



0-19 Research Network Quarterly Newsletter

Dear 0-19 Network Member,

Welcome to the 4th edition of our quarterly newsletter, keeping you up to date with what is happening in the Network, and with developments in the wider world of SCPHN research. This newsletter is written by Louise Wolstenholme, Lisa Manlove and Tracey Long.



Louise Wolstenholme

0-19 Research Lead
Sheffield Children's NHS
Foundation Trust
Clinical Fellow
NIHR Nursing & Midwifery



Lisa Manlove

Health Visitor Team Leader
0-19 Service
Sheffield Children's NHS
Foundation Trust



Tracey Long

Nurse Consultant
Children's Care Group, Rotherham
Doncaster and South Humber NHS
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:

The champions are all engaged in their individual community of research practice. They are holding regular meetings with colleagues and arranging for guest speakers to complement their CoRP.

The research champions and the leads from Sheffield communities of research practice (Louise Wolstenholme & Lisa Manlove) and RDaSH (Tracey Long) have joined to establish a regional community of research practice to support each other and support the respective local CORP'S.

The 0-19 Research Network presented at the SAPHNA conference on the 12th of September and the iHV conference on the 21st of September.

We also had the privilege of attending the Nursing Times Awards following being shortlisted in the categories of Public Health Nursing, Clinical Research Nursing and Nurse of the Year Award (Tracey Long). Unfortunately, we were unsuccessful, but we had a brilliant evening hearing about all the fantastic nurses and midwives and the work they are involved in.



We will try again next year!!

Before their journey home, Tracey and Lisa took in the sights of London and enjoyed some away time after a busy few months!!!



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



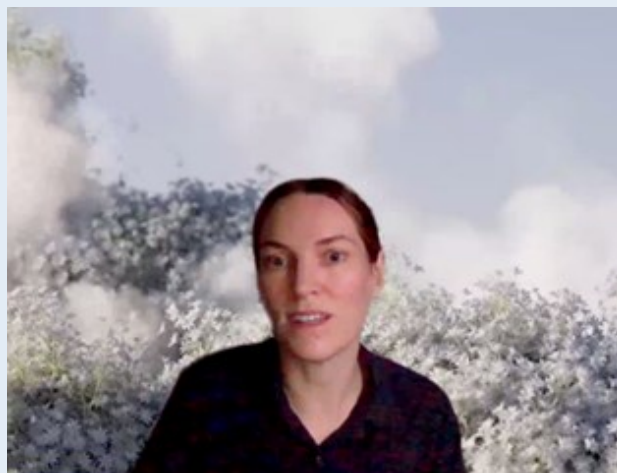
Meet members of the network!

Introducing Sarah Marshall - School Nurse, Sheffield Children's NHS Foundation Trust

Sarah is currently completing the Health Education England Integrated Clinical Academic Programme Internship Scheme and she recently shared her research journey at the SAPHNA conference.

My research journey began as a student Specialist Community Public Health Nurse (SCPHN), where I attended various 0-19 research network events. As a result of my colleagues' strong drive, passion, and encouragement for research development within their fields, I became inspired to pursue my own research interests. It aligned with my vision of addressing major public health challenges and representing positive change for children and their families.

I then became a research ambassador on behalf of the 0-19 school nursing service. As part of this role, I attended regular Research & Innovation Council and 0-19 Research Network meetings. During these meetings, I proactively pursued the NIHR Clinical Research Network (Yorkshire and Humber) First Steps into Research course. I relish the opportunity to learn and recognised that this programme would provide me with the platform to delve deeper and ignite a passion for further learning in the area of research.



Following the completion of the First Steps into Research, and the collaboration and encouragement of colleagues I was encouraged to apply for the competitive and prestigious Health Education England Integrated Clinical Academic Programme Internship Scheme (ICA) and was successful in my application, which I began in February 2023 and completed in October 2023. I work very closely with my supervisor, Heather, who has been invaluable throughout, offering support, encouragement and motivating me through my research journey.

The internship has been a fantastic continual professional development opportunity following the completion of the First Steps course. The experiences I have gained from the internship will be reflected in my own and my team's practice, ultimately improving care for children, young people, and families. The internship has exposed me to a fantastic array of research opportunities and for improvements in patient care to be realised. It is a fantastic opportunity to be a trailblazer for other school nurses by empowering a positive research culture.

