

EPHC breakout room activities

1. Summary of the Jam Board activity

Discussions in the breakouts have provided the theme with some useful considerations for co-designing research. Comments have been summarised under the following headings - who to involve, when and how to involve.

Who to involve

In addition to professionals, the importance of involving patients and members of the public was highlighted including engaging with a wide range of people from diverse communities and those who may not traditionally be involved in research or feel as confident. The importance of local advocates in areas where research is being considered was also mentioned.

When to involve

Participants stressed the importance of involving members of the public and communities during the early stages of research design to ensure that individuals are actively engaged in the project formation. It was highlighted that co-production should ensure involvement in all stages of the research.

How to involve

- Using more creative way to engage individuals and reach a wider group of people - the importance of having a range and flexible approaches to participation.
- Creating opportunities for development of new ideas, shaping the research agenda and providing safe spaces for communication where participants can openly share their views and ideas.
- Providing clear information on what is being asked of those involved and intended outcomes particularly for members of the community.
- Providing training to support participation.
- Considering accessibility and supporting involvement, taking into account:
 - the location and timings of meetings
 - the needs of different groups, i.e. parents with school aged children, minority groups
 - Using language that is easy to understand and simple procedures

Place based research

Participants also commented that definitions of place may vary depending on the individual and the need to have to clear definitions. Place may be interpreted as local places such as neighbourhoods or larger areas. Avoiding duplication by connecting with local initiatives and building on their work was also mentioned.

Balancing views of what is important to research as these may differ, for example local people views and wider research priorities may not always match.

2. Summary of the Easy Retro activity

Participants were asked to comment on the themes current research plans as well as share ideas on other place-based research priorities.

There was general support across the members, public advisers and research staff for research focusing on social prescribing particularly exploring local models, impacts of social prescribing and strengthening the evidence base.

In addition, there was interest in the role of the voluntary sector theme and the role of the VCSFE sector within the integrated care agenda. Members also highlighted the role of VCSFE sector in Covid-19 and how the volunteer response can be sustained in key areas to to developing the covid-19 research theme. The impact of Covid-19 on social relationships, isolation and mental health was also highlighted for consideration.

Other ideas linked to:

- The Ageing well theme - considering digital exclusion of older groups and promoting healthy ageing. Digital inclusion for other groups was also mentioned, including with people with learning disabilities or where there were language barriers.
- Mental health and young people including a focus on teenagers, vulnerable children and secondary aged who may not be accessing education.
- Place-based research with specific groups such as those as those with cardiovascular disease.