



Newsletter

October 2008

Welcome



From the Folk.us Director

Did you all think Folk.us
had gone to sleep?

It has been a while hasn't it!

In February we were finally told that we would have another two years funding from the Department of Health, which was very welcome news. Our funding has included two new staff posts, a Research Fellow and an Administrator. We have been very lucky to have recruited Wendy Rickard and Abi McCullough, see the next page to be introduced properly.

At the moment Folk.us is working with 6 of the new Local Clinical Research Networks. We are also about to start a local research project with people who have experienced head injuries and another local research project with people who have been diagnosed with HIV and AIDS. Another local research project that we will be working on is exploring what is helpful to support carers when the person they have been caring for has died.

Upcoming Events

11th December 2008
Grounded Theory Workshop

12th December 2008
Forum – GP Carers' Project

26th March 2009
Forum – Getting Started in
Research

4th June 2009
Forum – Devon Ageing and
Quality of Life (DAQoL)
Project

Folk.us is also doing more policy and strategic work, we are hoping to do some work about paying people who get involved to try and stop it being so complicated!

As you can see we have Forums and training planned. So do come along to anything you think looks interesting, and tell us if you think we should be doing something that we not doing.

Rachel

Hello to you all.....



I'm Abi, the new Folk.us administrator. I work part time, every Monday and Thursday, and alternate Fridays. My last job was with the University of Plymouth, based at Rolle College, Exmouth. I was a programmes administrator and looked after all the BA degree courses. With the centralisation of the University of Plymouth I had to make a break, or face a long commute to Plymouth. When I saw the Folk.us administrator post advertised I thought it sounded like just my sort of thing!

Here, I will be a point of contact for all enquiries, if you phone on a day that I work, then it will be me that you will initially speak to. I will provide administrative support for the Folk.us office, and generally help in any way that I can.

On my days off I enjoy spending time with my two children; Louis who is 4 and Maisie who is 16 months.

I can be contacted by telephone 01392 403049 on Monday, Thursday and alternate Fridays, or via email: A.E.McCullough@exeter.ac.uk

This is our new Research Fellow, Wendy Rickard:



Wendy has come from the Institute of Primary Care and Public Health at London South Bank University, where she worked on a range of research projects within the 'lived experience' grouping. Most recently, she has worked closely with the British Library Sound Archive on projects with people with HIV, sex workers, homeless people and other 'marginalised' groups. She also undertook research projects for statutory agencies (eg a project on resistant and resilient smokers for Southwark PCT), voluntary sector agencies (eg Positively Women, Panos) and communities. She has taught health promotion/ public health and research methodology for many years to postgraduate level and has a PhD in Social Policy.

Wendy will be working part time and can be reached on 01392 403049 or email W.Rickard@exeter.ac.uk

Meet a Member.....

Mo (Maureen) Taylor is one of our Advisory Group members. She is presently involved in research with Sheri Hilchin at Wonford House, Exeter, on self directed support/direct payments, and is on the Carer/Service User Forum at St Michaels Hospital, Newton Abbot. Mo is inspired to do this work as she has a family member who experiences mental health problems and she wishes to aid his recovery. She is particularly interested in research projects about:

- creativity aiding recovery
- nutrition education for people with mental health problems
- healing power of nature
- being in green space as an antidote to depression
- dancing and singing; Biodanza system developed by Rolando Toro from Brazil
- how other countries have better developed ways of coping with mental health problems particularly Italy. Here patients are allocated to family units, not isolated and excluded in hospitals
- chocolate and sea vegetables as alternative medication for depression
- Buddhist meditation (proven to alter brain patterns)

Mo is a BA (hons), A.T.D., Cert Ed, artist. She is inspired by nature, celtic mythology, Rea Irish ancestry and influenced by eastern mysticism. She is an ex college lecturer/art teacher and she currently has exhibitions at the COOL House, and Space Invaders, both in Torquay, and at The Hub at Brixham. Here is an example of her work:

Mother Earth



Little Cloud



This is a new feature that we will have in each newsletter where we try to find out more about our members. Mo Taylor kindly agreed to answer the following questions:

1) What is your favourite film or television programme?

Wonderful Life

2) Who would be your ideal dinner companion, past or present?

My husband

3) What has been your happiest day so far?

My Wedding

4) How did you come to be involved with Folk.us?

