

NIHR

Health Determinants
Research Collaboration
Cumberland

An Introduction to Cumberland Council HDRC



Health and wellbeing is
at the heart of everything we do

Our values



Ambitious



Collaborative



Compassionate



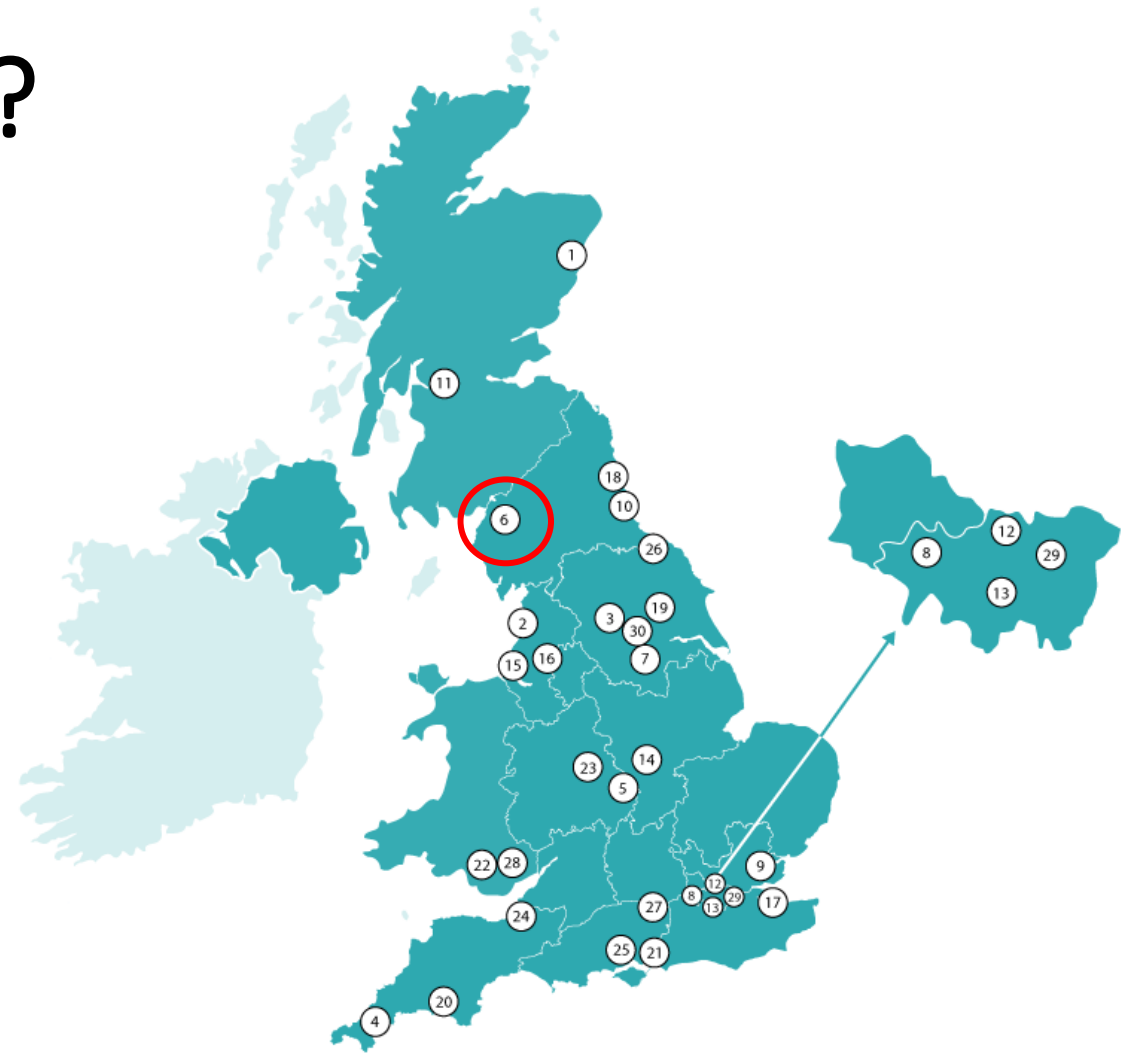
Empowering



Innovative

What is Cumberland HDRC?

- Our HDRC commenced on 1st January 2024
- We were awarded £4.8m for a five year project by the National Institute of Health Research
- We are one of thirty HDRC's across the UK
- HDRC's are designed to improve the research infrastructure of Local Authorities and partners in order to improve the determinants of health.



