



Partner's Report October 2023

Welcome to our second partner's report of the 2nd phase of the Carers-ID study. These reports are intended to keep you up to date with progress and developments on the Carers-ID (www.carers-id.com) study.

As you know, the purpose of this phase of the project is to determine the feasibility of delivering the Carers-ID online programme, for improving well-being in family carers of people with intellectual disabilities.

Project Update:

- We are continuing with our UK wide recruitment of carers of people with intellectual disabilities. We currently have 58 carers enrolled in the study, which is nearly half way to our goal of recruiting 120 carers from across the UK.
- We are hoping to recruit more carers in the coming months and would be grateful if you could pass information about the project onto anyone you think might benefit.
- We would like to thank all of our charity partners, ARC NI, Carers UK and the All Wales Forum, for their continued efforts with recruitment, and to all the other charities who have supported recruitment.
- Our peer mentoring programme launched in June and continues to have monthly sessions for carers enrolled in the study. A reminder that the next sessions are 20th October (6.30pm) and 17th November (11pm). We would like to thank our wonderful mentors who have given up their time to support this programme.
- A paper explaining what we are doing in this work has been submitted for publication to the journal BMC Feasibility and Pilot Trials. We are also awaiting a decision on our main results paper (submitted to BMC Public Health) from Phase I of the study which captures the experiences of carers during the COVID-19 pandemic.

If you have any queries about the research please contact Dr Rachel Leonard (Rachel.Leonard@qub.ac.uk) or Dr Mark Linden (M.Linden@qub.ac.uk)

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