

Work Packages Started During 2022



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**Total number of
surveys completed
to date:**

268



A Successful First Year!

This newsletter is to update you all, our valued partners and participants, about what we have achieved as a team over this past year. Below we highlight some of our key moments of progress, as well as what we can look forward to in the coming year.

Let us first take this chance to thank you all for your efforts in supporting the project. The progress we show here is in no small part down to the help we have had from everyone in our Community Led Organisations, as well as the guidance and support we have had from our partners. Our goal to evidence pathways to health and wellbeing impacts simply would not happen without each and every one of you!



The photovoice exhibition at Bromley by Bow Centre, London

Full photovoice galleries can be viewed online here: <https://www.commonhealthassets.uk/gallery>

Progress

As well as a team of academic researchers with a wide range of expertise, our team is made up of community partners (see www.commonhealthassets.uk). We have compiled an update from each of the areas covered by the project including the highlights, challenges, progress, and thoughts for the future as written by the researchers themselves.

London

Emma has thoroughly enjoyed building relationships with our three organisations in East London, who have kindly welcomed her and introduced her to many new groups and activities. Emma has been present regularly at all 3 sites this year and has been successful in recruiting a wide range of participants. From knitting and bingo to walking groups and Men's Cabins, Emma has developed great relationships and has learned an incredible amount about the impact of different groups and how they operate. She has even been inspired to take up knitting herself (a work in progress nonetheless!). Activities often take place over multiple sites with various people involved in their organisation, which can be challenging to manage at times. Yet, thanks to the involvement of committed staff, we have been able to spread the word about the project with relative ease. For more information please contact - E.Clewett@uel.ac.uk

Northern Ireland

The research team at QUB have had fantastic support from the three community-led organisations involved in the project from Northern Ireland. Over the past few months, the team have established very successful relationships with the organisations and appreciate their commitment to the Common Health Assets project. Their enthusiasm and dedication has been brilliant. The research team have really enjoyed visiting each organisation. We have attended groups and activities and have learnt a lot about each organisation and the fantastic work that they do. We even managed to get some festive woodwork to take home! We are looking forward to working with each of the organisations over the coming months. For more information please contact a.gildea@qub.ac.uk

Bournemouth

Bournemouth University received overwhelming support from the participating four community-led organisations and their project staff. The research team organised successful visits to various groups working with these CLOs and recruited participants for photovoice workshops, lived experience panel and a larger number for their baseline surveys. The CLOs had a lot of activities lined up during the year outside of the research which they invited the BU team to attend. This increased visibility of the research and its team members which build trust with participants. The team used every site visit as an opportunity to learn about the community dynamics and to understand the peculiarities of each research site. For more information please contact rchipuriro@bournemouth.ac.uk

Glasgow

We are working with four community-led organisations in Scotland. Jack has had a very successful year establishing relationships with these groups, especially during the survey phase. The organisations have all been very busy so we are very grateful that the activity coordinators have given up their time to help with recruitment and pointing us in the right direction. Jack has made a concerted effort to be present on the ground with each of these organisations to show our commitment to our partners, establish good relationships, and understand the challenges faced by the communities, but it may also be due to the fact that he often gets soup wherever he attends! For more information please contact jack.rendall@gcu.ac.uk

Lived Experience Panel - in partnership with GCPH

The Lived Experience Panel was successfully set up for a first meeting in June this year where 12 participants from across the UK joined on Zoom to learn more about the project and introduce one another and the organisations that they are involved with.

In the six months that they have been getting together, the Panel has achieved a lot! They have advised on the delivery of the study questionnaires and worked on developing Programme Theories. They have also learned about assets-based approaches, the determinants of health and the influence of power in health. Their biggest achievement, however, was getting everyone together in Glasgow in November for the second instalment, where they were very kindly hosted by Annexe Communities.



THE LIVED EXPERIENCE PANEL

The latest blog from GCPH is a reflection on the first in-person panel meeting and can be found here, alongside evaluations of the panel so far:

https://www.gcph.co.uk/latest/news/1076_common_health_assets_the_lived_experience_panel-creating_the_conditions_for_successful_ppi_engagement

Study Steering Committee

We had our first study steering committee towards the end of 2022. Our thanks go to the Committee for their helpful comments throughout the session, including advice on what we should be aiming towards in the immediate term. This includes gathering together our initial ideas and evidence on how community organisations impact upon health and wellbeing. Look out for these in early 2023.

Spreading the message!

We have been keeping our Twitter up to date when we can with events or 'behind the scenes' work that our team do for project planning, development and implementation. So, keep your eyes peeled for new posts this coming year, and please feel free to like and share any content. We look forward to working with you all again over this coming year, for the betterment of your organisations, your communities, and for the future provision of health and wellbeing!