I went on a research day

5) What have you personally got out of being involved in research?

Meeting lots of nice people

6) What words of advice would you give to a service user who is thinking about getting involved in research?

Be yourself

7) If you could choose a research project to get up and running, what would it be?

Biodanza system by Rolando Toro

Research Project Ideas?

At our Advisory Meeting in July, one member had the idea of a computer support/education/ communication/ access type of research project. This could focus on the housebound, carers, the elderly and those recently bereaved. It could tackle isolation, loneliness and loss by doing something practical. The aim would be to get funding for laptops, mobile support, a helpline, and a network development to enable people to communicate with the world. Also give people a chance to develop new interests or renew old interests by giving them technological skills in a palatable form.

Research projects are taking place all the time. If anybody else has any research ideas, do let us know. We will keep hold of these ideas for possible future projects.



Do **you** have any research project ideas?

Please get in touch with the Folk.us office. Our details are on the back of this newsletter.

Conferences

Riviera Research Day

**A Full Day Symposium Showcasing Healthcare research
in South Devon**

20 November 2008

Taking place at the Grand Hotel, Torquay

Entrance is free

Free Parking at the Rugby Grounds

Lunch Provided

Book now – For information and registration please contact 01803 655039 or email
karen.davidson-rose@nhs.net

- Reducing Hearing Loss
- Improving Environmental Health
- Treating Heart Disease Better
- Clinical Trials for Children
- GeneSearch – Innovation of the Year 2007
- Breast Cancer and Reconstruction
- Arthritis and Joint Replacement Studies

First Annual Conference

South West Dementias & Neurodegenerative Disease Research Network

Monday 8th December from 9.45am – 3.30pm

Taunton Conference Centre, Somerset College of Arts & Technology

www.tauntonconferencecentre.co.uk

Registration and Lunch are free

The aims of the day include:

- to provide networking opportunity for clinicians, patients and carers, voluntary groups & researchers.
- to give patients & carers opportunity to influence the research agenda
- to provide an update on developments within Dendron, nationally & locally

To register please visit www.aquavenuesolutions.com/swdendron, and for more information email sarah.mercer@awp.nhs.uk or telephone 01225 476430.

www.dendron.org.uk

University of Brighton

Health and Social Policy Research Centre

Critical perspectives on user involvement

24 April 2009

We are pleased to announce an important one-day conference taking a critical look at user involvement. Service user involvement is now official policy – what are the consequences of this? Has it lost its radical edge? Has it made a real difference? What has happened to autonomous user groups? Is there an expectation that users MUST get involved?

The conference will address these and other questions from the perspective both of user activists, and researchers and others who study user movements and user involvement.

The conference is on 24 April 2009 at Hove Town Hall. Speakers will draw on experience from the disability movement, mental health service users, older women's participation, and from involving people with learning difficulties in research.

For full details about the conference, and information on how to make a proposal to contribute, have a look at their website:

<http://www.brighton.ac.uk/sass/research/conferences/>

Email: s.s.white@brighton.ac.uk

Name: Sallie White

Tel: 01273 643480

Your workshop proposal has to be submitted by 31st October 2008.





Folk.us Grounded Theory Workshop

This workshop explain how to use a research method called 'Grounded Theory', which is an exciting way of doing qualitative health and social research.

This workshop is for service users, patients and carers who are interested in doing research. **No previous research experience is necessary, there are no right and wrong answers and everyone's contributions are welcomed and valued.**

Thursday 11th December 2008

10.00 am - 2.00 pm

St Lukes Campus – Room G25

Free to Everybody

Refreshments and lunch will be provided

**Travel expenses can be claimed by
service users. Patients and carers**

*Are you
interested in
analysing
qualitative
research?*

We will explore how to use Grounded Theory in interviewing and the approach to analysis. We will experiment with different Grounded Theory techniques.

Come along and see what you make of it.

Like marmite, you may find you love it or hate it, but it will stir your creative juices and stimulate parts other methods may not reach!

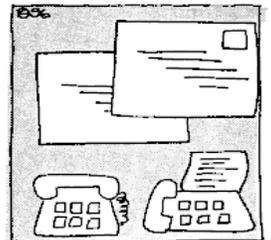
This will be the first of a number of accessible research methods workshops run by Folk.us to help service users, patients and carers think about the research that they most want to do.