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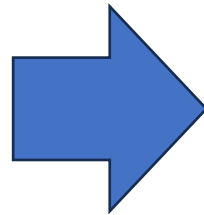


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What are determinants of health?

Determinants of Health

- Education
- Housing
- Living conditions
- Employment
- Working conditions
- Connectivity – digital and transportation
- Commerce and economy



The Marmot Principles

- The best start in life.
- Maximise people's capabilities and control over their lives
- Fair employment and good work
- Healthy standard of living
- Healthy and sustainable places and communities
- Ill health prevention
- Racism and discrimination
- Environmental sustainability.



Why do we need a HDRC in Cumberland?

- Two world heritage sites, an area of outstanding natural beauty
- 14 local areas fall within the most deprived and marginalised areas in England
- More than half of Cumberland's residents live in a rural area, more than double the average for England
- Cumberland has a population that is ageing and declining
- Rates of 'deaths from drug misuse' are double the national average
- Suicide is a significant cause of death in Cumberland and above national averages
- Rates of 'hospital admissions as a result of self-harm in people aged 10-24 years' are much higher than England and rates of 'hospital admissions for mental health conditions for under 18 years' are also much higher.



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- Pupils in Cumberland consistently perform below their national peers throughout school from the Early Years Foundation stage (3-5 years) to Key Stage 4 (14-16 years).
- 21.0% of children (0-15 years) are living in poverty, this is higher than the England average
- The proportion of Cared for Children is significantly higher than the average across England
- The proportion of children on Child Protection Plans is above both the national and North West averages.



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A new Council, embedding research from the start

Cumberland Council's vision is to put health and wellbeing at the heart of everything we do.

The HDRC's aim is to inform all policy and practice decisions with evidence.

We will achieve this by increasing the research infrastructure and capability within the Council and by conducting research with our communities about health inequalities.



The HDRC Objectives

- Develop a culture for research excellence
- Expand research communications
- Build a sustainable research infrastructure
- Build and strengthen research knowledge and skills across the Council and Communities
- Strengthen collaborative partnerships with Higher Education Institutions
- Build research active communities
- To facilitate a network of practice with local authorities.



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INPUTS

- £4.8 million of NIHR funding over 5 years, creating 13 FTE HDRC posts
- Development of partnerships and networks
- Increase of council staff capacity
- Additional research funding secured



Accessible

Relational

Transparent

Facilitative

Supportive

Approachable

ACTIVITIES

- Alliance and sustainability building
- HDRC governance and knowledge exchange
- Development of a Council Research Governance Framework
- Training and capability development
- Community engagement and empowerment
- Research, evidence, evaluation and learning
- Communication and dissemination
- Regular meetings and reports



OUTPUTS

- Development of research plan identifying research priorities and gaps in available research
- Increase in staff, partnerships and networks.
- Development of a research interest register and evidence and resource hub
- Research, Evidence, Evaluation and Learning (REEL) process
- Increase in learners, including increase in number of programmes, training, placements and secondments available
- Community Engagement Framework
- Co-designed projects
- Successful research funding bids



