

Healthy Parent Carers (HPC) Family Faculty working group meeting
Online, via Microsoft Teams
4th June 2020
Meeting notes

Attendees

Family Faculty – Faye, Julie, Lynn

PenCRU – Chris, Gretchen, Tanya, Annette

Overview

- After introductions, the working group discussed how we do meetings remotely
- Gretchen gave an overview of the Healthy Parent Carers (HPC) programme so far; thoughts and questions were then discussed by the working group.
- Annette summarised developments with the Train-the-Facilitators manual
- Chris and Gretchen updated the working group on next steps and future funding
- Feedback was taken from the working group on how the first online meeting had been

- Chris opened the meeting and invited introductions from everyone. Everyone was asked about a challenge and a positive in lockdown.
- Chris presented the ground rules that have been adopted during previous face-to-face Family Faculty HPC Working group meetings. Confidentiality with online meetings was acknowledged as there is the possibility that what is said might be overheard by other members of people's households. Chris invited discussion from the working group on any changes that might be needed to these ground rules for online meetings.

Suggestions included:

- As online meetings can be very visual, we could make it clear to participants that they don't have to use their cameras if they don't want to.
- Backgrounds could be blurred or changed if people don't want their room shown. This was tried during the meeting but didn't work for Family Faculty members. Action for PenCRU: to look into this.
- If internet connection is weak, this may be helped by turning off your camera.
- That meetings could be recorded (with participant permissions) so that people unable to attend could listen back.
- That consent for taking screenshots and/or recording meetings is always taken and that people know they can switch off their cameras/microphones too.

- Talked about formats of the meeting. Feedback that Zoom works well too. Chris updated that the University should have Zoom fairly soon which will offer alternatives to Teams.
- Gretchen gave an update on the Healthy Parent Carers project:
 - the programme had been delivered across 6 different sites across the South-West (Torquay was a 12-week programme for 2hrs/week and all other sites were for 4hrs per week over 6-weeks).
 - Participants were randomly allocated to either the intervention-arm (where they joined groups) or the control-arm (where they just had access to an online HPC programme).
 - Twelve parent carers were interviewed from the groups; one parent carer per site was interviewed who had access to online only. Four parent carers who were allocated to groups but weren't able to attend were also interviewed to learn more from their experience.
 - Questionnaires were collected about the wellbeing of parent carers (before, straight-after and 6-months after the programme). 98% of those receiving the group programme and 82% of those receiving the online programme were followed up.
 - The analysis has been done. As this study is a feasibility study, it's not looking at how effective the programme was. Instead, this feasibility study looks at whether the programme can be delivered and whether it looks worthwhile to do a full trial to see whether the HPC programme is effective. Gretchen updated that two research papers are being written at the moment. One paper will describe the improvements that have been recommended (optimisation paper) and the second paper will summarise what the results showed, what has been learned and whether it is feasible to do a full effectiveness trial.
- Annette updated on the development of the Trainers Manual. It is a guide for future trainers on how to train the facilitators that will be delivering the HPC programme. A revised training plan has been drafted and shared with two trainers for discussion. A trainers manual is in the process of being developed.
- Chris invited thoughts and discussion on Gretchen's update. The points raised included:
 - As the CLANGERS are so useful and important at the moment, making contact with the HPC participants during the lockdown was discussed. It was felt this would be a good idea as Working group members had found their cLANGERS supported a more positive headspace. Chris also added that the feedback on

the study's findings will be sent to HPC participants when the papers are published.

- Thoughts about how the HPC programme might work in the current situation was raised. Chris said this could be discussed further in the 'next steps' part of the agenda.
- Chris updated on the next steps and new funding to support the HPC programme. Firstly, ESRC funding had been successfully achieved to work with organisations (CDC and Contact) to look at the roll-out of the programme, including training the trainers, developing the groups etc. Chris also updated about a successfully lottery fund bid which will look at how the programme will need to be developed in the context of social distancing and how would it best be delivered (including thoughts about using apps). Members of the Working group thought that apps are the way forward. There was discussion about the possible benefits of the CLANGERS and this programme to other groups and discussions.
- Chris invited feedback on how the meeting had gone. Thoughts included:
 - Great to see everyone
 - Mindful that people may have to disappear off-camera for short times and that this isn't any of us being rude. It was suggested that this likelihood could be added to the information on the original invites and also added to the ground rules. Cameras can also be turned off if participants prefer.
 - Discussed background noises if people aren't muted. On teams, host can mute everyone but not unmute. It was felt that the host beginning by muting everyone at the start of a meeting and inviting people to unmute when they want to contribute would be fine.
- Meeting closed with a reminder that the second-part of the Family Faculty HPC working group meeting will be on Teams on Thursday 18th June, 10-11am. Gretchen updated that this will look at next steps. It would be lovely to see everyone again then.