

Calling over-55s living in the North East/North Cumbria



- Are you **aged 55+** and have experienced **mental health concerns**, such as low mood, depression, anxiety or stress at some point in the past 5 years?
- and: do you use, or have you **used, alcohol to manage your mood, or consume(d) more alcohol than is recommended?**
- Would you be willing to take part in a **confidential 60 minute interview** (face-to-face, over the phone, or online) with a researcher from Newcastle University?

If so, please **get in touch with Dr Beth Bareham on 0191 208 2106, or beth.bareham@ncl.ac.uk**. Participants receive a **£25 shopping voucher in thanks**. This research is in partnership with the North East and North Cumbria Integrated Care system to help understand how local services can better support people aged 55+ who have mental health concerns and use alcohol.

This study was approved by the NHS Research Ethics Committee.

Invitation to take part in research: The CO-ACT Study - Improving support for people aged 55+ with mental health conditions and alcohol issues in the North East and North Cumbria



Brief service user interview information sheet

We would like to invite you to take part in this study because your support worker has identified you as:

- Being aged 55 or over and
- Somebody who has received support for a mental health condition and/or alcohol use in the past 5 years

We want to learn from your experiences to understand how we can better support people aged 55+ in the North East and North Cumbria with mental health conditions and alcohol issues to be as happy and healthy as possible

We will develop new approaches to supporting patients based on our findings.

Taking part will involve talking with a researcher from Newcastle University (Beth Bareham or Deepti John).

In the interview, we will talk about your experiences of your mental health condition and alcohol use.

We will talk about your ideas for what support could help people aged 55+ with mental health conditions and alcohol issues to be as happy and healthy as possible, what support might have been helpful to you so far, and what could have been done better.

We will arrange the interview to take place at a time and place comfortable for you - this could be over the phone, online or in person.

Interviews last about 1 hour. You will receive a £25 gift voucher in thanks for your time.

Thank you for taking the time to consider taking part in this research

It is up to you whether or not you choose to take part in this research.

Taking part, or not taking part, will not affect your care in any way. Your support worker will not be informed whether you choose to take part in the study.

If you think you might be interested in taking part in this study

please read the information sheet enclosed in this invitation pack.

This provides further details about the study, and how you can express interest in taking part.

If you wish to receive an information video about this study instead

please contact Dr Beth Bareham on

T: 0191 208 2106 or

E: beth.bareham@ncl.ac.uk

This study was approved by the NHS Research Ethics Committee.

The CO-ACT Study

Improving support for people aged 55+ with mental health conditions and alcohol issues in the North East and North Cumbria

Service user information sheet



If you would like to take part in this study, please contact Dr Beth Bareham on T: 0191 208 2106 E: beth.bareham@ncl.ac.uk, or complete the contact details form provided in this pack and return it in the postage paid envelope provided.

Why have I been invited to take part?

Our team at Newcastle University would like to invite you to take part in this research study because your support worker has identified you as:

- Being aged 55 or over *and*
- Somebody who has received support for a mental health condition and/or alcohol use in the past 5 years

We want to learn from your experiences to understand how we can better support people aged 55+ in the North East and North Cumbria with mental health conditions and alcohol issues to be as happy and healthy as possible.

What will taking part involve?

Taking part will involve talking with a researcher from Newcastle University (Beth Bareham or Deepti John). In the interview, we will talk about your experiences of your mental health and alcohol use. We will talk about your ideas for what support could help people aged 55+ with mental health conditions and alcohol issues to be as happy and healthy as possible, what support might have been helpful to you so far, and what could have been done better. We will arrange a time and place comfortable for you - this could be over the phone, online or in person. If you like, one of our peer researchers who also has personal experience of both mental health conditions and alcohol issues can help to lead the interview. The interview will be audio-recorded, so we have an accurate record of what we talk about. **The interview will last about 1 hour. You will receive a £25 gift voucher in thanks for your time.**

Do I have to take part?

No. It is up to you whether you want to take part. If you do decide to take part, you can change your mind whenever you want, without giving a reason. Taking part in the research, or not taking part in the research, will not affect your care in any way. Your support worker will not be informed whether you choose to take part in the study. If you are happy to take part, the researcher will ask you to complete a consent form.

What are the benefits and risks to taking part?

Your ideas may benefit people aged 55+ in the North East and North Cumbria who have mental health conditions and alcohol issues. We will develop new approaches to supporting patients based on our findings. We recognise that both alcohol and mental health can be sensitive topics. If you feel uncomfortable during the interview, you can change your mind about taking part at any point without sharing your reason. After the interview, we will provide contact details for further support in the event you feel this might be helpful.

