

## Healthy Parent Carers Family Faculty working group meeting

(Room 1.23, South Cloisters, St Lukes Campus)

18 June 2019

### Meeting notes

#### Attendees

PenCRU – Chris, Gretchen, Beth

Family Faculty – Faye, Mary, John, Annette, Jane, Marie-Joelle

National Lottery Community Fund – Jenny, Tom

Apologies – Lynn, Ursula, Julia, Katharine

#### **Overview**

- PenCRU updated the group on the Healthy Parent Carers project, including recruitment, groups running, and data collection.
- The group discussed the challenges that have arisen, particularly in terms of recruitment in particular areas and attendance at the groups.
- Researchers summarised the plans for the next study – a large randomised controlled trial with sites in 5 areas around England.
- Family Faculty discussed themes for a video about the Healthy Parent Carers programme.
- Family Faculty members shared their experience being part of the Family Faculty and the Healthy Parent Carers project.

- Beth gave updates on the progress of the project. We have completed recruitment for all sites. The Torquay, Plymouth, Dawlish, and Minehead groups have finished running and the first data collection is underway for those sites. The Bideford and St Austell groups are currently running.
- Beth then outlined some of the challenges that have arisen so far in the programme including:
  - Recruitment issues – we found it much more challenging to recruit in Minehead than the other sites. The group discussed including the role of ‘local champion’ and

recruitment in the training for Assistant Facilitators so that they can help with this and so that they know what can be shared about the programme.

- Attendance issues – in all groups we have had some parent carers who had consented to take part and had initially been able to attend group, inform us that they are not able to attend any group sessions once they were randomised to the intervention group arm of the study. We discussed the fact that distance to the groups can be a major issue, particularly in rural areas and should be discussed more with participants during recruitment. We discussed providing childcare and potentially liaising with children’s centres about this in future studies. Although childcare may not be likely to be provided as part of a national roll-out of the programme, the case could be made to commissioners if it is found to be a major barrier to accessing the programme. A future study could potentially provide childcare and travel expenses in some areas to see whether it has an impact on recruitment. The time between consent and randomisation can sometimes be a few months, so the group also discussed sending regular emails/newsletters/blogs to participants to keep in touch.
- Gretchen summarised the plan for the next study – a large randomised controlled trial in 5 sites across England. Jenny and Tom provide suggestions for potential funders that we could discuss this project with for future support.
- The attendees split into pairs to discuss potential messages that could be shared in a video or series of videos about Healthy Parent Carers. Some of these ideas were discussed and the team has collated them for development of a project video later this year. We also plan to run a session of Healthy Parent Carers for family faculty members who haven’t yet taken part to form part of the film.
- Members of the Family Faculty shared their experiences being part of the Family Faculty and PenCRU, and being involved in the Healthy Parent Carers project over the years in many different ways.
- Gretchen summarised the plans for the next meeting in September/October, a potential Healthy Parent Carers session, and an end-of-project celebration in the Autumn. We will send details to the Family Faculty when we have dates for these events.