My ongoing project as part of the internship focuses on the barriers and facilitators that exist for children and young people accessing weight management services. I chose this area as personally I feel extremely passionate about children and young people's health outcomes within the global issue of childhood obesity. This project aims to consider how the National Child Measurement Programme (NCMP) identifies those who are overweight or very overweight and how it makes recommendations for attending a weight management service considering diet, nutrition, and exercise.

I would strongly advocate the Health Education England Integrated Clinical Academic Programme Internship Scheme for anyone who has an interest or passion in wanting to contribute to the development of an area of interest.

Introducing Ruth Haas Eckersley - Specialist Community Health Practitioner, Northern Care Alliance

Specialist Community Health Practitioner Ruth Haas Eckersley is Northern Care Alliance's first Health Visitor to work as a Principal Investigator in research.

She's had an interest in research right from the start of her nurse training at The University of Manchester, where there were plenty of opportunities to hear about innovation and discovery in lunchtime lectures and other events outside of her course.

Her working life, first as a District Nurse and then as a Health Visitor in Rochdale, has been built on evidence-based practice too – and completing her Masters deepened her interest in research that will improve outcomes for children and families.

But it was still a leap of faith to embark on an intensive two years of extra study, training and mentoring to gain the skills and knowledge that's brought her to that role as the first Health Visitor PI. She is supported by the community health research team on *Surviving Crying*, an NIHR-funded study which is evaluating a package of support to improve the mental health and coping of parents whose babies cry excessively.



So, what were the steps to get her to this point?

She began with the [NIHR Early Career Researcher Development Pathway](#), a 12-month programme with two study days and a coaching session each month. It includes input from local CRN teams, leadership coaches, organisational development experts, facilitators, and a range of visiting.

After completing the pathway and its two academic assignments, Ruth successfully applied for a [Health Education England/NIHR Integrated Clinical Academic Internship](#), which gave her the environment and support with protected time (one day a week) to progress her research leadership and skills.

The internship paired her with mentor Louise Wolstenholme, an Institute of Health Visiting Research Champion and one of the NIHR's 70@70 Senior Nurse Research Leaders. Together with NCA's Professor Heather Iles-Smith, who leads our [Centre for Clinical and Care Research](#), Louise helped Ruth to connect with other clinical academics and to seek opportunities to use skills from her nursing role to develop research experience.

Ruth said: "Both awards took me out of my comfort zone. I was asked to do a lot of firsts: my first poster and poster presentation, a 3-minute elevator pitch, recorded a video diary, wrote a blog, presented virtually. Completing the internship has not just been easy and there have been obstacles along the way such as protecting time for research with a busy health visiting caseload and a team at capacity. But it has definitely been worthwhile and I'm now starting my future path into research from a place of confidence - although I will continue to seek out mentorship and support from the expanded network I've built and I feel prepared to play a part in encouraging colleagues to consider a pathway to research and increase research capacity in the community, starting with a journal club within the HMR Community Children's directorate."

Meet our Research Champion

Introducing Sarah Lawley - 0-19 Research Champion, Locala Health & Wellbeing



Hi, my name is Sarah Lawley, and I am a Health Visitor and the 0-19 Research Champion for Locala Health & Wellbeing; a not-for-profit social enterprise which provides NHS services. My role as 0-19 Research Champion covers both the Locala areas of Calderdale and Kirklees within West Yorkshire. I was one of the first champions to start the programme and joined the Research Champion training in October 2022. I've thoroughly enjoyed the process of becoming a Research Champion and since starting the programme I feel that I've grown greatly in knowledge and confidence in the research arena but admit I have a lot more to learn.

My journey as a 0-19 Research Champion started with me presenting the idea of setting up a Community of Research Practice to all the teams within my organisation. This involved me taking 10-15 minutes as part of general team meetings to share the importance of research within our organisation and how involvement in research can positively influence practice, whilst also having a positive impact on colleague job satisfaction. I was really pleased to have successfully recruited 13 initial members which included both experienced and newly qualified School Nurses, Health Visitor, and staff nurses. I was also thankful to have gained the support of my Service manager and Lead Nurse, both of whom have since become regularly attending members of the group.

