The Being Warm Being Happy Project: an exemplar of participatory research

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**Background**
Being cold at home can kill. The Cold Weather Plan for England expects nurses to prevent such avoidable, cold related harm. Adults with Learning Disabilities (AWLD) are more vulnerable to the risk of cold related harm.

**Aims**
The Being Warm Being Happy (BWBH) aimed to understand influences on the ability of AWLD to keep warm at home, how this impacted upon their health, and what could be done to facilitate keeping warm at home.

**Method**
Data collection and analysis were conducted collaboratively with researchers who had a learning disability. The study took place in 2017/2018. Participatory methods were used to conduct an in-depth interview study with 10 households with an AWLD. A co-production stage translated the household findings into solutions, with involvement from a range of stakeholders. Co-production methods included developing pen-portraits, storyboarding.

**Findings**
The findings provide understanding of the energy needs and experiences of participants as well as their emotions, attitudes and values related to energy. Impacts on physical and emotional health are considered. Co-production findings identified solutions to improve awareness of strategies and services to prevent cold related harm.

**Conclusion**
The study used novel participatory approaches to generate a unique understanding of how AWLD can keep warm and well at home. Some practical solutions and recommendations were generated, including messages for nurses caring for AWLD. These included Examples include:

- Raising awareness of the Priority Services Register amongst AWLD, NHS and advocacy organisations.
- Develop accessible co-ordinated information. Easy read, accessible written information and energy bills were identified as a priority.


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