

December 2017

A VERY MERRY CHRISTMAS & HAPPY NEW YEAR



The FinCH study will be represented in Bristol at the Society Rehabilitation Research (SRR) in February 2018.

A poster will be presented by Katherine Jones, Falls Lead for Nottinghamshire.

Christmas Message from Chief Investigator Professor Pip Logan.

Welcome to the second edition of [FinCH NewsCH@](#). We have come such a long way from the first edition, it is difficult to know where to start....

Of course, it will be to thank you for all the hard work you have put in to progress the FinCH study, and to achieve what we have to date. As Helen Keller reminds us *'Alone we can do so little - together we can do so much.'*

I would like to specifically thank the care homes and all their residents, for taking part, in what we think is the biggest care home study ever conducted in the UK. This is something we can all be particularly proud of. Thanks to all the RA's for their hard work in visiting care homes all day and sometimes at night! - to get people on board and engaged.

HUGE THANKS

Thanks to the falls leads who continue to deliver the training. I know you will now be able to deliver it in your sleep!

Our PPI team led my Maureen Godfrey and all the staff team – thanks, and I will stop there before it sounds like an Oscar acceptance. The study is far from over, but reaching this important milestone is fantastic and important to acknowledge.

I would like to welcome on board the sites that have joined us since our last Newsletter, we have ten participating sites that have been recruiting.

Those of you that were able to come to the investigators meeting, I hope you enjoyed it. The evaluations of the day certainly suggested you did.

We are planning another in the New Year (2018), so watch this space for more details.

I would like to take this opportunity, to wish you and your families a very happy Christmas. Enjoy a well-earned break, relax, enjoy and look forward to working with you all in 2018.

Then, we can start on collecting all the follow up data! No resting on our laurels in this study!

THANK YOU ALL - WITH BEST WISHES

Pip



ISSUE TWO

Highlights to date:

- At the end of December we will have recruited our target number of Care Homes. Hooray!
- By the end of January we will have recruited our target number of participants.
- We are currently recruiting at ten sites around the UK
- FinCH, we think, is one of the biggest care home studies ever conducted in the UK
- **THANK YOU FOR ALL YOUR HARD WORK AND TENACITY**



Christmas Joke

Who is Santa's favourite Singer?
Elf is Presley!



Focus on a researcher!



**Marie Ward
Falls Specialist!**

Marie's most enjoyable book is 'Some other rainbow' by John McCarthy. She loves to do yoga, to chill and relax. The best part of Marie's job is visiting patients in the community and in care homes. Her favourite Christmas was going to an old cottage in the Lakes, with her family.

PATIENT AND PUBLIC INVOLVEMENT

In addition to her role on the process evaluation team, Janet Darby, leads the PPI team. They are:

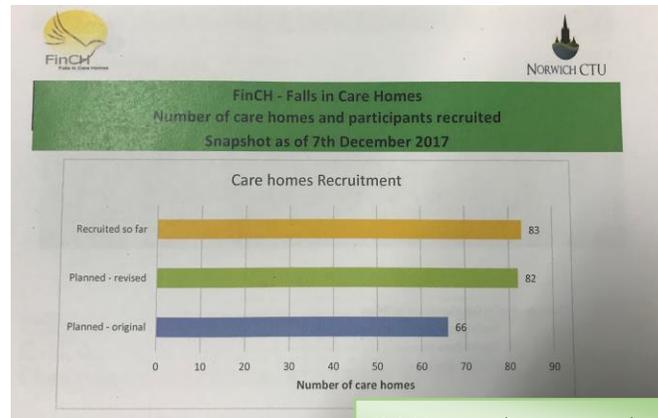
- Maureen Godfrey (Nottingham)
- Beryl Stockton (Norfolk)
- Anthony Locke (Leicestershire)
- Peter Riley (Leicestershire)
- Ruby Jabbar (Bradford)

It is fantastic to have such a great team representing PPI on FinCH. More to follow about this team in future newsletters.

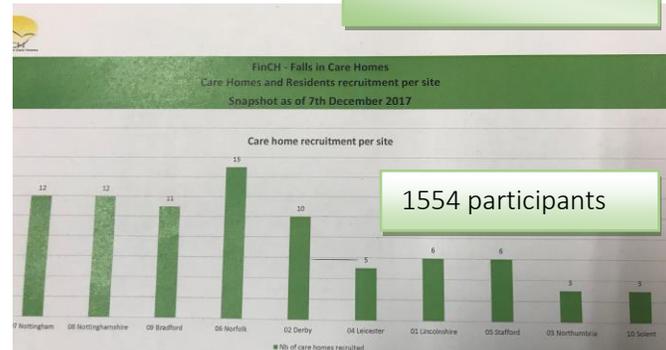
Delighted that Maureen was awarded Volunteer of the year 2017! Congratulations!

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

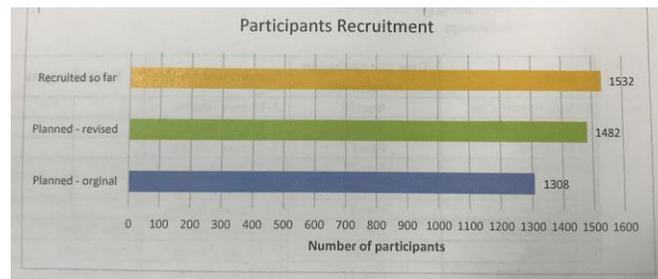
Recruitment



84 Homes (stop press)



1554 participants



RESEARCH ASSISTANT SUPPORT NETWORK



The FinCH research assistant support network continues to go well. Teleconferencing every couple of months, appears to be an effective and cost effective approach. Please get in touch with Katie Robinson at katie.robinson@nottingham.ac.uk and let her know what you would like on your next agenda. Next meeting January/February (Katie will be in contact.)

The Falls leads are using a similar communication channel to talk through training and intervention issues. This meeting is facilitated by Jane Horne. The next meeting is planned for **February 2018**. Please call in as your **knowledge** is invaluable to the study.

Impact Piggy Back Studies

A date for your diary. If you feel able to send in an abstract on a research idea relating to Finch, when the call for Abstracts for the British Geriatrics Society (BGS) Conference comes out in January please go ahead, as Nottingham is hosting the event, 11-13 April. Any ideas you may have, please discuss with Dr Jane Horne or any of the FinCH team.

It's a great opportunity

Keep in touch and thank you!