



WELCOME

Welcome to the first CareCoach newsletter! We hope that this newsletter will be an effective way of touching base with anyone involved in the CareCoach programme.

WEBSITE LAUNCH

You may be reading this newsletter on our brand new website, but if you're not, do check it out! We share the site with the TIMES programme, another NIHR funded programme which Chris Fox (our co-Chief Investigator) is associated with. On our website you can find out more information on CareCoach, meet the team and keep up with our progress.

FIONA'S FIELDWORK

As part of WP1, Fiona Scheibl, our qualitative researcher, completed three fieldtrips to engage with members of various dementia support groups. At each group Fiona presented the Partner in Balance programme to attendees and a discussion was held on the topic. The feedback from this engagement was included in the development of the CareCoach intervention package. A huge thank you to the members of the Eastwood Memory Cafe in Nottingham, The Girlington Centre Community in Bradford, and The Thorpe Dementia Support Group in Norwich, and an extra special thank you to Geoff Fenwick and Mohammed Akhlak Rauf who were key in connecting the CareCoach team to these groups.

WORK PACKAGE 1

A huge thank you to everyone who worked on and participated in the interviews and focus groups of the first Work Package (WP1) of the programme. We are delighted to say that over 60 people took part and data collection is now complete. 17 members of staff and 16 carers of people with dementia were interviewed across three sites (Norfolk, Nottingham and Bradford) 17 members of staff and 14 carers then participated in focus groups to review and develop the findings from the interviews. Your feedback and suggestions have helped us to develop the UK version of the CareCoach intervention package.

THE NEXT STEPS...

We are now moving into the next phases of the programme. WP2 will examine how we might implement the CareCoach programme into the current health and social care system. Work package 3 is a small feasibility study to test whether we can run a larger scale trial. We aim to recruit 42 carers from across 7 sites in England and Wales. Half of these will be randomised to receive the CareCoach intervention and the other half will be the comparison group. We will measure the impacts on carer's mood, stress and quality of life. Keep an eye on our website for information on how to take part in this study.

AN AWARD-WINNING TEAM!



Fiona Scheibl, our Senior Research Associate, has won a Special Merit in Research award from UEA. This award recognises excellence in supportive team based academic research.



Geoff Fenwick, our PPI Lead, won the CRN East of England Celebration Award in the category of 'Research Volunteer' in recognition of his amazing PPI contributions to studies including CareCoach.

Congratulations to both Fiona and Geoff on their awards!

OUR FIRST PUBLICATION



The first CareCoach article has been published in the Journal of Dementia Care. The publication, co-authored by Geoff Fenwick, reflects on PPI input and is an open call for carers with lived experience of dementia to join the PPI team. You can view the publication [here](#) if you are viewing this newsletter online or you can find it in the News/Output section on our new website.

SERVICE USER ADVISORY GROUP (SUAG)



We are delighted that we now have an established, enthusiastic and experienced SUAG with 8 members. As well as reviewing the data from WP1, the SUAG members have also been involved in the development of the participant facing documentation for the next phase of the study, Work Package 3 (WP3).

SUAG ON TOUR!



A great photo of John, one of our SUAG members, who has been cycling along the Loire with his wife.

NORFOLK COUNTRYSIDE



One of our SUAG members, Raymond, recently took this stunning photo of the Norfolk countryside.



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