



## 0-19 Research Network Quarterly Newsletter

**Dear 0-19 Network Member,**

Welcome to the 3<sup>rd</sup> edition of the quarterly newsletter, keeping you up to date with the Network. This newsletter is written by Louise Wolstenholme, Lisa Manlove and Tracey Long.



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Clinical Fellow  
NIHR Nursing & Midwifery



**Lisa Manlove**

Health Visitor Team Leader  
0-19 Service  
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Children's Care Group, Rotherham  
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Foundation Trust  
PhD Student and Senior Research  
Leader  
NIHR Nursing & Midwifery

Please do share this newsletter with your colleagues.

New members can join here: [0-19 Research Network Membership](#)

### Network update

As you may be aware we have received funding (2022-2024) to host and evaluate the 0-19 Research Network and to develop a champion programme, to enable Research Champions to set up Communities of Research Practice (CoRP) in their areas. At the heart of this we have two core aims:

1. To support and increase the participation and recruitment of children and families in public health research, with a focus on those underserved populations (research delivery).
2. To increase research engagement and capacity of public health professionals working with the 0-19 age group (research capacity building).

## What we have been doing to meet our aims as a Network:



- \* We attended the University of Hull on the 8<sup>th</sup> of June 2023 and delivered 'Unlocking our Research Potential' to the Specialist Community Public Health Nurse Students (SCPHNS) and to Dr Moira Graham - **This was a great event, and the project team were welcomed by all the students and Moira, with some brilliant discussions.**
- \* The champions are all engaged in their individual community of research practice, and we are super proud of their achievements to date.
- \* The peer support sessions with the research champions continue allowing opportunities to discuss their own individual progress and receive support from their peers and project leads, regarding their next steps.
- \* A face to face 0-19 Research Network meeting was held at the Hepworth Gallery on the 16th of May 2023. We received a wonderful message from Dr Jenny Woodman (& Amanda Clery), presenters on the day:

*"Thank you so much for inviting us to the 0-19 Research Network event today. I really enjoyed the event, definitely one of the most exciting events I've been to in the last few years. You have a really strong infrastructure and exciting drive for research in the region, really great. Best wishes Jenny."*

- \* The 0-19 Research Network are presenting at the SAPHNA conference on the 12<sup>th</sup> of September and the IHV conference on the 21st of September. Please say hi if you see us.



## In the news

### NIHR Clinical Research Network Yorkshire and Humber Awards 2023:

The 0-19 Research Network was shortlisted for the NIHR Clinical Research Network Yorkshire & Humber for 'The best contribution in non-NHS setting' and a big congratulations to all involved as we won!!



Here are some of the project team, as they arrived at the NIHR award ceremony full of anticipation and excitement and then lovely smiles upon receiving the reward, on behalf of the 0-19 Network.



A big thank you to all the network members for your contributions and support, which makes this all possible.

### Nursing Times Awards 2023:



The 0-19 Network has also been shortlisted for the Nursing Times 2023 awards under two categories - Public Health Nursing and Clinical Research Nursing.



One of our project leads, Tracey Long, has been shortlisted for the Nursing Times Awards 2023 – Nurse of The Year.



At the face to face 0-19 Research Network event in May, school nurse Gill Williams (Sheffield) won our prize draw for a ticket to the SAPHNA conference on the 12<sup>th</sup> of September, and health visitor Andrea Christie (Humber) won a ticket for the iHV conference on the 21<sup>st</sup> of September. Well done to both of you, we look forward to seeing you there.

## Publications

Louise Wolstenholme was a co-applicant on a NIHR Evidence Synthesis programme grant which undertook a systematic review to examine the impact of intergenerational interventions on the wellbeing and mental health in children and young people and to identify areas for future research as well as key messages for service commissioners. The Protocol for this Campbell Review has just been published and can be accessed here: <http://doi.org/10.1002/cl2.1347>

**PROTOCOL: What is the effect of intergenerational activities on the wellbeing and mental health of children and young people?** Fiona Campbell | Rebecca Whear | Morwenna Rogers | Anthea Sutton | Jane Barlow | Andrew Booth | Andrew Tattersall | Louise Wolstenholme | Joanna Thompson-Coon

Louise: “It was a great learning opportunity to be a co-applicant on this grant and to work alongside experienced researchers – I had never heard of or seen a gap map until this work. Being a co-applicant provides an invaluable research experience and I would encourage us all to be looking for these opportunities.”

