



PEARL Activity Grants – Final Report

Public Engagement for All with Research at Lincoln

Please provide us with a summary of your PEARL Grant project, how it went and what the impact was using the framework below as well as adding / attaching any additional information or outputs you feel relevant.

Activity Title:	Diabetes: the Sweet and the Sour
Grant-holder name:	Keivan Ahmadi

- 1) Please provide a summary describing the final project as it was delivered. Include details of when and where the activity took place, and any changes made to the original proposal alongside why these took place.

Diabetes is a non-communicable disease affecting 415 million adults between the ages of 20 and 70, globally. ¹There are 4.5 million people living with diabetes in the UK ². Diabetes costs the NHS £ 10 billion every year. In less than 10 years 5 million people in the UK will have diabetes. There is a greater prevalence of the disease in the east of England, particularly in a stretch from East Anglia to Hull ³. For example in the county of Lincolnshire 1 out of 5 has diabetes. Moreover, more than 70% of the adults in the county are overweight or obese and obesity is a major risk factor for [type II] diabetes.⁴

We applied the “Forum theatre” format ⁵ – by the help of an associate artist from Cardboard Citizen – to showcasing different aspects of life for a person with diabetes and how their life could be different based on the availability of help and support from different groups at different times. We contacted the “Diabetes UK, the Lincolnshire Project Group”⁶ to get help from them in developing the story line. We managed to invite 10 members from Diabetes Peer Group, Lincolnshire Clinical Commissioning Group (CCG) representative, a diabetologist from Lincoln County Hospital, Academics from University of Lincoln, diabetes researchers and carer. We ran a workshop and reached consensus to create 3 storylines underpinning the need to transform the lives of those who live with diabetes. **University of Lincoln as the host** for the workshop and it played a very important role **in bridging** the academics with the members of the public in Lincoln – and Lincolnshire County. This activity is hopefully a beginning for a better understanding of science and a **more routine engagement/ two-way communication between the University of Lincoln and the Public.**

Below two diagrams recap the whole idea behind conducting the PEARL workshop.



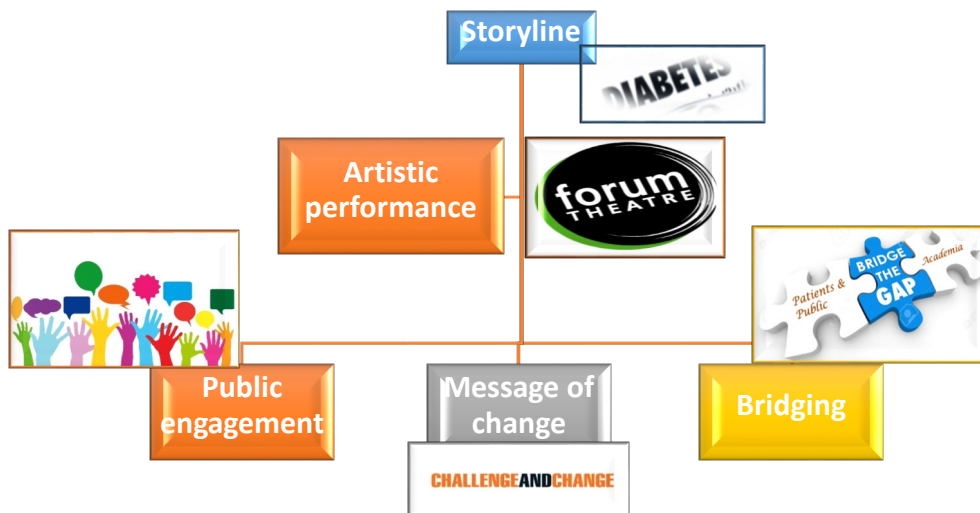
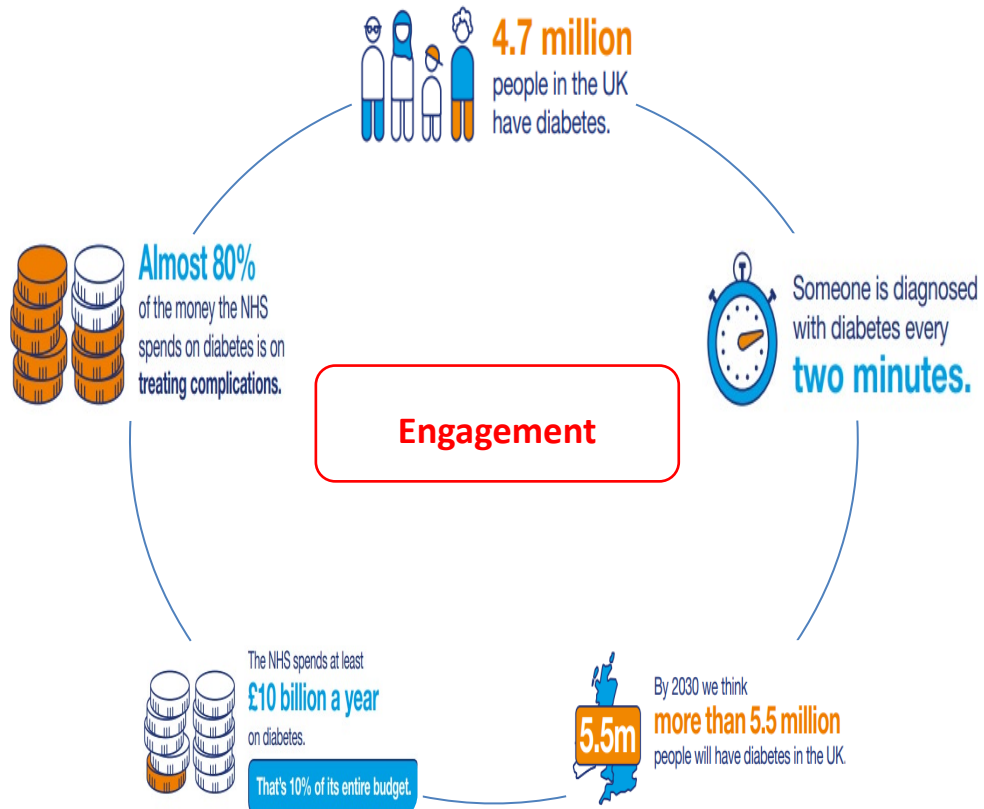


