



Photograph: Bonnie Teague, Head of Research NSFT & NICHE Fellow, British Columbia Landscape

Introduction and Welcome

Jo Odell NICHE Senior Researcher Fellow

Welcome to newsletter 9, our last for 2024, until we launch into our NICHE evaluation year 2025. It's been a busy autumn within the four NICHE workstreams. We are excited to have some projects drawing to a close and seeing evidence of the impact in practice. In this issue, you can read about NICHE funded projects shared at the October learning event, NICHE fellows conference presentations, and visits to partners locally and overseas. Several blogs and publications are also featured, as well as our continued collaborative work with rural coastal communities. We have also been supporting several awards ceremonies to really support and celebrate the people within our communities where we live and work.

The recent Darzi (NHS providers, 2024) report highlighted the following: "NHS staff experience feelings of powerlessness and detachment, feeling disempowered and overwhelmed." and "the inequalities divide is increasing with people living in poverty getting sicker and accessing services later, leading to more acute illness and poorer outcomes". This report makes disturbing reading but encourages

the NICHE team that we are working in the right direction using our participatory approaches to enable meaningful action. .

Liane Ward, NICHE programme manager has now left her role. Thank you Liane for helping establish NICHE locally. Idris Phillips-Fry, has been successful in gaining the programme manager role his email: l.phillips-fry@uea.ac.uk

We hope you enjoy reading this newsletter and join with us in celebrating the achievements of the NICHE collaboration across the Norfolk and Waveney system.

Taken from Jo Odell Blog "*Ignite, Innovate and Embed*: Three ways to create change and energy in the health and social care system". September 2024

At NICHE the three words that inspire our work are the values of :
IGNITEing people's passions, ideas, energy, and collaboration with each other and across teams, organisations, and systems.

Creating safe psychological spaces for people to INNOVATE, develop new insights, knowledge, and confidence to enable action with their ideas.
Enabling people to stay as close to their existing roles in clinical practice and EMBED their research, evaluation, and innovation activities in their day-to-day work with their teams and the people they care for.

These values express the way we work and underpin the NICHE strategic objectives and workstreams which work to address health inequalities across the Norfolk system.

Intern working with NICHE over the summer

My name is Sophie Crowle and having just completed my A Levels, over the summer, I have had the pleasure of working with the NICHE team as part of a summer internship. This has allowed me to gain an insight into the interesting work that they do and develop skills that I will take with me into my future studies. One of the highlights of the internship, was being able to conduct interviews with both Rosalind Hewett and Alice Dean, which provided me with an invaluable experience to discuss and research fascinating NICHE funded projects that have had an immense impact on the communities involved. These interviews illustrated the way in which NICHE works to fulfil its aim of innovating in healthcare, particularly through the way the projects that were discussed emphasised the importance of outreach and reducing inequalities across rural and coastal areas.

Throughout I have been able to develop a variety of different skills from enhancing my public speaking to critical thinking and reflection, therefore making this experience not only an incredibly interesting one, but also one that is valuable to my own personal development. Finally, I would like to express my gratitude to the NICHE team for giving me the opportunity to complete this internship. The team have an incredibly hard-working, yet supportive atmosphere and it has been a pleasure to spend these past few weeks working with them.



CELEBRATING ACHIEVEMENTS



The NICHE Autumn Shared Learning Event

17th October 2024

On the 17th of October we welcomed over 35 people to our autumn shared learning event for 2024, which NICHE hosted at the Eastern Air Ambulance base, Norwich Airport. The programme blended a variety of presentations and featured a “world café” format to enable discussions and dialogue around different topics between presenters and the audience, in a relaxed café atmosphere. All the projects that were presented are projects that NICHE has supported and funded. They were as follows:

The THRIVE Programme to Support the Development of Early Career Nurses- Helen Muncey-QEHL

Evaluation of the Take a Chance on Me programme (<https://takeachanceonme.org/>) Trevor Sanders and Emma Stimpson

NSFT Homelessness Health Needs Audit- Jenny Walker- Norfolk and Suffolk NHS Foundation Trust

Staff Wellbeing Project -Kate Roberts and Hannah Cooper- Clinical Health Psychology - QEHL

Norfolk Antenatal Pathway for Women and Birthing People with Learning Disabilities. Anca Manea, Norfolk Community Health and Care NHS Trust.