## Meet our Champions

Introducing two of the 0-19 Research Network Champions:



**Louise Arundel** - Quality and Governance Lead, 0-19 Public Health Nursing Service, Barnsley Council

*“Being a research champion is an exciting and rewarding experience, it has enabled me to become part of a research projects and enhanced my confidence in doing so. The networks that I have developed and become part of during my time as a research champion have complimented my learning enormously and have shaped my understanding of the research process”*



**Claire Chilton** - Health Visitor, Humber Teaching Foundation Trust

*“Hello, my name is Claire Chilton, and I would like to tell you a bit about my journey as a Research Champion. My background is Learning Disability Nursing and my current role alongside my Champion role, is as Health Visitor for Humber East Riding ISPHNs. For me research in nursing is both fascinating and scary, fascinating because I am passionate about delivering evidence-based care to families and children. It’s a bit scary because for many years ‘being involved’ in research is something others do. Having undergone the Champion programme and had the benefit of the follow-on peer support sessions with fellow research Champions across Yorkshire I have grown in confidence about my own abilities to be research active. The support I have been offered by the 0-19 Network has been nurturing and motivational. I’ve realised that through small steps significant achievements can be gained, especially when surrounded by like-minded practitioners. I have enjoyed linking up with Humber Research team and I have been busy spreading the value of a Community of Research Practice to my colleagues. I am pleased that our first date has been planned for August. I am excited about supporting my colleagues in their own development in research as well as increasing the overall research capacity of the ISPHN service.”*

## Meet members of the project team

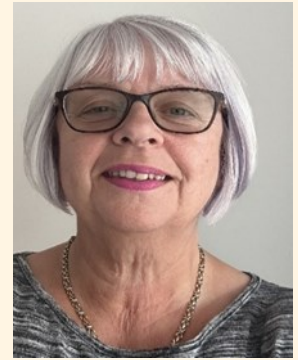
### Introducing Sharon White:

Sharon White OBE, BSc (hons) Specialist Community Public Health Nurse/School Nurse, Registered General Nurse, State Certified Midwife Sharon is a qualified nurse, midwife, and school nurse with over 40 years' experience of working with children, young people, and families.

Most of this time has been spent in the community at operational, managerial, and strategic levels. Prior to her departure from the NHS 9 years ago, she was Designated nurse for safeguarding/looked after children in across a large city.

Sharon has recently stepped down from a 12-year tenure as Co-Chair of School Nurses International and is now full-time dedicated as Chief Executive Officer of the School and Public Health Nurses Association (SAPHNA). She is recognised as a global expert on School Nursing and as a passionate advocate for children, young people, and their families, as such, she works across national and international Government Departments influencing, challenging, and developing policy whilst driving forward the school nursing profession. She is an experienced and well recognised international presenter and published author.

Sharon is humbled and honoured to have received the Order of the British Empire in the Queens New Year's Honours list for 2015 and to be one of the recent contributors to the RCN book Dear Nurse, celebrating 75 years of NHS Nursing! Sharon is a soloist and chorister, school governor, NSPCC volunteer and leads a local food bank. In her 'spare time', she is mum to 2+2, grandmother to 2 +2 and godmother to too many to recall!



### Introducing Gill Kelly - Senior Lecturer and programme leader for SCPHN, Health Visiting PGDip at Leeds Beckett University.