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- 2) Assess the outcomes of the activity and its impact on people who engaged with it. Please include details of;
- a. What was successful?

We managed to run our workshop on 25th January 2019.
We had participants from CCG south-Lincoln, patient representatives, carers, healthcare professionals and a forum theatre expert from Cardboard citizens who acted as the facilitator. (In total 10 participants)
We also had photographer and camera crew - New Media Lincs Showreel – who captured some memorable moments from the workshop.
I believe the workshop was successful and it achieved all of its objective i.e., two-way communication between patients, carers and healthcare professionals.
We managed to sketch 3 storylines, which I hope to develop them further via the help from the participants.
I believe that the workshop has allowed me to identify an enthusiastic core team members to work with in the months/years to come.
Feedback was collected from participants regarding the workshop and ways to improve such activities.

I must thank the school of pharmacy for helping me with extra fund to cover the costs of photography and voxpops.
 - b. What did not go so well?
 - 1- Extensive delay in obtaining ethics approval from CoSREC. (Although, after the ethics approval was granted I came to know from LEAS system – new ethics system – that this project did not need ethics approval)
The delay made me push back the dates for the workshop and eventually I ended up having two potential dates for the two workshop.
 - 2- Extremely low number of participants for the proposed dates for the workshop and low response rate to my several doodle forms, made me focus on one workshop. However, I can confidently confirm that the project objectives were met and even exceeded.
 - c. What would you do differently next time?

On reflection, I would have thought twice about the venue and rather chose the venue within the community rather than expecting the participants to come to the University of Lincoln.
 - d. What was the impact? Please include a summary of how many people have engaged with the activity (face-face, online, via social media etc.). Include any qualitative or quantitative evaluation data and comments.

You may refer to the below table for the evaluation data. Moreover, there are some qualitative data and comments on the workshop as a whole that you can view/listen via the video link. (Miss Sarah Harris has the link to the video)





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Strengths	Weaknesses	Engagement strategies
<ul style="list-style-type: none"> •Inspiring, fruitful, dramatic •Active discussions, collaborative, creative •Proactive, Empowering, Challenging 	<ul style="list-style-type: none"> •What is next? •How to engage all? •Length of workshop •Venue 	<ul style="list-style-type: none"> •Start with children •Smart use of social media •Highlighting the life of athletes or successful people who live with diabetes

- 3) How has your public engagement activity had an impact on research? This could include new data, new questions generated by the public, how the engagement has changed or shaped your research etc.

Not yet!

However, it has given me the reassurance that the idea of using Forum Theatre for health promotion activities is a doable task and it seems to work well from the public engagement point of view.

- 4) Are you hoping to repeat, continue or carry out further activity following on from your PEARL grant? If so, please provide details.

Yes, I am!

I have drafted a proposal based on the experiences and the data obtained from running the PEARL workshop to further develop the enrichment of the storylines and to perform them – maybe by the members of the public for the members of the public in Lincoln County.

I will hope to submit the proposal after vetting by the participants of the PEARL project to the Wellcome Trust | Public Engagement Fund in July 2019.

- 5) Please describe any outputs from your project you could provide to support future PEARL and public engagement activities at the University such as;

a. Photographs / films

With the help and support of New Media Lincs Showreel, we managed to capture some very memorable and powerful moments from our PEARL workshop through photography as well as videography.

Links to the photographs and the vox pop have been already shared with Miss Sarah Harris (PEARL Research Assistant)

b. Evaluation data

We also managed to collect data from our participants.

I have attached the evaluation data for your perusal.





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c. Methodologies

Methinks it is fair to claim that Forum Theatre could be a suitable medium for range of health promotion and public engagement activities.

However, I would need to implement the idea before I could make a substantial claim on the use of this method for research purposes.

d. Contacts

I have managed to consolidate my relationship with some key stakeholders who happen to be key individuals already in touch with the University of Lincoln.

People from CCG, Lincoln County Hospital, Healthcare academics and most importantly Diabetes Peer Group Support champion(s) as well as Cardboard Citizen® London.

6) Are there any further comments, ideas, suggestions or other you would like to share?

Nil for now.

Bibliography:

Diabetes prevalence estimates for local populations - GOV.UK (n.d.) Available from <https://www.gov.uk/government/publications/diabetes-prevalence-estimates-for-local-populations> [accessed 27 October 2017].

Diabetes UK - Local Groups - Lincolnshire Project (n.d.) Available from <https://lincolnshire.diabetesukgroup.org> [accessed 3 December 2017].

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Lincolnshire Research Observatory - JSNA Diabetes (n.d.) Available from <http://www.research-lincs.org.uk/jsna-diabetes.aspx> [accessed 24 November 2017].

Miramonti, A. (2017) *How to use Forum Theatre for Community Dialogue - A Facilitator's Handbook*. S.I.: lulu.com.

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