This Nurse Can- Reshaping Perceptions of Nursing: A Regional Recruitment Campaign. Simon Rose, UEA

The Shared Learning Event

At the end of the morning all the participants reflected on and shared what had made the most impression on them, their learning and how they would take this back to their own practice.

Here is a selection of what people said:

NICHE supported research makes a difference.

The diverse number of connections within NICHE attendees amount to form such helpful connections, knowledge and experience.

Learning was about the range of ideas and energy within the system.

Lots of very interesting projects- good to make connections and to link people together.

The future of healthcare is collaboration.

Presentations really bought the projects to life and opportunity to ask questions was really helpful.



From the UK to the Yukon

Discovering Northern Canada's approach to rural integrated care through a shared learning visit.



Bonnie Teague: Head of Research – Norfolk and Suffolk NHS Foundation Trust and NICHE Fellow. Email: Bonnie.Teague@nhs.uk



In September 2024, I had the privilege of travelling to Northern Canada to observe rural health systems and research across the Yukon and British Columbia as part of my NICHE research fellowship. Northern Canada is currently experiencing similar challenges to the UK when it comes to delivering healthcare services. An environment of economic and political change, a rapidly increasing population, more complex health conditions and high workforce turnover are all adding increasing pressure into the system. But in rural areas of Canada, there is also an urgent need to address structural health inequalities experienced by Indigenous communities, the increasingly visible opioid crisis in small cities and a significant housing crisis which is contributing to overcrowding and homelessness.

Therefore, the importance of delivering effective integrated care in these rural areas was very clear. Mental health and substance use services were often co-delivered, both viewed as consequences of adverse life experiences requiring trauma-informed care. I visited an inspiring Indigenous healthcare clinic in British Columbia which offered physical health checks, HIV-AIDS medication clinics and psychological and substance use outreach support to the most vulnerable people. This clinic not only viewed integration from a services perspective, but from a cultural one, as the clinic had Indigenous Elders on its staff.

The clinic also used numerous traditional medicine approaches such as arts, camping, smudging, healing rooms and food-based activities to reconnect people to their ancestral lands, communities and identities. In the Yukon, research programmes were focused on working with Northern and Arctic communities to have a voice in informing governmental policies and governance influencing their health, including vaccination, food security, renewable energies, climate change and health services delivery.



International Association for Scientific Studies in Developmental and Intellectual Disabilities (IASSIDD) Conference in Chicago August 2024

Anca Manea Learning Disabilities Nurse at the Norfolk Community Hospitals Care NHS Trust
and NICHE Fellow. Email: Anca.Manea2@nchc.nhs.uk

Earlier this year, I was invited to present my work around the Norfolk Antenatal Pathway for Women and Birthing People with Learning Disabilities, at IASSIDD Conference in Chicago.

Intellectual Disability is part of the International Classification of Disease and related Health Problems 11 (ICD-11) and an umbrella term of Disorders of Intellectual Development (WHO, 2018). Intellectual disabilities classification ranges from mild, moderate, severe, to profound cognitive disabilities. The United Kingdom is the only country that refers to the intellectual disabilities as learning disabilities. Therefore, this piece of writing will use these terms interchangeably.

Over 800 professionals and experts by experience attended the IASSIDD Conference to deliver and support an outstanding programme focused on inclusive research. Some important

themes identified in the inclusive research during the Conference were clarity, cooperation, creativity, and community. One transformative approach that reverberated across the Conference, was the importance of offering a multiagency approach when supporting people with learning disabilities. It was great to hear about the creation of the Global Intellectual Disability Nurse Research Collaboratory network, which aims to make improvements in the research, clinical care, policy, and support provided to the intellectual disabilities population worldwide. Regarding the multiagency approach, this is central to the Norfolk Antenatal Pathway that I presented at the Conference. A pathway centred on the pregnant individual that sees different agencies working collaboratively to the benefit of the prospective parent and the baby. I was very proud to fly the flag of the NICHE Fellowship, and showcasing the significant work it has facilitated in Norfolk.

'Harnessing Heritage'
Eastern ARC Conference.
Jonathan Webster NICHE



In September NICHE was invited to co-lead a seminar with MensCraft, Sussex ICB and Norwich Museums at the Eastern ARC Conference, 'Harnessing Heritage'.

