

CUH Patient and Public Involvement

Winter 2022 Newsletter

News and updates on PPI in the East of England

Welcome our first newsletter of 2022! You are receiving this as you have previously asked to be added to our newsletter subscriber list. We use this regular newsletter to keep you up to date with local and national PPI news, training events and other opportunities. If you would rather not remain on our subscription list, please email ppi@addenbrookes.nhs.uk to update your preferences.

Happy New Year from the CUH PPI Team!



Many thanks to all the colleagues, public contributors and researchers that worked with us on our PPI activities in 2021. We are looking forward to continuing several projects and starting many new ones!

This issue of the newsletter will cover some of our plans for 2022 as well as our usual features. Keep your eyes peeled for further updates in future newsletters.

Online Researcher PPI Training: Spring 2022 Dates Announced

These online sessions are held on Zoom. They are open and free-of-charge for UK-based students and staff employed or funded by the NIHR, NHS, academic institutions and charities. They are designed to provide training for health researchers on a range of important PPI skills and activities. We also host public information sessions on PPI aimed at members of the public. You can register to attend all sessions by visiting the [Online PPI Events page on the NIHR Cambridge BRC website](#).



[Introduction to PPI for researchers](#)

Thursday 3 February, 13.00-15.00

This interactive session covers what PPI is, how it can help research and tips for doing it

well. The session also includes one of our CUH PPI Panel members sharing their experiences of getting involved, and a PPI case study presented by a local researcher.

[PPI toolkit: Ways to involve the public in research](#)

Thursday 24 February, 10.00-12.30

This session looks at some of the methods that can be used for PPI to help researchers find ways that might be suitable for their project. The session covers activities that can be used throughout the research cycle, with examples from research taking place on campus.

[How to build and maintain PPI groups](#)

Tuesday 15 March, 10.00-12.00

Forming a PPI group can be an effective way of involving people in your research. This session looks at the different ways a PPI group can work, how to recruit group members and how to keep them involved throughout the lifecycle of your project. Includes one of our CUH PPI panel members and a researcher who will share their experiences.

[Running successful PPI groups](#)

Wednesday 30 March, 14.00-16.00

Focus groups can be a great way to support discussion about your research with a group of interested people. In this session we will look at how focus/discussion groups can be useful for PPI, when they might not be appropriate and how to plan, organise and follow up a successful session.

[Planning inclusive PPI](#)

Monday 25 April, 13.00-15.30

To maximise the impact of PPI and improve research for everyone, we need to involve a diverse range of people and communities. This session encourages participants to think about ways to design inclusive PPI opportunities that work for the communities they wish to involve. We will look at best practice and examples for relationship building, recruitment, planning and follow up.

[Writing lay summaries for health research](#)

Wednesday 11 May, 10.00-12.00

An interactive session for health care researchers on communicating your research to a wide audience. Looking at what makes a successful lay summary and things to avoid based on feedback from our public contributors.

[Evaluating PPI](#)

Tuesday 24 May, 14.00-16.00

PPI is seen as essential to improving the value and relevance of research - but how can we evaluate the impact that our PPI has had, to know whether it has worked well and how it can be improved in the future? In this session we will look at why traditional evaluation is difficult for PPI, how best to plan for success, and monitoring and recording your impact.

Cambridge BRC PPI Network: Dates announced for 2022 sessions



The PPI Network is a way for people working in PPI at the Cambridge BRC to meet and discuss PPI experiences. The Network is intended to provide a space to share learnings, pastoral support and to facilitate connections between those working in the field. It is not possible to provide skills training or tailored support at PPI Network catch-ups, so please consider also exploring our [online training sessions](#).

If you or any of your colleagues would like to join the network, please email ppi@addenbrookes.nhs.uk with the following:

- Your name
- Role
- Organisation
- Email address

This year, PPI Network catch-ups will be held on:

- Tuesday 8 February, 14.00-15.00
- Wednesday 4 May, 9.30-10.30
- Monday 8 August, 10.00-11.00
- Thursday 10 November, 16.00-17.00

New Research Information Sessions for people involved in health research in the East of England



The CUH PPI Team are organising a series of online information sessions on a range of topics relevant to our local health research. These talks will be open to members of the public currently involved in research through a PPI group or panel in the East of England, or acting as a public contributor on a research project that is linked to a local institution.

We will be working with researchers at the NIHR Cambridge BRC and advertising to involved people through our established contact networks.

As requested through consultations with members of the CUH PPI Panel, this year's talks

will cover topics including:

- What is artificial intelligence (AI) and how is it used in research?
- What is translational research?
- The development and regulation of medical devices
- Engaging the public to explore ethical implications born from scientific discovery
- How NIHR funding applications are assessed by funding panels
- The clinical trials process

Do you work with public contributors that you think would be interested in these talks? Let us know if you would like to share our full calendar of talks and invitation details with you by emailing ppi@addenbrookes.nhs.uk.

