

South East Community Participatory Action Research (CPAR)

Executive Summary for Programme Outline: Cohort 2

Introduction

The South East Schools of Public Health in Workforce, Training & Education (WT&E) NHS England South East in collaboration with the Office of Health Improvement and Disparities South East (OHID SE) will lead a programme of training and mentoring of 30 Community Researchers from voluntary sector organisations, the NHS and local authorities.

The programme will support and work with organisations working with target communities to recruit, train and mentor their workforce in Community Participatory Action Researcher (CPAR) to undertake research in **their** communities. The findings of the research will be used to support key decision makers and commissioners at local and system levels in informing priorities and service development for marginalised communities in the South East.

The focus of WT&E South East CPAR 2 will be the Cost-of-Living Crisis exploring the inequalities faced by marginalised communities as a result.

Background

Throughout the COVID-19 pandemic, inequalities in health have become magnified amongst some Black, Asian and minority ethnic groups. Public Health England's report, [COVID-19: understanding the impact on BAME communities](#), demonstrates the widening of existing health inequalities and makes 8 recommendations.

In 2022 WT&E (then Health Education England South East), worked alongside OHID SE to implement a programme of work to support *Recommendation 2: Support community participatory research, in which researchers and community stakeholders engage as equal partners of the COVID-19*. [This programme](#) provided comprehensive training on CPAR to 35 individuals drawn from Black, Asian, and Minority Ethnic groups.

The programme provided opportunities to develop community researchers in building capacity and capability, and to fill gaps and strengthen knowledge for certain previously excluded or not fully engaged communities. The programme recognised the importance of implementing the recommendations in the PHE report and alignment with the NHS People Plan and NHS Long Term Plan. It supported the Turning the Tide South East response to the inequitable impact of the pandemic on health inequalities, aiming to address to health and employment, racial and wider inequalities.

CPAR Cohort 2

The [Health Foundation reports](#) that 'for the second time in 2 years, the UK is in the midst of an economic and health crisis. The rising cost of living risks many being unable to afford essentials to maintain their

health and bringing increased stress and anxiety as families try to make ends meet'. The Health Foundation identifies that lower income households are more at risk of poor health where nearly half of the poorest of households will have at least one person with poor health.

The CPAR Cohort 2 programme will build on the Cohort 1 taking on board the learning from delivering this innovative programme, enabling people and communities to have an equal voice in how health and care priorities and services are informed. **The focus of CPAR 2 will be the Cost-of-Living Crisis exploring the inequalities faced by marginalised communities as a result.**

The programme will support and work with organisations working with target communities to recruit, train and mentor Community Researchers to undertake participatory action research in their communities. The findings of the research will be used to support Integrated Care Boards in shaping their priorities/services for marginalised communities in the South East.

Following an NHS tendering process the Scottish Community Development Centre, the University of Reading and the Institute for Voluntary Action Research will deliver this programme of training and mentoring.

At the end of the programme Community Researchers will have learned how to identify their communities' health priorities, collect, and analyse data, present their findings and recommendations, and finally learn how to advocate for their research actions to system leaders.

Outline Proposal

In the focus of the cost-of-living crisis for marginalised communities, the programme of work will utilise the following policy levers: incorporating an [Equality delivery system](#) and [working in partnership with communities](#). WT&E South East will work closely with the ICBs and other strategic partners at the earliest stage of this programme.

The overarching deliverables of the CPAR Cohort 2 programme are:

- Training and mentoring on community participatory action research approaches to up to 30 individuals working in the voluntary sector, Local Authority and the NHS.
- Trained community researchers and their host organisations will be linked with strategic partners who can implement the actions/outcomes of the researchers work and findings.
- The cohort will close by celebrating the researchers and sharing their findings at a showcase.

Timescales

The CPAR programme will be delivered over an 18-month period as follows:

- January - March 2023 – Expressions of Interest for organisations to apply for CPAR Cohort 2.
- March 2023 - March 2024 – Training, Mentoring and completion of Action Research Projects
- April 2024 - September 2024 – developing final statements for system leaders and Showcase

Team and Governance

HEE SE team (the SE Schools of Public Health) will lead and manage this project:

- Joanne McEwan: Project Lead; Public Health Development Manager
- Em Rahman: Head of Public Health Workforce Development
- Branwen Thomas: Public Health Workforce Lead

CPAR will further be supported with the below governance to ensuring the voices of our communities are heard and advocated for.

- **Oversight Group** – to provide leadership, guidance, and expertise to implementing the CPAR research.
- **Steering Group** – to provide direction and facilitate engagement in the delivery of CPAR 2023.
- **Operational Group** – to lead on the delivery and implementation of the CPAR programme working with the researchers and commissioned providers.

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