



Welcome to our December PPIE Newsletter!

There has been plenty of activity within the Unit, including the launch event of our Quality, Safety and Outcomes Policy Research Unit. You will find a write-up about the event in an upcoming blog. If you would like to be involved with the QSO PRU launch event blog write-up, please let me know!

In this newsletter, there is an overview of the 'Connecting Pensions, Health and Care' project, which is a 3-year project funded by the Nuffield Foundation, for research on living well in later life. The aim of this project is to bring academics and non-academics from various disciplines together to look at the pension, health and social care systems in a more 'unified' manner for future research and policy design. This is led by our Personal Social Service Research Unit (PSSRU) researcher Olena Nizalova, with Molly Lambourn (project officer) telling us more about a recent engagement event at the University of Kent (bOing! festival) and an upcoming photo competition for this project.

We are very grateful to Debs Smith for her time in providing an overview of her involvement in PSSRU, but also her involvement work in various other Universities and organisations. You will find this in the 'Research Advisor Spotlight'.

I hope you have a good festive period and will send our next PPIE newsletter in Spring 2025!

Kind Regards, Sarah

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Research Advisor spotlight

In this Newsletter, we shine a spotlight on our Research Advisor Debs Smith. Debs is involved in a variety of PSSRU projects, as well as many other projects and programmes outside of the University of Kent.



What lived experience and knowledge do you bring to your involvement role as a Research Advisor?

I started my career working in residential and nursing homes. I then trained as a psychiatric nurse, but because of the stigma of mental health in the late 1990s I lost my job. I have various long-term physical and mental health conditions, and I have experience of being a carer for friends and family. I have 13 years' experience of advising on research projects as a research advisor. My motivation is to enhance the research for people that need it – to make the care the best it can be.

Please describe your involvement within PSSRU (and QSO PRU if relevant)

I have been involved in a few different projects and focus groups that have been run by various researchers at Kent. I am currently involved with the Unit Costs Programme, and involved with the Martha's Rule project for QSO PRU.

What other networks, roles and projects are you involved with?

I have been involved in many projects, throughout all stages of research, for example I have been a co-author, I have been on trial steering committees and involved as a co-researcher by carrying out interviews for a domestic violence project. I do reviews for NIHR, as well as the Alzheimer's research network.

I recently became involved in the NHS strategic advisory group for research which gives people the opportunity to help with reviews for different research programmes they run, and I am also involved in a NHS communication group. I work with a very wide range of Universities across the UK, and also a few different policy research units (palliative care, dementia, ESCRU (Economics of Health and Social Care Systems Policy Research Unit) and ASCRU (Adult Social Care Policy Research Unit)).

Tell us an interesting fact about you!

I have been a member of my local church for over 30 years, and I am involved in the church welcome rota and the Sunday school group. I enjoy spending time with friends and their children.

Please let Sarah know if you would like to feature in a future 'Research Advisor Spotlight' – it could be a great way to connect with others. Sarah is able to organise ways to facilitate your input into this part of the newsletter, for example using emails, phone calls or video calls.

Connecting Pensions, Health and Care Project

Introduction

We are looking to find a combined solution for the old age systems in the UK.

The aim of this project is to look at pension, health and social care systems by:

- (a) finding out what people think about various features of the pension, health and social care systems,
- (b) reviewing the existing evidence on how the pension, health and care systems are linked based on various individual choices that people make at different stages of their lives, and
- (c) developing a model to assess the policy effects on inequality, supported by a better understanding of the trade-offs people and society make between and within different generations.

You can read more about our project on the Nuffield Foundation [website](#) and the University of Kent [News](#).

bOing! Festival – August 2024

Artist [Molly Lambourn](#) worked with the Connecting Pensions, Health and Care team to understand different ideas about living well in old age. Participants were given a tea mug or saucer and were asked to draw and write on the ceramic objects, what it means to live well as we get older. We had participants from ages 2-80 years old over the course of the weekend. The tea-set will be showcased as future project events.

We were interviewed by Kent Online! You can see our feature by clicking [here](#).

Get Involved! Photo Competition

Join our exciting photo competition and share your unique perspective on pensions, healthcare, and long-term care systems! We invite you to capture your thoughts, feelings, and experiences in pictures that answer any or all of the questions:

- What does “living well in old age” mean to you?
- What aspects of the support systems (pension, healthcare, and old age care) enables people to live well in old age?
- Which challenges do people encounter with any of the systems that prevent them from living well in old age?

