



# BOUGH Now...

Study Newsletter 3, March - April 2016

## Study update

Sam and Lucy have been continuing to visit their clients and to recruit new clients to the study. Sam has also now completed her basic life support training. In January Cheryl ran three successful diary training sessions. This is one of the elements of the study where caregivers are asked to keep diaries of their working lives. These diaries are now starting to come back to us and are providing some great material. A HUGE thank you to all the diarists!

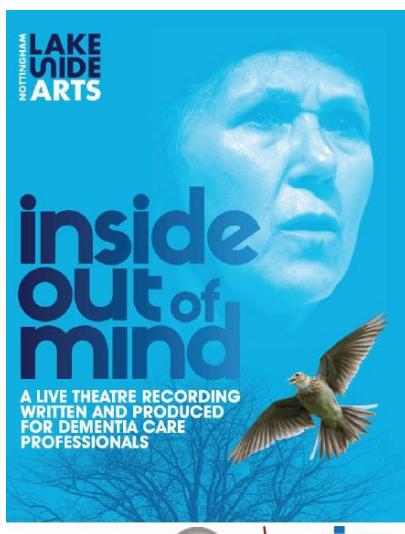
We have also been applying to national conferences to start to present and discuss our initial findings. We have applied to present at the British Society of Gerontology Annual Conference which is to be held in Stirling in July, and the Innovation and Role Developments of Healthcare Support Workers Conference to be held in London in November.

## More information:

For a copy of previous newsletters or our participant information sheet, please contact Sharon Thorpe, Study Administrator (details below).

Additional information can be found on our website at:

[www.nottingham.ac.uk/go.BOUGH](http://www.nottingham.ac.uk/go.BOUGH)



## NEWS

Before the BOUGH study, Justine led a similar project which looked at care work on dementia wards. One of the ways of presenting the findings of the study to care workers themselves was this theatre production: 'Inside Out of Mind'. This was a great success, and toured the country in 2015 and has now been seen by more than 7,000 people. Please see attached flyer for the dates of the upcoming screenings of the original theatre production. Please note that homecare workers are warmly welcomed and also qualify for the free training. We are hoping to produce other similar creative representations of the findings from the BOUGH study.

## Dear Diary...

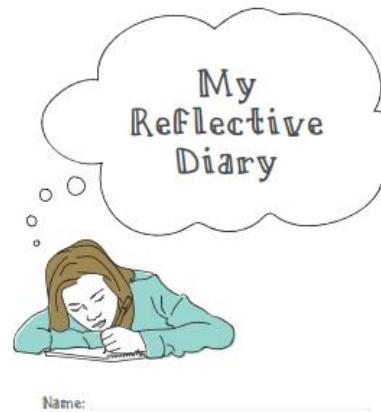
In January, Cheryl held three very successful diary training sessions for caregivers. Cheryl is an occupational psychologist, and has specialised in diaries as a way of encouraging a variety of different people to reflect on their working lives.

We had a good attendance at the sessions, with 20 caregivers in total. Cheryl showed the attendees a variety of diary extracts from famous diarists, to show the many different styles of keeping a diary.

Cheryl discussed many of the benefits of keeping a diary. The diary is of benefit to the study, as it generates an insight into the working lives of caregivers. Also, the diary

may be of benefit to the caregivers, as they are encouraged to stop and reflect on their daily working experiences and think about how they may potentially improve their practice.

We are really impressed with the standard of the diaries that have been completed so far, and we hope the caregivers are finding it useful

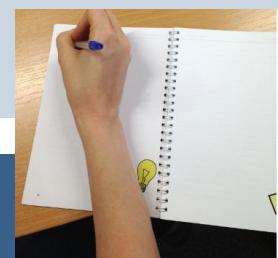


Hi everyone

I just wanted to say a big thank you to those of you who have already taken the time to write diaries for us. Your detailed and open entries about your experiences as a Caregiver are giving us invaluable insight into what it is like to carry out this crucial role. The accurate and authentic reporting regarding what your job entails, will benefit both clients and other Caregivers into the future. We also hope that reflecting in this way has enabled you to gain further insight into your role and a greater pride in what you do. In your diaries please always try to reflect on how things make you feel and react, as opposed to just describing what has happened, as this is what really adds to our knowledge of what it is like to provide care.

If you are still unsure as to whether or not to take part, please can I encourage you to do so. The more of you that take part, and the more diary entries we receive, the more confident we can be that we are capturing the essence of what it means to be a Caregiver working with those with memory problems.

Best wishes  
Cheryl



## Next Steps . . .

The next steps are to:

- Continue recruiting clients from each home care provider who are willing to help with the research.
- Continue the participant observation while working as home care workers.
- Start recruiting home care workers to take part in the interviews.
- Design interview schedule for interviews with clients and relatives.
- Carry on with transcribing the diaries and begin to analyse them.