What will happen to the information?

After the interview, a written record of what has been said is produced (known as a transcript) and only the research team has access to this. We will then remove any information that identifies who you are before it is used in reports. Quotations from the interview may be used in the evaluation report. The quotation will be anonymised so you are not identified.

All information provided during the interview will remain confidential unless serious concerns are raised about the safety of yourself or others that need to be shared with a relevant professional.

Please also see the additional document 'How will we use information about you' provided in this pack for further details about how we will use your information.

Any questions?

If you have any questions about this study, if there is anything you are unsure about, or if you would like further information, feel free to contact Beth on T: 0191 208 2106 or E: beth.bareham@ncl.ac.uk

Complaints: Please speak to our senior colleague, Professor Eileen Kaner, who will do their best to address any complaints (eileen.kaner@newcastle.ac.uk). If you remain unhappy and wish to complain formally, you can do this by contacting the Patient Advice and Liaison Services on 0800 032 02 02.

This study was approved by the NHS Research Ethics Committee.

Do you support someone in your life aged 55+ who has mental health concerns and drinks heavily?



If you live in the North East/North Cumbria, and support somebody in your life aged 55+ who has experienced:

- **mental health concerns**, such as low mood, depression, anxiety or stress at some point in the past 5 years
- **AND heavy alcohol use**

We would like to invite you to take part in a confidential **60 minute interview** (face-to-face, over the phone, or online) with a researcher from Newcastle University

Please **get in touch with Dr Beth Bareham on 0191 208 2106, or beth.bareham@ncl.ac.uk** to find out more. Participants receive a **£25 shopping voucher in thanks**. This research is in partnership with the North East and North Cumbria Integrated Care system to help understand how local services can better support people aged 55+ who have mental health concerns and use alcohol heavily; and their informal support network.

The CO-ACT Study

Developing age-tailored, holistic and integrated support for people aged 55+ with co-occurring alcohol and mental health problems in the North East and North Cumbria

Practitioner interview information sheet



If you would like to take part in an interview, please contact Dr Beth Bareham on T: 0191 208 2106 E:beth.bareham@ncl.ac.uk

What is the research about?

This research study will work in partnership with older patients and service users with co-occurring alcohol and mental health problems, their informal caregivers, and the practitioners who support them, to jointly design new age-tailored, holistic and integrated support in the North East and North Cumbria for this patient group, to meet their needs and help them to be as happy and healthy as possible. Together, we will identify what support this patient group require, and how primary care and community alcohol and mental health services can work together to meet the support needs of these patients.

Why have I been invited?

You have been invited to take part in this study because you are a professional working in primary care or community alcohol or mental health services who supports older people with co-occurring alcohol and mental health problems. Your expertise can help us understand what support could be provided for this patient group within primary care and community alcohol and mental health services.

What will taking part involve?

Taking part will involve talking with a researcher from Newcastle University (Beth Bareham or Deepti John). In the interview, we will talk about your roles in supporting older people with alcohol and mental health problems; the resources and assets you're aware of across services in the North East and North Cumbria for this work; and your views about any challenges in supporting this patient group. Input from yourself and other commissioners and practitioners will provide an understanding of current support for this patient group. Building upon this, we will work with practitioners and patients in the North East and North Cumbria to co-design age-tailored, holistic and integrated support for older people with co-occurring alcohol and mental health problems. You can choose whether you take part in-person (COVID restrictions permitting) or via video call (Microsoft Teams/Zoom). The interview will be audio-recorded, so we have an accurate record of what we talk about. **The interview will last 30-60 minutes.**

Do I have to take part?

No. It is up to you whether you want to take part. If you do decide to take part, you can change your mind whenever you want, without giving a reason.

What will happen to my information?

All data will be kept confidential. The research team will need to use information from you for this research project. This information includes your name and contact details. We will only use this information for the research. To protect your confidentiality, people who do not need to know who you are will not be able to see your name, they will be provided with a code number instead. You will not be named in anything written about the study, such as reports.

How will information be stored?

The information will be stored in a password-protected folder on the Newcastle University computer network. All data will be stored in accordance with University guidelines and General Data Protection Regulation. Personal information will be destroyed when the study ends. Newcastle University will keep the data for up to 10 years.