Our group is now named the Locala 0-19 Research and Innovation Group (or "RIG" for short) and since the first introductory group meeting was held in February this year, we have held a meeting every 6-8 weeks with number of attendees ranging from 8 to 13. Guest speakers have included research staff from our local Research & Development team from the local NHS trust, a research midwife, a continence nurse, our organisation's Head of Quality and the 0-19 Research Network's very own Tracey Long, who shared her journey of setting up a community of research practice within the Rotherham, Doncaster and South Humber NHS Foundation Trust.

Although there have been hurdles, including struggles with juggling meetings with organisational capacity issues, the future looks positive for the Locala 0-19 Research Group. We are now on the verge of participating in a large National Institute for Health and Care Research (NIHR) funded research study, and I am currently completing the NIHR's Good Clinical Practice training in addition to looking to start their Associate Principal Investigator training so I can be the lead professional for our organisation when we take part in this study.

I am excited to see what the future holds for the Locala 0-19 Research and Innovation Group and its members. It's so encouraging to be a 0-19 Research Champion and to see that, despite current demands on workload, there is still an eagerness within the workforce to engage in research for the benefit of the families we work with though providing a high standard of evidence-based care.

Meet A Project Team Member

Introducing Victoria Jackson, Senior Programme Manager at the iHV

I am Victoria Jackson, Senior Programme Manager for Projects and Evaluation at the Institute of Health Visiting (iHV), and I am part of the 0-19 Network (Yorks & Humber) project team. As you may be aware, almost 2 years ago we received funding from the NIHR to support and evaluate the development of the CRN network, as well as to develop the 0-19 Community of Research Practice (CoRP) Champions.

As Senior Programme Manager, I have a wide and varied role which involves every aspect of the CRN project. The main part of my position is to coordinate the project, ensuring that we deliver our objectives and targets to a high quality and within budget. As a qualified health visitor by background, I am also involved in the development of resources, events and training and support their delivery, not just the planning.

The other aspect I am involved in is the evaluation of the project, as part of the team developing the surveys and conducting the focus groups. I collect and analyse data, take interviews and focus groups, collating all the findings and writing them up for the evaluation report. As you may be aware, I also email the Network members, Champions, project team and wider stakeholders with information and requests to support the project and its wider evaluation.

We are now coming towards the end of the project, so my primary focus turns to organising the face-to-face networking event, writing the evaluation report with the project team, and supporting the development of the upcoming 0-19 Network (Yorks & Humber) website.

As you can see, being a Senior Programme Manager is a very varied role but extremely interesting, allowing me to use my organisational and creative skills alongside my nursing and health visiting background. I love my job and being able to work with health visitors, school nurses and their wider teams. My days are never the same and I am always learning. I have really enjoyed being part of this project and developing my own research knowledge and skills.

If you want to know more about the project, my work and role, or the iHV in general, please do get in touch via projects@ihv.org.uk. I wish you well in your own research journey and I look forward to seeing great things come out of the 0-19 Network (Yorks & Humber).



Research in practice

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!

Dates for the diary

0-19 Network Meetings

- 24/01/2023 Virtual
- 19/03/2023 Virtual

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 has recorded a series of free online bitesize masterclasses, open to all community nurses interested in research. You can find links to recordings here, as well as more information about the forum in general:

[Research Masterclasses on Demand](#)

[Community Nursing Research Forum](#)

Opportunities to get involved in research

- Finding a PhD <https://www.findaphd.com/>
- 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 <https://www.nihr.ac.uk/researchers/funding-opportunities/>

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, email us:

scn-tr.0-19.researchnetwork@nhs.net

Best wishes.

The 0-19 Research Network Team



Research Opportunities

If you have not already, why not sign up for this fantastic opportunity from the NIHR for the associate principal investor scheme:



NIHR | National Institute for Health and Care Research

Register Now!

The Associate Principal Investigator Scheme team are delighted to announce that they are hosting a virtual Educational Event!

Date: Thursday 30th November 2023
Time: 9:00am until 12:30pm
Where: Online

Contact the team at associatepisceme@nihr.ac.uk

Secure your spot by registering today! Registration is now open via Eventbrite. [Register Here](#)

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, email us: projects@ihv.org.uk.

Best wishes

The 0-19 Research Network Team



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