Gill shares details of her involvement and development since joining the network:

- Increased a cross-regional network with professional and academic colleagues. Focused my interest in research activity in my own place of work - I am a member of a group of nursing academics who are also aiming to increase research activity amongst the nursing group, where traditionally the expertise is weighted towards clinical and leadership experience

- Report on 0-19 Research Network role and project activity within wider nursing group
- Increasing SCPHN participation in the MSc Health and Community Care (Research in Practice module - academic supervisor)
- Prioritised research activity within my PDR
- Reviewer in partnership with the Obesity Institute at Leeds Beckett University. The scoping review, commissioned by OHID, was published in 2023: <https://onlinelibrary.wiley.com/doi/10.1111/cob.12571>
- Co-researcher with iHV on the NIHR funded evaluation of the 0-19 Research Network CoRPs project.

PhD funding application submitted, and my proposal is in progress - I am currently refining my research aims and objectives which will focus on the public health role of the health visitor. The motivation for this is centred on understanding the unique and specialist skills that the health visitor, and the impact and visibility of the profession amid the growing number of roles within the integrated health and social care settings in which we work.

## Research in Practice:

Welcome to research in practice, a place where you can share your story of research and how you have found it. If you would like to share your area's work, please contact us at [scn-tr.0-19.researchnetwork@nhs.net](mailto:scn-tr.0-19.researchnetwork@nhs.net) so we can include it in the next issue.

In this edition, we welcome Health Visitors from the Hull 0-19 Integrated Public Health Nursing Service, which featured on the BBC's One Show.



“We were proud to have The One Show join us on a home visit earlier this week. Baby Noah stole the show of course! Thank you to his Mum India for welcoming us and for talking about her experiences as a new parent. **Watch it here:** [BBC iPlayer - The One Show - 15/06/2023](#)”

Health visitors from the Hull 0-19's service featured on the BBC One Show to showcase their participation in an innovative new study led by the Institute of Health Visiting and funded by the Royal Foundation.

The Trust was selected as one of two participating sites exploring the feasibility of using the Alarm Distress Baby Scale (ADBB) as part of routine health visiting practice. The study aims to support the profession to promote infant wellbeing and social and emotional development.

On the same day, HRH the Princess of Wales, who is patron of the Royal Foundation, visited Nuneaton to meet health visitors taking part in the study, which is funded by the Centre for Early Childhood.

The ADBB model is used to assess how babies are interacting with the world around them. The tool focuses on social behaviours such as eye contact, facial expressions, vocalisation, and activity levels to help practitioners and families to better understand the ways babies express their feelings, whilst also supporting parents and carers with bonding and attachment. The ADBB can also be used to recognise early signs of psychological distress, enabling specialist support to be accessed as soon as it is needed.

The One Show team met with Health Visitors, including Karen Hardy, Specialist Health Visitor for Perinatal and Infant Mental Health to talk about the trial and how they will use the ADBB to support the families in their care.

### **Michele Moran, Chief Executive at the Trust, said:**

*“Congratulations to the team on being chosen as a pilot for this project. As a Health Visitor, I am passionate about the role the profession plays enhancing health and reducing health inequalities. Our teams across Hull and East Yorkshire provide a proactive and universal service which supports thousands of parents of under 5's. This trial will help enhance that offer, ensuring that every child is given the best possible chance at building positive and healthy relationships.”*

## Research in Practice:

**Rebecca Price, Modern Matron, Hull 0-19 Integrated Public Health Nursing Service at the Trust, said:**

*"It's exciting to be hosting this study in Hull to develop and support positive infant parent relationships. Our interactions and relationships during our earliest years are crucial in promoting social and emotional wellbeing, providing vital foundations which shape the rest of our lives. Being chosen is testament to the team's commitment to families in our community and ensuring that delivering the highest standards of care to them they are at the heart of what we do"*

The ADBB trial is running for a period of ten months and is being carried out at the South Warwickshire NHS Foundation Trust and Humber Teaching NHS Foundation Trust.

