



Mid and South Essex
Integrated Care
System



Mid and South Essex

Research Engagement Network (REN)

Do you care about health equality
and making positive changes
in your local community?



What is health and care research and why does it matter?

Health and care research is a vital field that covers a wide range of studies that helps us in understanding and improving healthcare practices.

Through health and care research, doctors can uncover new insights into disease, their causes and potential treatments.

This research informs the health advice and treatments we get from our doctors and the NHS. Whether it's how we look after our own health through our daily routine, or the medicines offered to us when we are ill, health and

care research plays a crucial role in advancing healthcare practices, improving patients care, and developing new treatments. Health and care research helps us find the best options available for improving and protecting our health.

It is important that we include all groups and communities in health and care research, so the evidence informing these services represent different parts of the population, and we know what works best for different people's needs.

We know that health and care research isn't as inclusive as it could be. The REN (Research Engagement Network) project aims to improve access to research opportunities, encouraging more people from a range of groups and communities to take part right across mid and south Essex.

The REN Project

The REN Project helps local communities find out what health and care research is, how it can benefit them, how to take part and get more involved in other research opportunities that are taking place locally. It does this by working closely with partner organisations and local communities.

We train and support community champions to talk to people in their community about their views on health research. They also find out where people go in the local area for information and support about their health.

We work with community champions, community organisations, leaders and local services to plan and act together in the community to improve access to health research.

People living in the community have better access to opportunities to take part in research and be informed on how and when it happens.

What is the NIHR Clinical Research Network

The Department for Health and Social Care set up the National Institute for Health and Care Research (NIHR) in 2006 to improve the nation's health through research.

The NIHR Clinical Research Network supports research happening in the NHS, such as GP practices and hospitals, and in other health and social care settings, such as care homes.

The NIHR helps people take part in health and care research studies, and to have a say about the type of research that happens, and how. They also provide funding for research support staff, equipment and facilities, so that research is not subsidised with funding for health and care treatments and services.



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How does a community partner organisation support the REN project?

◀ Development of local community champions

Community champions are active members of the community who are passionate about health equality and making positive change for people in their community. The REN project provides free training for community champions to give them the skills they need to take part in the programme.

◀ Community conversations

Community Champions will conduct workshops and interviews with people in the local community to find out what they currently know and feel about health and care research.

Funding is allocated to the community partner to support this work.

Community champions will research local communities to widen the reach of the REN project and work with the other community champions to share learning.

◀ Making a collective action plan

You could attend workshops/ events with other community partner organisations and community champions in the local area, along with other local organisations and services (for example, health and wellbeing charities, community centres, faith groups) to share findings from community conversations.

You may decide to host this workshop at your community centre or venue.

Working together with your local REN project team, your community partner organisation will support you in planning how to increase access to health and care research opportunities for people living in the local area.

◀ Taking action in the local community

The community partner organisations with their community champions will deliver the action plan. Together, they decide how they want to help, in ways that are right for them and how it fits with the time that the community champions have available.



Learning

Learn more about health research that's happening in your region, how it can benefit people in your community, and help address health inequalities. Find out how people in your local area can take part and get involved. Email: mseics.getinvolved@nhs.net

Know Your Community

You know your community best. Have a say in what local action is taken to help people access opportunities to participate in and contribute to health and care research in mid and south Essex.



What are the benefits of taking part in the REN Project?

Free Training

A free training and skills development opportunity for members of your community who get involved as community champions.

Support

Support throughout the programme from your lead partner organisation and the REN project team.

Connection

Connect with other organisations who are making positive changes for people in your area. Be part of a national network of organisations working to end inequalities in health and care research.

Compensation

Funding to support and deliver the REN project is available. Community champions will also be paid for their time too.





Be Part of Research

Scan the QR code
to participate in research or email:
mseics.getinvolved@nhs.net
to become a community champion