

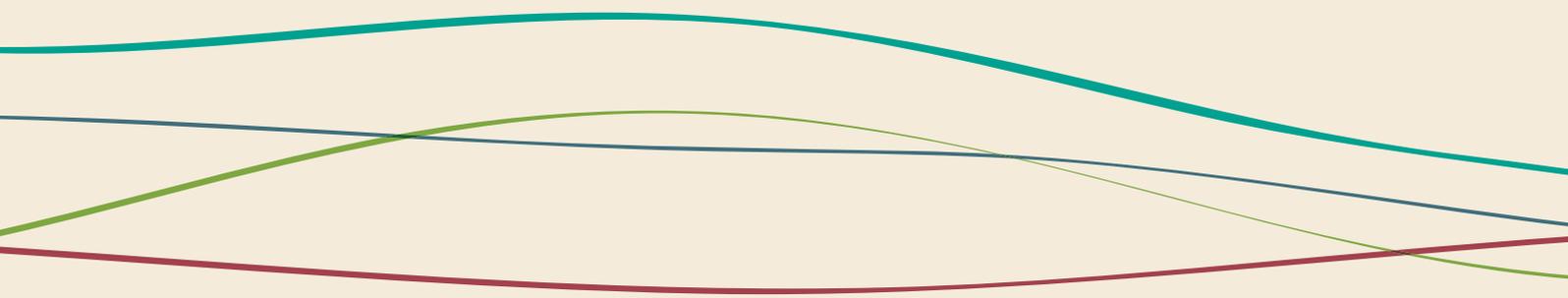
Building better lives through collaboration



Building better lives through collaboration



health ~ wellbeing ~ engagement
research ~ **evidence** ~ community
partnership working ~ **quality**
national ~ environment ~ social care
psychological ~ skills ~ **professional**
interventions ~ evaluations
international ~ local ~ **impactful**
innovations ~ **excellence** ~ **learning**
physical ~ **enterprise**



We are an interdisciplinary and interprofessional centre of excellence in health and wellbeing working with health and social care providers, commissioners and other partners to support research, enterprise and innovation relevant to the health and wellbeing of the population.

Aim

The Institute of Health and Wellbeing aims to improve the health and wellbeing of the population, addressing inequalities through new and innovative interdisciplinary research, education and enterprise.

Objectives

- to engage in collaborative research to improve health and wellbeing locally, regionally, nationally and internationally
- to create research partnerships with purchasers and providers of health and social care, with the professions, with industry and the independent sector
- to enhance research skills in the community through the provision of quality educational programmes
- to promote public and patient involvement in research, enterprise and innovation
- to evaluate interventions, policies and practices to improve population health and wellbeing while reducing health inequalities



Expertise

The Institute of Health and Wellbeing is uniquely placed to provide services to the health and social care community, drawing on a wide range of academic and practical expertise to provide the evidence base for better outcomes locally, nationally and internationally.

We work with an array of health and social care professionals such as nurses, occupational therapists and podiatrists; psychologists and sociologists; sport and exercise scientists; creative and performing arts practitioners; biologists; product designers; business experts. This multidisciplinary enables the Institute to bring together the most appropriate team for each project, whether it is research, service evaluation or the delivery of a service itself.

Our teams have delivered a significant number of projects in collaboration with a variety of stakeholders and partners, for example Clinical Commissioning Groups, Cancer Research UK, Scope, Kelloggs,

Directorate Generale Justice: Daphne III, Novo Nordisk Research Foundation UK and the Pears Foundation. The Institute is committed to ensuring service user engagement in the development of research to enhance the relevance of our findings and implementation of our recommendations to policy makers, service providers and front line practitioners.

Breast Aware

The National Awareness and Early Diagnosis Initiative (NAEDI), a collaboration of Cancer Research UK, Department of Health and National Cancer Action Team, funded the implementation and associated research project of a health promotion intervention, originally developed by Kings College London, to promote early presentation (PEP) in older women with breast cancer. The study found that the PEP intervention increased breast cancer awareness more than four-fold after two years compared with usual care.

The Institute of Health and Wellbeing are delivering a follow-on research project to determine the efficacy of the intervention when it is delivered in primary care. This project was also funded by NAEDI, has the support of the Primary Care Research Network (East Midlands and South Yorkshire) and has been adopted onto the NIHR portfolio.

Personal Health Budgets for carers in Northamptonshire: An evaluation

A pilot of carer Personal Health Budgets (PHBs) was instigated as part of the Northamptonshire Carers Strategy Demonstrator Site in 2011, in partnership with Nene Clinical Commissioning Group. The Institute of Health and Wellbeing evaluated the effectiveness of the programme, using a mixed methods approach.

The research reported a range of benefits to carers, particularly in relation to their mental health. The findings were used to make a number of recommendations to enhance the quality of services delivered to carers. The report was also submitted to the Department of Health and is now a resource available on their webpage.

Excessive alcohol use in Corby: Attitudes and behaviours of male Corby residents in relation to alcohol consumption

Statistics from the Comprehensive Area Assessment (Dec 2009) suggested that Corby was the worst area for alcohol misuse in the East Midlands. Working in collaboration with Northamptonshire Drugs and Alcohol Action Team (DAAT) and funded by the Alcohol Education and Research Council, the Institute of Health and Wellbeing developed a research project to provide an understanding of the drinking culture in Corby, focussing on the experiences of older males.

The research found that extreme drinking within the older male population is a strong feature of community life in Corby, but this is not unique to this town's population. Growing up within an environment where heavy drinking was prevalent and acceptable appears to have been the strongest trigger for beginning to drink. However, a series of lifestyle choices and life events maintain the behaviour into middle age. The research findings have been used by Northamptonshire DAAT to inform their service delivery.

Services

The Institute of Health and Wellbeing delivers comprehensive services to meet the diverse needs of policy makers, commissioners, service providers, charities and third sector organisations, and health and social care professionals across the healthcare economy.

- commissioned research which informs service delivery
- consultancy on health and wellbeing issues to private and public service organisations
- a literature review service for individuals or organisations to inform the basis for future research or evaluations
- postgraduate taught and research provision, for example the Doctorate of Professional Practice and Masters in Clinical Research
- a research skills development programme to enhance Patient and Public Engagement in research, tailored for a range of service users
- an events programme including research conferences, networking workshops, monthly research seminars

The Institute of Health and Wellbeing is seeking to develop agreements with health and social care commissioners and providers in order to maintain a service that is responsive to the needs of healthcare economy. Investment in the Institute would enable partners to plan their needs for our services against budgets year on year. The evidence gained from these commissioned projects would lead to improvements and innovations in service delivery, putting our partners and their populations at the forefront of health and social care.

Understanding agency and resistance strategies: Young people living with domestic violence (UNARS)

This international collaborative project aims to explore how children in the UK, Italy, Greece and Spain construct agentic and resistant identities in coping with, and recovering from, experiences of domestic violence. This information will be used to inform the policy and practice context of professionals working with children in situations of domestic abuse.

The UNARS project is funded by a European Commission DG Justice Daphne III Action Grant, and delivered in partnership between The University of Northampton's department of Psychology, Centre for Children and Youth, and Institute of Health and Wellbeing, plus collaborators from each of the case study countries.



Contact

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