Researcher Talks Series in 2022



Researcher Talks are an exclusive opportunity for members of the CUH PPI Panel to hear directly from researchers about their cutting-edge research.

In 2021 we were fortunate to hear from 12 wonderful researchers on topics including cancer, covid, cardiology and many others! Thank you to all those who presented to the panel in 2021.

At the end of last year we asked our panel members to complete a survey on the pilot year of Researcher Talks, to make sure that the series continues to be beneficial for both panel members and researchers. Thank you to all our panel members for taking the time to complete the survey!

Learning from our survey outcomes, we will be making the following changes for our 2022 series.

1. Talks will be quarterly, not monthly.
2. Topics have been selected from a long-list of panel suggestions
3. Panel members will be sent a reminder two days before each talk.
4. Attendees will be asked to complete an anonymous survey after each talk, which will be shared with the presenter as feedback.

Talks on other topics will also be held throughout the year, so keep your eyes peeled for other events!

This year's talks:

Thursday 25 January: Traumatic Brain Injury and the COMMIT Trial. With Dr Keri Carpenter, Dr Farah Alimagham and Chisomo Zimphango.

Monday 11 April: The artificial pancreas... the future of diabetes? With Dr Charlotte Broughton.

Wednesday 22 June: Dementia research - what, how, who and why? With Prof James Rowe.

Thursday 20 October: Cancer research at the NIHR Cambridge BRC. With Prof Charlotte Coles, Dr Rajesh Jena, Dr Indrani Bhattacharya and Rachael Webster.

Are you a researcher who would be interested in presenting your research to the panel? Please let us know by emailing ppi@addenbrookes.nhs.uk!

Researchers Feedback to CUH PPI Panel Members



Researchers ask PPI contributors for comments on their research, PPI contributors provide comments and then researchers provide their feedback and updates. We have had a very busy start to the year, so thank you to all our panel members for your continued enthusiasm and excellent comments! Researchers are really grateful all your hard work and send their thanks.

Please [click here](#) to access feedback from academic research projects. Feedback has

been shared from projects conducted between May 2021 and December 2021.

Please [click here](#) to access feedback from industry projects. This feedback covers one project undertaken in October 2021.

These files are password protected and only available to CUH PPI panel members.

PPI at the Cancer Research UK (CRUK) Cambridge Centre



CANCER
RESEARCH
UK

CAMBRIDGE
CENTRE

Women involved in the Ovarian Cancer Research Programme share their stories

This story from the University of Cambridge explores how women are helping to change the story of ovarian cancer through their involvement in pioneering research aiming to change outcomes and create treatments that are as unique as their stories.

Click the below picture to watch Panagiota, Margaret, Lorraine, Fiona and Melanie tell their stories.



[Read the full story here.](#)

RadNet Cambridge group organise virtual 'tea break' box for attendees at Winter meeting

CRUK RadNet is a network of centres working to tackle the major challenges in radiobiology and radiation oncology. In Cambridge, the research priorities are:

- DNA damage response and resistance
- Defining drug-radiation combinations
- Developing clinically relevant models
- Translation-rich neo-adjuvant trials
- Radiogenomics and radiomics

As their most recent PPI/E meeting had to be held virtually, the team sent activities out to attendees via email and post ahead of time and then met to discuss online. As a token of appreciation, the team sent all meeting attendees a 'tea break box' so that everyone could enjoy some refreshments during the meeting.



**NIHR publishes results of Public Involvement
Feedback Survey 2020-2021**

The NIHR public involvement survey was co-created by a working group of five public contributors and one NIHR staff member and aimed to understand the experiences of public contributors involved in health research.



819 people responded to the survey. Key statistics about respondents were:

- 31% had been involved for 3-5 years
- 57% were female
- Most people were 61 years of age or older, white and heterosexual
- 47% had a physical or mental health condition, disability or impairment that limited their ability to carry out certain tasks
- 37% stated that they were a carer

Key findings of the report included:

- Respondents felt that opportunities to be involved were important and much needed
- 79% of people were satisfied with their experience
- 63% of people felt that their involvement had made a difference
- 65% of people were paid for their involvement
- Most people were eager to return to physical meetings when possible
- The opportunity to give and receive feedback is vital and does not always happen regularly enough
- Capturing and reporting on the difference that contributions make to research could improve the experience of involvement for people

As a result of these findings, the NIHR has made 10 recommendations for best practice, seven of which focus on improving PPI and three of which aim to improve how projects can capture and assess public contributors experiences.

[To see these recommendations and read the executive summary of the report, click here.](#)



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