SHORT TERM OUTCOMES

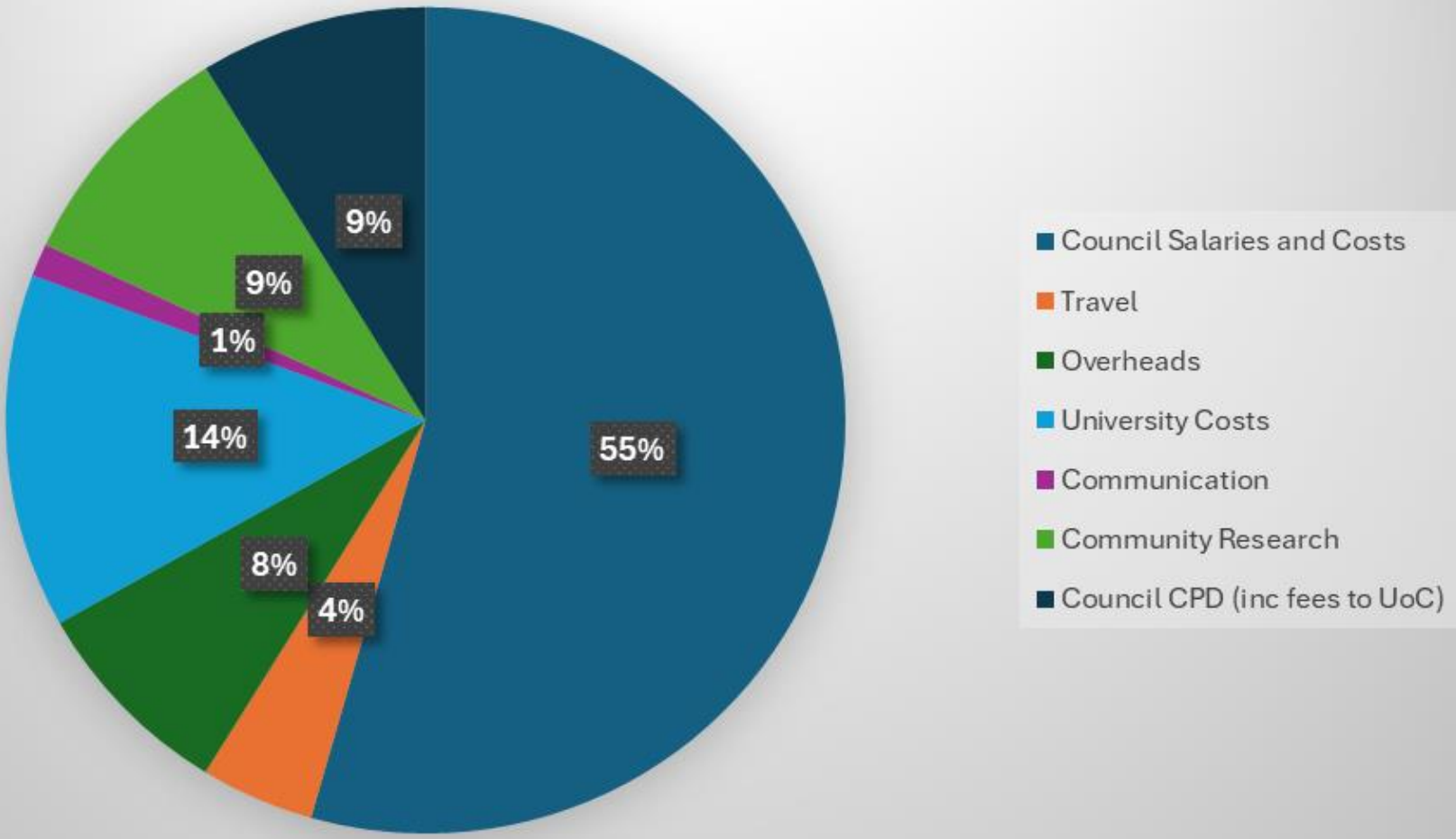
- Increased capacity, confidence and expertise within staff and the community
- Clear, accessible high quality and ethical REEL process
- Staff access to evidence and using this in decision making / planning
- Increased awareness of HDRC
- REEL continues beyond 2029

LONG TERM OUTCOMES

- Evidence, evaluation, research and learning routinely generated and used in the Council
- Determinants of health systematically improved.



HDRC Cumberland Budget



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What is the HDRC doing?

- Research Governance Framework for Cumberland Council
- Cumberland Council's Research Plan
- Research, evidence, evaluation and learning (REEL) Capability Framework
- REEL training programme and webinar series
- Work experience placements, internships, secondments and fellowships
- Research register and 'Evidence Hub'
- Community co-research
- Additional research funding.



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Who are the HDRC Team?

- Research and Innovation Manager - Professor Kaz Stuart (1 FTE)
- Research Officers – Dr Becky Clarke and Dan Gibbons (2 FTE)
- Communication and engagement officer – Samantha Carberry (1 FTE)
- Training Officer – Dr Jae-Llane Ditchburn (0.8 FTE)
- Data Analyst – Peter Kelly (1 FTE)
- Research and Community Project Officer – Lianna Barrie (1 FTE)
- Administrator – Kristine Zepa (0.8 FTE)
- Public Health Consultant – To be appointed (0.5 FTE)
- L3 Data Technician Apprentice – To be appointed (1 FTE).



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How is the HDRC Governed?

- Our Oversight Board comprised of community partners ensures we are working strategically and delivering our plans on time and to budget
- Our Community Advisory Panel ensures we are appropriately involving communities in the work of the HDRC
- Academic Partnership Meetings ensure we maximise the benefits of these partnerships
- Operational team meetings ensure our work plans are delivered and issues are resolved easily.