### 'A Day in the Life of a Research Health Visitor...'



*"My name is Terri Wright. I'm a health visitor based in the Manor Darnall Team. I'm an adult nurse and qualified as a health visitor in 2013. During the implementation plan and in my 10 years have seen so many changes and progressions within health visiting both locally and nationally.*

*There is no typical day in health visiting. Each day varies dual rolling between research health visitor and clinical health visitor, starting at 0830 and reviewing emails to re-view if any recruits have come through for the surviving crying study.*

*From here, logging on to SystemOne to review the visits for the day including a new birth visit, a 6–8-week review and one of my universal partnerships, plus families. I usually do my clinical visits in the morning where my clinical judgement is vital to review if parents require any further support, especially around mental health and crying, using evidence-based practice to determine what support I can offer. Which is the beauty of the dual role using what I learn from the research role linking with my clinical role.*

*Lunch is normally on the move in my car and making phone calls and texting on my teams group chat to see if there any support that's needed or anyone has any questions that they need answering.*

*In the afternoon I review and write my records, which can take longer than the visits! I do most of my liaison with other colleagues and professionals about families that I'm supporting. I attend meetings and supervision for the surviving crying study to review the progress of the study and keep my skills updated on CBT techniques and catch up on the latest information and changes to the study.*

*The day normally finishes around 4.30 after checking where I need to be in the morning for work, whether at the office or straight to visits."*

**We would really like to hear what's going on out there and how you have engaged with research, and we know others would also love to hear what you are doing. Please email us with a paragraph or two, telling us about what you are doing in the world of research or have a suggestion of a topic you would like to know more about - you could find it featured in the next issue!**

## Where to find information on nursing research:

- Royal College of Nursing (RCN) Research and innovation  
<https://www.rcn.org.uk/Professional-Development/research-and-innovation>
- School And Public Health Nurses Association (SAPHNA) Research <https://saphna.co/research/>
- Institute of Health Visiting (iHV) Research <https://ihv.org.uk/our-work/research/>
- NICE QS148: Community engagement: improving health and wellbeing  
<https://www.nice.org.uk/guidance/qs148/chapter/Quality-statements>

### Queen's Nursing – research masterclass

The QNI's Community Nursing Research Forum is holding a series of free bitesize masterclasses open to all community nurses interested in research.

[Research Webinar: Working with Underserved Communities – The Queen's Nursing Institute \(qni.org.uk\)](https://qni.org.uk)

[Community Nursing Research Forum – The Queen's Nursing Institute \(qni.org.uk\)](https://qni.org.uk)

## Opportunities to get involved in research

- Finding a PhD <https://www.findaphd.com/>
- National Institute for Health and Care Research (NIHR)
- Career development support  
<https://www.nihr.ac.uk/researchers/career-development-support-and-training.htm>
- Become a committee member  
<https://www.nihr.ac.uk/researchers/become-a-professional-committee-member.htm>
- Funding opportunities

### Dates for the diary

#### 0-19 Network Meetings

- 28/09/2023, Virtual
- 20/11/2023, Face to Face (Guild Hall, Hull)





## A collaborative approach:

The Network happens because of a great team of people all striving towards the same goal, to make the Network a success so that we can achieve our aims. We continue to work with:

**Victoria Jackson**, Senior Programme Manager -Projects and Evaluation, Institute of Health Visiting

**Vicky Gilroy**, Head of Projects and Evaluation, Institute of Health Visiting

**Gill Kelly & Sinead Coleman**, SCPHN course leaders Leeds Beckett University

**Heidi Fewings**, 0-19 Service manager, Hull 0-19 Integrated Public Health Nursing Service

**Sharon White**, SAPHNA

**Kate Atkinson**, Deputy RDM CRN

**Gillian Gatenby**, R&I Associate Director, Sheffield Children's NHS Foundation Trust

**Cat Stadon**, Research Administrator, Sheffield Children's NHS Foundation Trust



Thank you for taking the time to read our 0-19 Research Network update, please do let us know what you would like to see in the newsletter:

[projects@ihv.org.uk](mailto:projects@ihv.org.uk).

Best wishes,

The 0-19 Research Network Team



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