The seminar blended elements of heritage work taking place outside, and beyond conventional, or traditional organisations boundaries. Participants were invited to engage within the environment, as both space and place, from which to elicit narratives. Using a community focused heritage interpretation, we explored the potential for interactions, that nurture social connection, a sense of belonging, and imaginative/emotional engagement. We explored the role of partnership working in supporting health-giving, and the restorative nature of encounters.

NICHE presented the changing landscape of integrated health and social care, across coastal, rural, and isolated communities. Working collaboratively with MensCraft, Sussex ICB and Norwich Museums provided a kaleidoscope of activities linking aspects of Heritage and Wellbeing. In between each presentation Norwich Museums led a creative 'pit-stop' activity drawing on creative approaches to help seminar participants explore in more detail their thoughts and reflections on what had just been presented. The Seminar finished with both participants and presenters starting to explore intentions for future partnership working, within our heritage and historic landscapes for wellbeing.

TEAM QEH Awards 2024

Jonathan Webster - NICHE Co-Director

For a second year NICHE were invited to sponsor and present an award – this year, the award for ‘Outstanding Achievement and Innovation’ which was presented by Professor Sally Hardy. The award recognises an individual or team that shows dedication and creativity in developing or improving services for patients or learners. This year the award was given to Jodie Tillett who has created an innovative ‘Hyper Active Stroke Unit Handover Sheet’ which helps colleagues to receive and provide effective and needed bullet points on a patients present condition. This is specially designed so that not a single point about a patient’s care is missed and ensuring anything serious has been escalated or informed within the team and any other teams. Jodie has also implemented new training making staff feel confident working in the Stroke Unit. Congratulations to both Jodie and the shortlisted finalists!



NICHE Sponsors the Healthy Award at the 2024 Flourish Awards

Johnny Yuen - NICHE Senior Research Associate



NICHE is delighted to sponsor the Healthy Award at the 2024 Flourish Awards, which honour exceptional contributions to the health and wellbeing of children and young people in Norfolk. This award recognises the inspiring work of organisations and individuals committed to promoting healthier lifestyles and wellbeing across the county.

The awards evening was a vibrant celebration, hosted and compered by young people at the RNAA's showground. With over 150 guests in attendance, the event featured nearly 100 talented children and young people who performed throughout the night.

We are thrilled to congratulate this year's health award winner, the Happy Smiles Club from John G Plummer & Associates Dental Surgeons, as well as the finalists, The Lighthouse Centre from NSFT and Able2B. Their dedication to improving health outcomes serves as a shining example of the positive impact being made in local communities.

NICHE is proud to be part of this important initiative, and we celebrate all the efforts made across Norfolk to foster a healthier and more supportive environment for children and young people. For more details, please visit Flourish Awards 2024: www.norfolk.gov.uk/article/62557/Flourish-Awards-2024-celebrates-exceptional-contributions-to-children-and-young-people-in-Norfolk

Co-designing a new MSc through a two day stakeholder workshop exploring disaster-related psychological trauma and mental health education requirements for the Caribbean.



4-5th JUNE, 2024.
Sally Hardy – NICHE Director



In total, forty stakeholders attended a two-day workshop facilitated by Prof Sally Hardy from UEA NICHE, and Dr Oscar Ocho, Head of Department University of West Indies, Trinidad and Tobago, School of Nursing.

The purpose was to consider the development of a contemporary MSc programme addressing mental health and trauma. (Photo: Stakeholder Participants from day one: UWI Trinidad and Tobago, 4th June, 2024)

The work was commissioned as part of Johnson and Johnson Restoration Foundation funding, to develop a sustainable education programme for the Caribbean, for disaster related trauma response. Over two days, the workshop provided collaborative space from which to gather information, ideas and input from those partners who have influence on student learning, offering potential placements and future career opportunities for graduates/alumni.

DAY 1:

Involved identifying core principles of a trauma informed approach to mental health care, and then moved to undertake an iterative approach to co-designing a strategic vision for the course, associated values and attributes of practitioners. A nominal group technique helped to identify priorities and agreed future actions, in terms of sustainability across the Caribbean, and how to maximise global relevance.



Picture: Dr Ocho (standing far right) leading a group discussion exploring priorities for the new MSc curriculum co-design. 5th June, 2024

Evaluation feedback gathered at the close of each day is shown below:

DAY 2:

Focused on curriculum requirements and action planning. Concluding the two days, contributors were asked for commitments as pledges to ensure progress and ongoing collaboration across different sectors and organisations involved.

