

Ways to Wellness Evaluation



Newsletter No 2, December 2018

WELCOME

Season's Greeting from the research team carrying out the evaluation of Ways to Wellness.

A huge thank you to the Link workers and their managers who have been collecting the information through the EQ-5D forms. We have had an excellent response thus far and we'll be providing more information on this in the newsletter.

We are looking forward to working with you further in the new year.

Welcome to Kate Gibson



Hello, my name's Kate, and I joined the research team in October this year. I'm pleased to say I've met some of you already and am looking forward to meeting many more of you in due course.

Over the next 12 months or so, I'll be working closely with a few Ways to Wellness clients, which of course means that I'm likely to cross paths with you on a few occasions. So the timing of this newsletter is a great opportunity for me to tell you a bit about what I'm doing, and why.

You might already know that we are using a number of research methods in the Ways to Wellness evaluation. The research method I'm using is called an 'ethnography'. An 'ethnography' basically means that I'll be spending a long time (about 12 months in total!) interviewing some people using the service and their families. I'm also hoping to tag along with them as they go about their daily lives.

Why an ethnography?

This method of spending time with service users will allow us to explore some of the different ways that people engage with Ways to Wellness as well as the impact it has on service users, their families and social networks. This is an

important way to get a deep understanding of *how* Ways to Wellness is experienced because it helps us factor how the everyday lives of service users shape the ways they engage with Ways to Wellness.

What exactly will I be doing?

As I explain below, the ethnography will involve various different things.

Most importantly, people can take part in some aspects of the research and not others, and of course, they don't have to take part at all if they are not interested.



To help people decide if they want to take part in the research I'll firstly explain in detail what taking part involves and reassure them that their involvement will be treated confidentially. I'll be reminding them of this when we spend time together and they will also be provided with this information in written form.

Interviews

If a participant would like to take part, we'll start by having an informal interview together, which will last about 1.5 hours. I'll ask them about their health, their experience of Ways to Wellness, and how other people in their lives are effected by their health. I'd also like to interview them again around 12 months after. This is to follow up on some of the things we have talked about. After each of these interviews, I'll offer the participant a £20 shopping voucher as a thank you for their time.

Spending informal time together

In the time between the interviews, with participants who are open to the idea, I'd also like spend time with them on other occasions. This might include having a cup of tea together and accompanying them on everyday activities such as shopping or going to groups.

Participant Photos

I'll also ask some participants if they would be interested in taking some photos of their daily life and talking to me about them.

Focus Groups

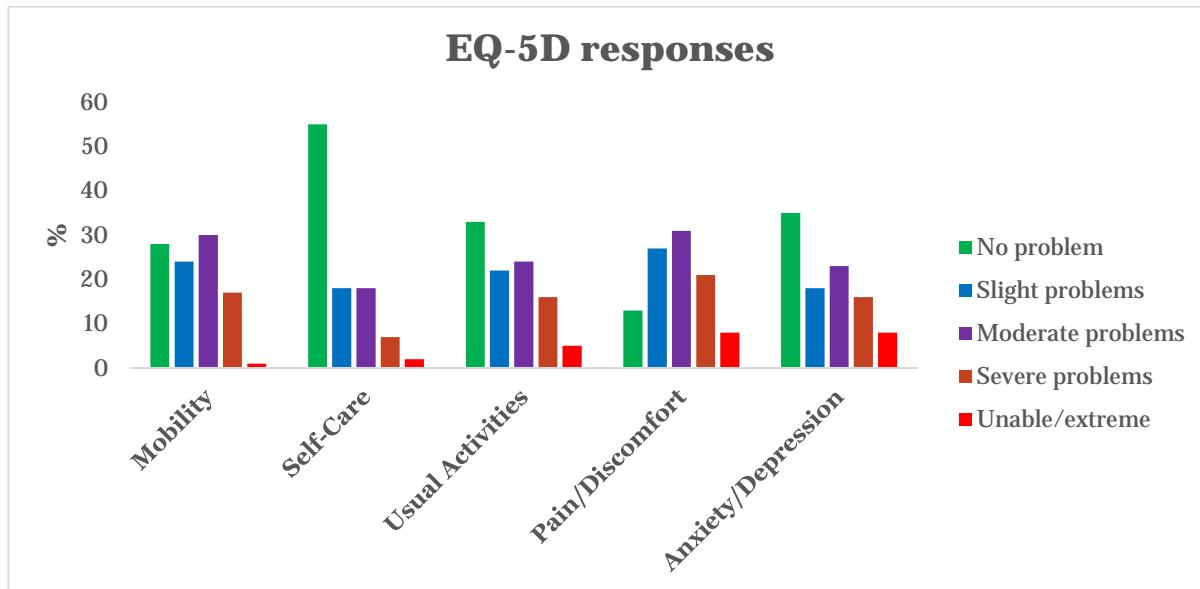
Last but not least, I'm running a few focus groups with you in your role as link workers so that you can share your experiences and perspectives. Each group will be made up of around six people, plus me, and discussion will focus on link worker experiences and perspectives. They'll last around an hour and will be scheduled during your working day. Dates to follow and I hope that as many of you as possible can attend!

If you or any of the people you are working with have any questions, concerns or feedback about this part of the research please don't hesitate to email me on kate.gibson2@ncl.ac.uk.

EQ-5D Data

Thank you for all your hard work collecting the EQ-5D questionnaire responses. We have collected a total of 266 completed consent and EQ-5D forms. This is an average response rate of 62% across both organisations.

We've crunched the numbers for the questionnaires for the first four months and wanted to share the results with you. The chart below shows the responses for each of the five questions. The chart shows that clients particularly struggle with pain and discomfort, completing their usual activities, mobility and anxiety and depression. Follow-up data collected at 12 months will tell us whether there have been any changes in these outcomes.



January Meeting

We are looking forward to joining you all at the Link Worker Collaborative Learning Event on Monday January 21st 2019. We will be sharing our progress so far and what the next steps will be.



Contact the Team

Suzanne Moffatt suzanne.moffatt@newcastle.ac.uk

Jo Wildman josephine.wildman@newcastle.ac.uk

Kate Gibson kate.gibson2@ncl.ac.uk

Allison Lawson [Allison.Lawson@newcastle.ac.uk](mailto>Allison.Lawson@newcastle.ac.uk)