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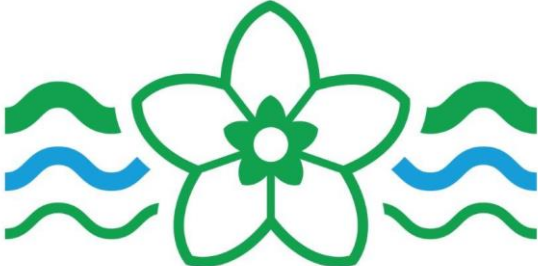


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Who are the HDRC Partners?



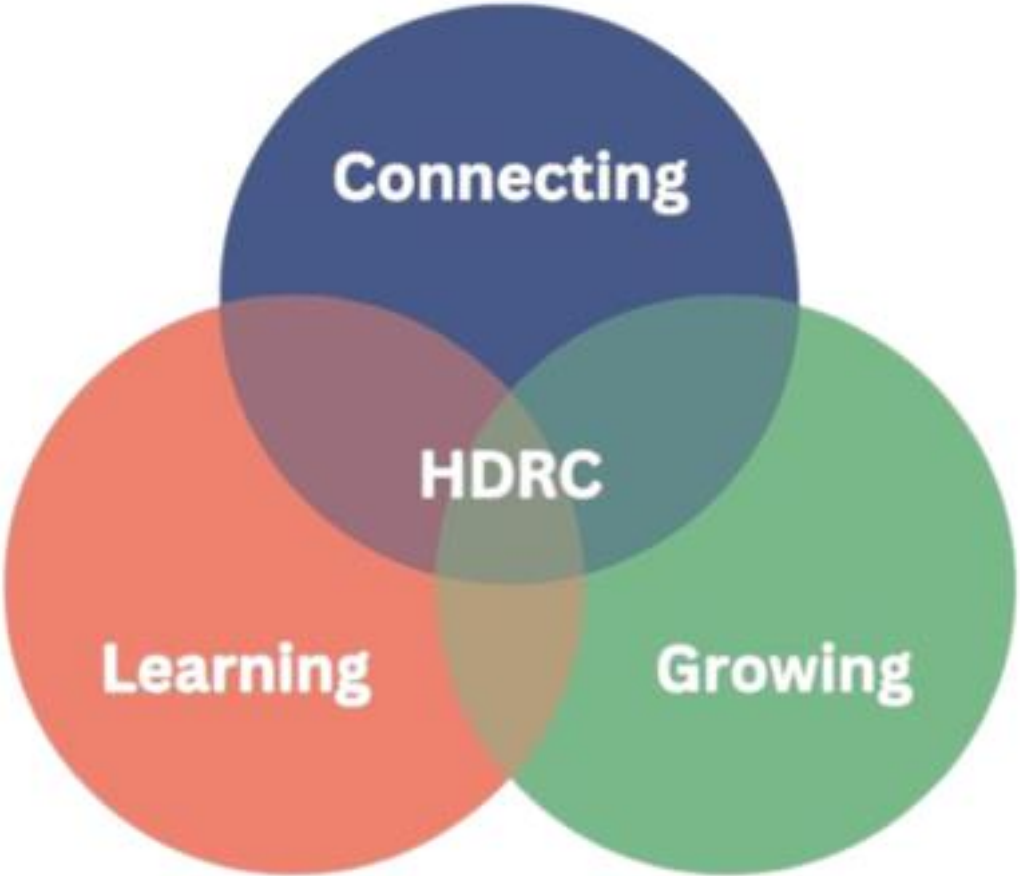
North Cumbria
Integrated Care
NHS Foundation Trust



Cumberland
Council



How we work....



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What's happening in year two?

- Embed research representatives and interns in each Council directorate
- Recruit community co-researchers
- Delivery of the research plan
- Implementation of the research governance framework
- Skill development with training sessions open to council staff, elected members and community organisations
- Development and testing of an Evidence Hub
- Funding applications for longer term projects.



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Please feel free to get in contact!

HDRC@cumberland.gov.uk

Sign up to our newsletter:

<https://public.govdelivery.com/accounts/UKCUMBERLAND/signup/40403>

Follow us on LinkedIn:

[NIHR Cumberland Health Determinants Research Collaboration | LinkedIn](#)

Keep up to date with our webpage:

[Health Determinants Research Collaboration | Cumberland Council](#)

All our documents coming soon on Cumbria Observatory:

[Cumbria Observatory – Welcome to the Cumbria Intelligence Observatory](#)



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