The team approach facilitated greater collaborative discussions when they are done in a psychologically safe environment. It allows for respectful discussion and respect for others' opinions.

The importance of creating safe space in meetings. I am inspired to have a greater sense of creativity for routine tasks.

Inspired by the methods used by the facilitators, to encourage total participation and sharing of knowledge.

This was one of the best working groups I have been on for a long time.



Planting the Seeds for Change:

A Participatory Service Evaluation of the "Leading and Facilitating the Development of Person-Centred Care and Cultures" Programme -A participant follow up impact report- NSFT



www.uea.ac.uk/f/185167/x/cb5aecdc09/nsft_niche-residential-programme-web-ver-final-report.pdf

We are excited to share with you the publication of the participant follow-up impact report for the NSFT and NICHE "Leading and Facilitating the Development of Person-Centred Care and Cultures" programme. The invaluable contributions of participants have helped plant the seeds of change—nurturing the growth of person-centred care within the workplace, community, and beyond.

This report reflects not only the outcomes of the programme but also underscores the impact on

participants as leaders and facilitators in shaping a more inclusive and compassionate care environment. While this marks a finishing line, it is also just the beginning. The seeds planted during this programme are now beginning to flourish, and the journey toward sustainable, person-centred care continues. We hope this report will serve as a resource and an inspiration for future projects, collaborations, and innovations.

Economic Evaluation Seminar's July and September

NICHE was delighted to be able to host a virtual seminar on Economic Evaluation that was presented by Jacque Mallendar, Economic by Design, across the Norfolk and Waveney Integrated Care System in July and September 2024.

Each seminar had about 20-30 participants from a variety of health, social care and academic settings. During the seminar, participants were asked to think about what constitutes "value" and described how in the western world "economic value" is determined by the market based on how much people are willing to pay for a product. However, within the NHS health and social care sector the market theory doesn't work. In this case Jacque encouraged us to think about value in the following ways:

Personal Value:

Benefits experienced by individuals, such as improved mental health or reduced isolation from social prescriptions.

Society Value:

The broader positive impact on communities, like reduced healthcare demand or increased social cohesion through community programs.

Allocative Value:

Ensuring resources are distributed fairly, for instance, prioritising interventions for underserved populations in coastal communities.

Technical Value:

The efficient and effective use of resources to deliver desired outcomes.

When discussing how to measure value, Jacque gave examples of economic evaluations and suggested using various approaches. She recommended calculating costs and benefits in monetary terms such as pounds and pence alongside a narrative of costs and benefits, which can be useful when trying to influence a variety of stakeholders in relation to your evaluation. NICHE is currently conducting impact studies and using economic evaluation across its four workstreams. Please get in touch if you would like to discuss this.

Blogs



Jo Odell- Ignite, Innovate and Embed. Three ways to create change and energy in the health and social care system. September 2024

<https://www.uea.ac.uk/f/185167/x/09e821967d/final-jo-blog-september-2024.pdf>



Sarah Flindall-Rethinking Prevention: Supporting Healthier Choices in Coastal Communities for Lasting Impact. October 2024

<https://www.uea.ac.uk/f/185167/x/760241bd4c/blog-sarah-flindall-gp-oct-24.pdf>



Jonathan Webster and Lee Davies - 'Rewilding our Workplace Cultures' October 2024

<https://www.uea.ac.uk/f/185167/x/62a90045c8/blog-rewilding-our-workplace-cultures.pdf>



Sally Hardy- Understanding global health challenges and the importance of cultural and international knowledge mobilisation. October 2024

<https://www.uea.ac.uk/f/185167/x/fe17aa1e7e/newsletter-write-up-trinidad-stakeholder-event-june-24-sh.pdf>

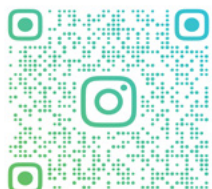


Write a blog for the NICHE website!

We are keen to hear from you about your interests and experience and welcome receiving an informative blog to feature on our website.

We aim to publish a new blog each month on topical aspects of our work together.

Read our guidance on writing a blog and email your blog to NICHEAnchor@uea.ac.uk.



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Further information on NICHE projects please visit the **NICHE** website at:

www.uea.ac.uk/groups-and-centres/projects/niche

All photographs have been kindly approved by the participants.

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