There are no limits to your creativity, so let your imagination run wild. Whether through powerful images or creative visual narratives, your submissions will help us better understand how people truly feel about these crucial support systems as they age. Your photos will play a vital role in shedding light on the connections between pensions, healthcare, and long-term care, including care activities from social care, family, and friends, and will contribute to a broader conversation on how we can improve these systems for everyone.

Don't miss this opportunity to make your voice heard through the power of photography and be a part of shaping the future of old-age support systems in the United Kingdom.

Website link with all competition details [here](#).
Entry form link [here](#).



Photo Competition

Open call

Join our exciting photo competition and share your unique perspective on retirement income, healthcare, and long-term care systems! We invite you to capture your thoughts, feelings, and experiences in pictures that answers any or all of the questions:

1. What does “living well in old age” mean to you?
2. What aspects of the support systems (pension, healthcare, and old age care) enables people to live well in old age?
3. Which challenges do people encounter with any of the systems that prevent them from living well in old age?

Your photos will play a vital role in shedding light on the connections between pensions, healthcare, and long-term care, including care activities from social care, family, and friends, and will contribute to a broader conversation on how we can improve these systems for everyone.

Don't miss this opportunity to make your voice heard through the power of photography and be a part of shaping the future of old-age support systems in the United Kingdom

You can submit up to 3 photos.

Cash prizes: 1st Place £200, 2nd £100, 3rd £50
+ An exhibition at the Gulbenkian for winners and shortlisted entries

Deadline: 27 January 2025

Entry form:
https://universityofkent.qualtrics.com/jfe/form/SV_etEzCj7PYy5eIM

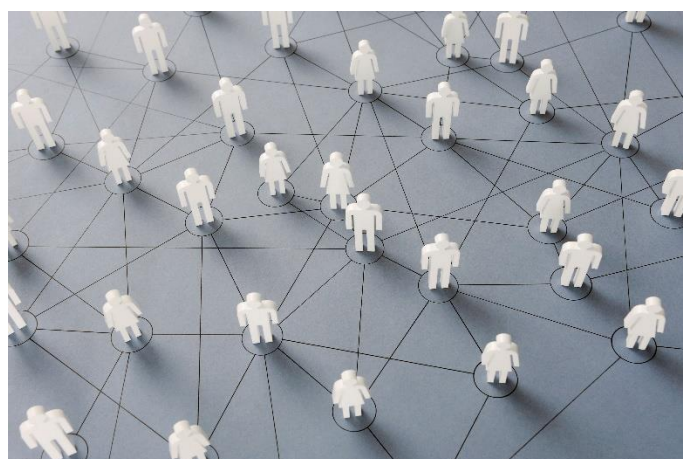
Competition website: <https://www.pssru.ac.uk/cphc/>
Instagram: @connectphc
Email: connectphc@kent.ac.uk

News, Publications and Bulletins

Read the PSSRU [Blog](#) – Title: Adult Social Care Toolkit (ASCOT)

NIHR Annual report and Accounts: Department of Health and Social Care (DHSC) have published the National Institute for Health and Care Research (NIHR) annual [2023/2024 report and accounts](#) on the research funded, and delivery against the themes of Impact, Innovation, Inclusion and Investment (September 2024)

Connecting pensions, health and care - Nuffield Foundation: Photo competition! The team are inviting people to submit photographs around the theme of pensions, health and care. Deadline 27th January 2025. <https://www.pssru.ac.uk/cphc/>.



Helpline / Support group contacts: A member of PIRAN has shared a list of support groups and networks available nationally, and for South-East London region (for example, carer support groups, mental health helplines). Please let Sarah know if you would a copy of this (NB, this is not related to University of Kent).

Please let Sarah know if you are unable to access any of the information provided by hyperlinks in this article, as this information can be sent via email or in the post (email: s.j.birch@kent.ac.uk; Phone: 01227 824967).

Acronyms and links for further information

ASCRU	Adult Social Care Policy Research Unit	‘Homepage’
ASCOT	Adult Social Care Outcomes Toolkit	‘Introduction to ASCOT’
DHSC	Department of Health and Social Care	‘About us’
ESCRU	Economics of health and Social Care systems policy Research Unit	‘Homepage’
NIHR	National Institute for Health and Care Research	‘Homepage’
PIRAN	Public Involvement Research Advisor Network	QSO PRU PPIE
PISIG	Public Involvement Strategy and Implementation Group	QSO PRU PPIE
PPIE	Patient and Public Involvement and Engagement	NIHR Resource Pack
PSSRU	Personal Social Services Research Unit	‘About Us’
QSO PRU	Quality, Safety and Outcomes Policy Research Unit	‘About Us’

This newsletter is for PIRAN members only.