For further information or to book a place:

- **Complete the attached booking form**
- **Phone Folk.us on 01392 403049**
- **Email Abi McCullough (Folk.us Administrator) on A.E.McCullough@exeter.ac.uk**

by 10th November 2008

Places are limited to 20 so book your place as soon as possible





Booking Form

Please book me a place on the Grounded Theory Workshop.

I would like lunch

If you have any special dietary requirement please let us know:

.....
Is there anything we can do to make this workshop more accessible for you?

.....
.....

Your Details

Name.....

Address.....

.....Postcode.....

Telephone No.....

Email.....

Please return this form **by 10th November** to the address below.

If you would an email version then please contact Abi on

A.E.McCullough@exeter.ac.uk:

Abi McCullough
Folk.us, Room 407
Noy Scott House
Royal Devon & Exeter Hospital
Barrack Road
Exeter, EX2 5DW



Folk.us Forum
12th December 2008
12:00 – 2:00 pm

at
Board Room; Ground Floor, Noy Scott House
Royal Devon & Exeter Hospital

Free to Everybody

A light lunch will be provided

Meet other people interested in Involvement in Research and hear a presentation on:

GP Carers' Project: An Evaluation Proposal

Speaker: Helen Donnellan from RE:search south-west at University of Plymouth

Helen will be speaking about the evaluation of four pilot schemes, based in GP surgeries in Devon. The schemes are offering support to carers to help them in their carer-giving role and contribute to the maintenance of independence, health and well-being. The evaluation will be identifying the key elements of the schemes.

The outcomes should benefit carers and the cared for person and provide key local and national stakeholders with evidence to enhance the effective targeting of treatment and support services.

To book a place at the Folk.us Forum please fill in the attached form.
(If you require Parking you MUST give us your Car Registration before 8th December)

For more information telephone the Folk.us office: **01392 403049**



or email: folk.us@ex.ac.uk



Folk.us Forum
12th December 2008
12:00 – 2:00 pm

Name: Phone Number:

I can attend this Folk.us Forum on 12th December 2008

(I will need Parking and the Registration is:)

Address:
.....
.....

Email:

Do you have any special dietary requirements?

.....

Is there anything you need us to do to for this meeting?

.....
.....

Please return this slip to:

Folk.us, Room 407, Noy Scott House
Royal Devon and Exeter Hospital,
Exeter, EX2 5DW

For more information telephone the Folk.us office: **01392 403049**



or email: folk.us@ex.ac.uk

[View poster for the event.](#)

Abstract Submission/ Booking Form

Mental Health Research in the South West Research Day 2009

***Tuesday, 24th February 2009
At the historic Ashton Court Mansion, Bristol***

Abstract submission : Please complete the registration and abstract sections and return by **Friday, 21st November 2008**

Registration only : Please complete the registration section only and return by **Friday, 16th January 2009**

Please email completed forms to westhub-mhrn@bristol.ac.uk.
For more information please email on the above or telephone 0117 331 0921.

Name for registration	
Are you a: -health professional (please specify) -researcher -service user/carer -other (please specify)?	
Postal address	
Telephone	
Email	
Any special dietary requirements	
Are you happy for name to be on delegate list to be included in delegate packs?	

Type of presentation (speaker/ poster/ workshop)	1st choice	
	2nd choice	
	3rd choice	
Abstract Title		
Author (to whom correspondence should be addressed)		
Author's postal address (if different from above)		
Author's Telephone (if different from above)		
Email of author (if different from above)		
Abstract (no more than 200 words)		

Poster size: A0 (85 x 120cm) portrait
Abstracts will be reviewed by the Scientific Organising Committee



Programme 2008/2009

11 th December 2008	Grounded Theory Workshop	Exeter
12 th December 2008	Folk.us Forum - GP Carers' Project: An Evaluation Proposal	Exeter
12 th February 2009	Folk.us Advisory Group	Exeter
26 th March 2009	Folk.us Forum - 'Getting Started in Research'	Exeter
4 th June 2009	Folk.us Forum - Devon Ageing and Quality of Life (DAQoL) Project	Exeter

Folk.us Contact Details:



Folk.us
Room 407
Noy Scott House
Royal Devon & Exeter Hospital
Barrack Road
Exeter
EX2 5DW



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Thanks for reading! Don't forget to get in touch with any comments or contributions for the next Newsletter, or if you would like to join in with any of our events.