is on the Study steering Group and Barbara Norden is a co-researcher. Stephen Jeffreys and Mohammed Zaman are on the Service User Reference Group which is chaired by Jo Barber. In addition, Stephen Jeffreys and Ann Davis delivered a training session on research interviewing for the co-researchers on the project in April.

Stephen Jeffreys is a co-applicant in a resubmitted HSDR bid, led by Dr Nicola Gale (HSMC), looking at potential use of community health workers in primary care. If successful, the project will include the use of co-researchers.

Other bid for funding for research that Suresearch has been involved in include:

- research pilot project involving service user supervision of nursing students led by Dr Chris Wagstaff, Department of Nursing, University of Birmingham (unsuccessful).
- an approach from Jason Schaub, University of Birmingham, School of Social Policy about Suresearch involvement in submission of a bid to undertake research for LGBT services in Nottingham funded by the local CCG (awaiting decision).

Anne Lloyd provided assistance to Louise Isham, PhD student, University of Birmingham, School of Nursing in her research investigating the needs and experiences of family carers who are affected by abusive or harmful behaviour from the older person for whom they care (www.carershiddenharm.com).

Jo Barber is continuing with her work investigating the spiritual and religious aspects to mental health recovery. Jo reports that she and her team have successfully validated a new self-report questionnaire to measure personal recovery. During this work, the importance to service users of spiritual and religious issues has been highlighted. The next steps involve 2 concurrent studies, one qualitative and one quantitative. For the qualitative study, recovering service users will be interviewed concerning their experiences of personal recovery, focusing particularly on the spiritual and religious aspects. We hope this will generate theories concerning the processes of recovery from the service user viewpoint. It could help us discover what promotes and what impedes this process. For the quantitative study, we have identified a sample of people with mental health problems at a large counselling service. It is hoped that clients there will complete our new scale every week for the duration of their counselling. We will be able to record whether people are under primary or secondary NHS mental health care. When this is done the results will be used to calculate sensitivity to change and test retest reliability of our new scale. In the future, we hope to compare the process of recovery as measured by clinicians with self-report recovery as measured using our new scale. We would also use our scale to evaluate different interventions including spiritual care for their ability to facilitate recovery from the service user viewpoint.

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Stephen Jeffreys and Emma Ormerod have been working as co-researchers for the Mental Health Foundation on a University of Warwick/Sheffield led HSDR study, called EURIPIDES, looking at how Mental Health Trusts collect feedback from inpatients and how that feedback is used in improving services.

Stephen Jeffreys and Dr Bev Smith completed their work, as research assistants, on the evaluation of a Birmingham service for older drinkers led Prof Sarah Galvani (Manchester Metropolitan University) and Dr Denise Tanner (UoB). The final report is available at <http://alcoholresearchuk.org/alcohol-insights/the-time-of-my-life-project-a-realist-evaluation/>

In June, Stephen Jeffreys and Barbara Norden attended a UoB College of Social Science workshop on developing good practice on co-production in research, and Stephen gave a short presentation at this event.

Members have attended a number of research groups and events, including:

- West Midlands Mental Health Innovation Network on Prevention event held in Leamington on 15th November 2016.
- A conference in Coventry showcasing research projects undertaken by trainee clinical psychologists at University of Birmingham (UoB) and other West Midlands Universities.
- The BSMHFT Psychology Research Group which was formed to promote psychology research in the Trust and assist Clinical Psychology Students with their research projects, has not met since November 2016 due to staff retirement and promotion.

Involvement in Teaching

Suresearch members, including Janet Qureshi and David Goley, 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.

Stephen Jeffreys is working with Dr Nicola Gale on development of a training package for community health workers looking at approaches to risk.

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Inpatient Care Forum (Suresearch Group)

The Inpatient Care Forum (IPCF) focuses primarily on Inpatient issues. Since the 2016 AGM the IPCF has met four times. The main reason for the small number of meetings has been that regular attenders are often busy with a range of activities related to mental health.

Two attenders are Governors of the BSMHFT. Three others are closely involved with the University's Health Management Study Centre's research project, "The Third Sector and Mental Health Crises. One member continues to develop and refine her research project on 'Personal Recovery'". Her work this year includes a publication in the Journal of Mental Health and a presentation to the Royal College of Psychiatrists.

Topics discussed are often linked to members' activities. A few examples are: definitions of mental health crises; the role of spirituality in personal recovery and the blanket policy of the BSMHFT of searching of **all** patients after having leave. (Members were very critical of this policy as was the Care Quality Commission in its latest report on the BSMHFT).

Writers and Readers Group (Suresearch Group)

The Writers and Readers Group have met every month over the past year.

Through their meetings members have offered each other support with ongoing work and ideas for future directions. A goldmine of information has also been shared about local and national events and festivals, linked to the written word, music and mental health. The meetings have also provided members with a space to share their work as well as opportunities for spontaneous writing. In addition, the meetings have been used by members to share the work of authors that have inspired them.

Members have contributed a range of work for the Suresearch website as part of the Suresearch 2017 lottery funded project. This includes poetry, prose and reflections on contributions to mental health education in universities and elsewhere.

Several members have been invited to share their work and views at local events. These events have included the Alvechurch Pumpkin Festival and the Autism Awareness Event run by the School of Social Policy, University of Birmingham.

On 11th June 2017 members took part in the Survivors Art Open Day held at the University of Birmingham, Muirhead Tower. The theme of the day was Internationalism. Janet Qureshi read two of her acrostic poems- on Diversity and Internationalism. Phil Hill read from his recent published volume of poems- Wilderness Years.

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Topics that have that have recurred in discussions this year has been the creative and therapeutic value of both music and mindfulness.

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.

Mustak Mirza has become a service user governor for BSMHFT, and been involved in development of their Recovery College.

Members have been involved in the Birmingham annual 'Arts All over the Place' event concerned with mental health and the arts.

Stephen Jeffreys, with contributions from Ann Davis (Writers and Readers Group), Alex Davis (Inpatient Care Forum) and Jo Barber(research item) – 30 October 2017

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