

### *What has happened since we were last in touch?*

❖ We recruited more sites to run the trial:

West London Mental Health NHS Foundation Trust; Oxleas NHS Foundation Trust; Sussex Partnership NHS Foundation Trust; Central and North West London NHS Foundation Trust; Cornwall Partnership NHS Foundation Trust; Devon Partnership NHS Foundation Trust.

❖ Sadly, our West London site was not able to go ahead with recruiting people with dementia and their family supporters but many thanks to the research team and occupational therapists who tried so hard to make it happen.

❖ We ran the first two training days for the occupational therapists who are providing the occupational therapy home visits. The final day is being planned for July.

❖ By the end of March we had recruited 202 people with dementia along with their family supporter to take part in the trial. We are running behind schedule as setting up the sites took longer than planned and recruitment is slower in some areas than expected. So, as advised by our independent Data Monitoring and Ethics Committee and Programme Steering Committee we will carry on recruiting until the 30.09.2016.

❖ Team changes in London: Dr Nadia Crellin left her role as VALID Trial Manger to manage a newly funded major research study. We thank Nadia for all her hard work on VALID and wish her well in her new post. Welcome to Jacki Mundy, our new VALID Trial Manager as of 11th April. Jacki is a registered nurse and has been working in the research and development department where we are based for the past 3 years so is already familiar with our Programme.



And congratulations go to.....

❖ **Professor Gail Mountain**

On being awarded a Fellowship by the College of Occupational Therapists. This is the highest award that the College can bestow on a member. Gail's Fellowship has been awarded in recognition of her huge contribution to occupational therapy practice and research for older people, those living with dementia or physical impairment. Gail is a fantastic role model to other occupational therapists wanting to pursue a research career.



[www.cot.org.uk](http://www.cot.org.uk)

❖ **Our research team in Hull site.** They have finished recruiting to the trial – and exceeded their original target by 25%. They will continue to follow-up participants until May 2017. Many thanks to the research team and their clinical colleagues who have worked so hard to recruit people with dementia and their family supporters, as well as the three occupational therapists who provided the occupational therapy home visits.

❖ **Yvonne Pearson**, Lead Occupational Therapist in Guildford who has been named 'Outstanding Individual' by the Research & Development department in Surrey & Borders Partnership NHS Foundation Trust in recognition of her contribution to the VALID study.

For more information, see: [www.ucl.ac.uk/valid](http://www.ucl.ac.uk/valid)

Email: [VALID@nelft.nhs.uk](mailto:VALID@nelft.nhs.uk)

Telephone 0300 555 1200 Ext. 64491

*The central study team in North East London NHS Foundation Trust: (from left to right) back row: Katy Aros (Occupational Therapist), Tom Swinson (Research Assistant), Dr Jennifer Wenborn (Programme Manager); Jacki Stansfeld (Research Assistant); front row: Jacki Mundy (Trial Manager), Jane Burgess (OT Clinical Researcher), Sandra Nolle (Administrator)*

**Two of our research staff are studying for PhDs as part of the VALID programme.  
Here, Jacki and Becky tell us a bit about their projects.....**

**Jacki Stansfeld (nee Rutherford)  
University College London**

**What is my PhD about?** I am aiming to understand more about the positive aspects of supporting someone who has dementia. This will help us to learn new information about how supporters of people with dementia feel about their role, and in turn what services can do in order to best help supporters feel more confident and capable.

**Why is this topic important?** Caring affects people differently. Some find it easier to manage and cope with than others, so it is important to think about what factors may affect how supporters feel in their role. Past research has focused on the negative aspects of caring such as burden and stress. However, this does not fully describe the whole caring experience, which may be a mix of both positive and negative moments.

**What stage am I at?** I am doing a UK-wide survey of supporters of people living with dementia in the community to find out about the impact of caring from their perspective.

If you have any questions please contact me on:  
**Jacki.Stansfeld@nelft.nhs.uk** or Tel: 0300 555 1200 ext 64491

**Becky Field,  
University of Sheffield**

**What is my PhD about?** I am trying to find out what influences people living with dementia, and their supporters, to feel ready to take up offers of support after diagnosis. This information could help services to better tailor and target the support offered to people and their supporters following diagnosis.

**Why is this topic important?** Early diagnosis of dementia and provision of support is considered best practice. Yet many services are still developing the ways in which they offer this support.

**What stage am I at?** I am examining some of the information already collected by the VALID programme. For example, I have analysed interviews with participants who took part in the occupational therapy sessions. I have also analysed comments from staff, collected whilst recruiting research participants at the Sheffield site. In future, I plan to consult NHS staff who offer or refer to support services. A second phase of my PhD will seek the views and experiences of people living with dementia and will involve work with NHS services.

If you have any questions please contact me on:  
**b.field@sheffield.ac.uk** or Tel: 0114 222 2985.

**VALID in print – we have had two journal papers published  
A National Survey of Current Occupational Therapy Practice**

This paper reports on the national survey that took place earlier in the programme. The survey aimed to find out what UK occupational therapists currently provide to people with dementia and their supporters. The paper was published in a special edition of the British Journal of Occupational Therapy dedicated to occupational therapy practice for people with dementia.

Swinson T, Wenborn J, Hynes S, Orrell M, Stansfeld J, Rooks S, Ledgerd R. Community Occupational Therapy for People with Dementia and their Family Carers: A National Survey of Current Occupational Therapy Practice. British Journal of Occupational Therapy. 2016 February 79(2):85-91 DOI: 10.1177/0308022615624447

**The VALID randomised controlled trial study Protocol**

This outlines in detail how the current randomised controlled trial is being run.

Wenborn J, Hynes S, Moniz-Cook E, Mountain G, Poland F, King M, Omar R, Morris S, Vernooij-Dassen M, Challis D, Michie S, Russell I, Sackley C, Graff M, O'Keeffe A, Crellin N, Orrell M. Community Occupational Therapy for people with dementia and family carers (COTiD-UK) versus treatment as usual (Valuing Active Life in Dementia [VALID] study): study protocol for a randomised controlled trial. Trials. 2016 17:65. DOI 10.1186/s13063-015-1150-y



The Valuing Active Life in Dementia (VALID) research study is funded by the National Institute for Health Research's Programme Grants for Applied Research Programme (RP-PG-0610-10108); and is a partnership between North East London NHS Foundation Trust and University College London, University of Sheffield, University of Hull, Radboud University Nijmegen Medical Centre, University of East Anglia, University of Manchester, Swansea University, Kings College London and Dementia UK. The VALID research team acknowledges the support of the National Institute of Health Research Clinical Research Network. The views expressed in this newsletter are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.