



Welcome to our September PPIE Newsletter!

The summer months are coming to an end, which brings with it a new wave of activity at the University following the summer break. Colleagues at Kent have been hearing more about the 'Super-University' proposals, with news of a potential collaboration between the University of Kent and the University of Greenwich. You can read more about this from our News Centre:

[Kent and Greenwich announce 'trailblazing' collaboration - News Centre - University of Kent](#)

In this newsletter, you can read further information about the 'Connecting Pensions, Health and Care' project which is led by PSSRU researcher Olena Nizalova. A new blog has been published over the summer. This blog details how researchers have been using different engagement events to understand people's thoughts about what it means to live well in old age and how to prepare for living well in old age. Researchers have also used these engagement events to ask about the systems in place to support the older population within the UK.

I am always pleased to hear any news or research updates from your work as a research advisor, and I have shared some project news from our research advisor Graham on the 'Let's Talk Differently about Medicines' project at the Queen Mary University of London.

You will also find information about the Adult Social Care Workforce Survey, which can be shared with anybody working in adult social care. Every response builds a clearer picture of the sector's needs and strengths.

Kind Regards,
Sarah

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CONNECTing

Pensions, Health and Care

Introduction

This project is aimed at understanding and improving support for living well in later years. The team at the University of Kent and Exeter, led by Principal Investigator Olena Nizalova (PSSRU), are investigating retirement funding, healthcare, and long-term care systems. The researchers will be gathering feedback to evaluate the impact of changes on different population groups. This project is funded by the Nuffield Foundation, running from September 2023 to August 2026.

Reflecting on the project aims, Principal Investigator Olena says *“Since graduate school I have been interested in the interdependence between individual health, labour market choices and outcomes, family dynamics and population ageing. I have done research on various aspects of that interdependence, and at some point it became obvious to me that the old-age support systems are doomed to go from crisis to crisis as long as they are considered as separate entities. I am passionate about finding ways of ensuring good life in old age in a manner that is affordable individually and for the society.”*



The Research

This project will bring together academics and non-academics, answering important questions such as:

- What are people's preferences and attitudes for support in later life?
- How are the support systems linked through individual choices people make at different life stages?

The mixed-methods research will involve:

- Surveying the preferences and attitudes of the UK public
- Developing a framework for old-age support
- Building a pilot model to test different policy options and the equity effects between & within generations.

Find out more:

The team have recently published a [blog](#) 'Conversations on Living Well in Old Age: Community Perspectives on Health, Care and Pensions' (Aug 2025).

NIHR QSO PRU – now on social media!

For those who follow updates and news on social media, you can now find the National Institute for Health and Care Research Policy Research Unit in Quality, Safety and Outcomes for Health and Social Care (NIHR QSO PRU) on [Instagram](https://www.instagram.com/quality_safety_outcomes).



www.instagram.com

Search for:

'Quality Safety Outcomes'

OR

'QSO PSSRU'

NIHR | Policy Research Unit
Quality, safety and outcomes
of health and social care

What is QSO?



 **quality_safety_outcomes** Following ...

 **quality_safety_outcomes** 2d
We're the NIHR Policy Research Unit in Quality, Safety and Outcomes of Health and Social care, also known as the QSO PRU! Our research is funded by [@nihr_research](#). We are a team hosted at PSSRU, a Research Unit at the University of Kent [@unikentlive](#); working in collaboration with the Universities of Oxford [@oxford_uni](#), Leeds [@universityofleeds](#) and Bradford [@universityofbradford](#) and with Picker. The QSO PRU leads research to improve quality of health and social care by providing evidence to support national policy making in England. We will look at how safe care is, how well it works – its effectiveness, people's experience of their care and how problems with care are dealt with and resolved, including best practice. Follow for

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‘Let’s Talk Differently About Medicines’

We are always keen to share the great work of our research advisors from the various projects they are involved in.

This month, our research advisor Graham shared information about a project addressing the polypharmacy challenge (the use of multiple medicines) in older people with multimorbidity.

**Please note, this project is not related to or in collaboration with the University of Kent.*

More about the project:

Let’s Talk Differently About Medicines (LTDAM) is a story-based intervention developed by Nina Fudge, Alison Thomson and Deborah Swinglehurst at Queen Mary University of London.

Using fictionalised but research-rooted narratives, the LTDAM intervention supports older adults to reflect on their medicines, question unnecessary or unwanted prescribing, and engage in new conversations around medication use. It was developed using a design-led storytelling methodology to reimagine medication reviews.



A full report is available [here](#). Free resources are available at: www.medicinestalk.co.uk including downloadable and audible versions of the stories and a [Facilitator Guide](#) to support anyone who would like to facilitate sharing the LTDAM stories with others in a group setting.

Adult Social Care: Workforce Survey

This survey is open to everyone working in care-related roles, to help inform government policy, strengthen support for the workforce and help shape the future of adult social care.

The survey is being conducted by trusted experts, Skills for Care and Ipsos and University of Kent on behalf of the Government’s Department of Health and Social Care (DHSC).

Please feel free to circulate:

🔗 [Complete the survey](#)



**Share the
adult social care
workforce survey**

Help ensure every voice is heard



Webinars and Opportunities

- **Meeting the future challenges facing the Adult Social Care sector**

16 October 10-11am.

REAL Supply Unit

Oonagh Smith, CEO Skills for Care

[Registration Link.](#)

- **Building Ideas Webinar – Using Creative and Inclusive Techniques in Research**

6 November 12-1pm.

NIHR Applied Research Collaboration (ARC) West

[Registration Link.](#)

- **HRA Research Ethics Committee recruitment:**

The Health Research Authority (HRA) are looking for people to join their Research Ethics Committees (REC). This is a voluntary role, reviewing research studies that will take place in the NHS and social care.

Find out more [here](#).

REC members are celebrating a decade of REC membership, and have written a [blog](#) about the skills and experiences they have gained in this role.

News, Publications and Bulletins

The Co-production Collective have shared their latest magazine, co-produced with the Young Dementia Thematic Group.

The June/July edition of the 'Dementia Together' magazine can be accessed [here](#).



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

ARC	Applied Research Collaboration
CEO	Chief Executive Officer
DHSC	Department of Health and Social Care
HRA	Health Research Authority
NIHR	National Institute for Health and Care Research
PIRAN	Public Involvement Research Advisor Network
PPIE	Patient and Public Involvement and Engagement
PSSRU	Personal Social Services Research Unit
REC	Research Ethics Committee

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