Thank you for taking the time to read about this study

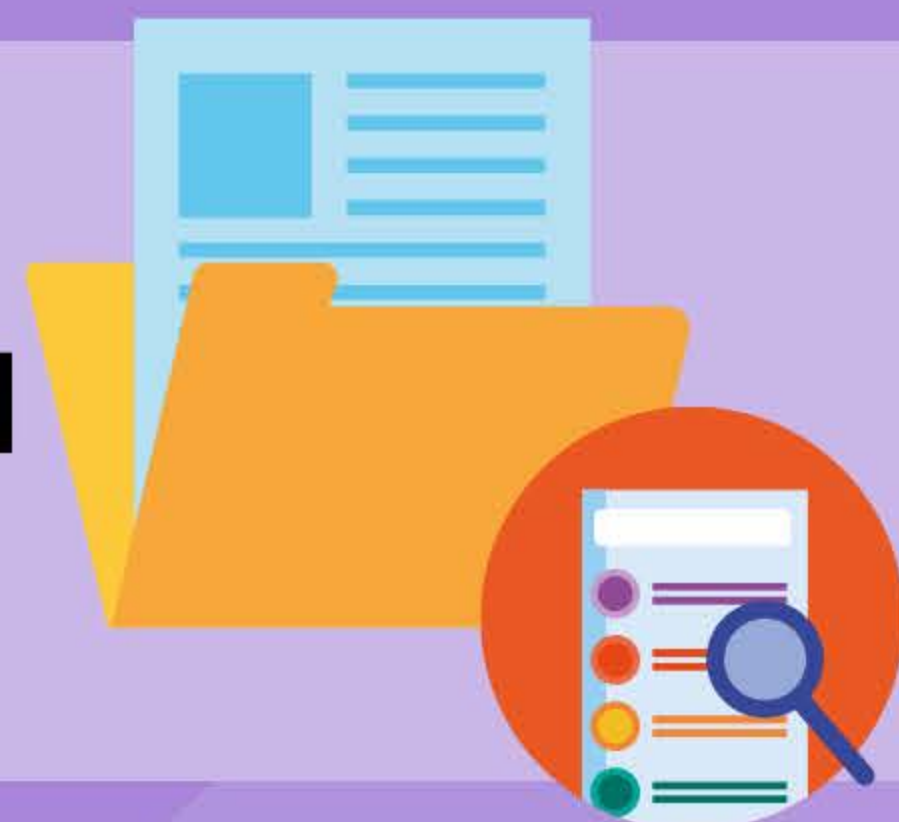
Any questions?

If you have any questions about this study, if there is anything you are unsure about, or if you would like further information, feel free to contact Beth on T: 0191 208 2106 or E: beth.bareham@ncl.ac.uk

Complaints: Any suggestions or complaints about the study or how you were treated should be made in writing to Beth Bareham, Population Health Sciences Institute, Biomedical Research Building (second floor), Campus for Ageing and Vitality, Newcastle University, Newcastle Upon Tyne NE4 5PL. All complaints will be dealt with in writing within 7 working days.

This study was approved by the NHS Research Ethics Committee. This study is funded by the NIHR North East North Cumbria Applied Research Collaborative (NENC ARC) and the NIHR Three Research Schools Mental Health Programme.

How will we use information about you in the CO-ACT study?



We will need to use information from you for this research project.

This information will include:

- Your name and contact details, so that we can get in touch to arrange your involvement in the study, if you choose to take part.
- Some personal details, such as your age, your ethnicity, and answers to some questions about your drinking and mental health. You will provide these details in a form. We will not have access to any medical records.
- A recording of what you say during the workshop.
- Contact details for your GP. We will request these from you at the beginning of your interview. This is so that we know who to contact in the event that something you say gives us serious concerns about your safety.

People will use this information to do the research or to check your records to make sure that the research is being done properly.

We will keep all information about you safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results. The information will be stored in a password-protected folder on the Newcastle University computer network. All data will be stored in accordance with University guidelines and General Data Protection Regulation. Personal information will be destroyed when the study ends. Anonymised interview transcripts will be stored for 10 years. We will write our reports in a way that no-one can work out that you took part in the study.

What are your choices about how your information is used?

- You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.
- If you agree to take part in this study, you will have the option to take part in future research using your data saved from this study.

Where can you find out more about how your information is used?

You can find out more about how we use your information

- at www.hra.nhs.uk/information-about-patients/
- our leaflet available from www.hra.nhs.uk/patientdataandresearch
- by asking one of the research team
- by sending an email to beth.bareham@ncl.ac.uk, or
- by ringing us on 0191 208 2106.

This study was approved by the NHS Research Ethics Committee.