Department of Health and Social Sciences

Healthy Ageing in Rural Communities

Current research centres on the use of temporary architectures to adapt historical sites in rural settings for citizen co-production, with a particular focus on issues around healthy ageing: essentially, how can we support rural communities to develop new approaches to the challenges they face, and what role might historically important sites play in that process. An important step in addressing this challenge is to bring rural communities actively into the conversation around planning rural services and shaping local decisions.

We are developing a 'collaboration toolkit' to help rural communities identify key healthy ageing challenges and develop responses (e.g. rebuilding social capital or developing community enterprises) that can then be employed and scaled-out across other rural communities. With a view to long-term impact and larger grant funding, we

have brought on a community partner - The Churches Conservation Trust. The toolkit will be the subject of future applications to external funders to expand the project.

Stuart McClean
Senior Lecturer

Stuart.McClean@uwe.ac.uk

Centre for Public Health and Wellbeing

The variable and evolving nature of 'cuckooing' as a form of criminal exploitation in street level drug markets

Jack Spicer[1] · Leah Moyle[2] · Ross Coomber[3]

Check for updates

Drug supply across the UK is evolving, with the phenomenon termed 'County Lines' in particular generating extensive attention. This practice involves heroin and crack cocaine suppliers from large cities engaging in outreach activities and establishing operations in provincial towns. Associated has been a number of harms including elevated levels of drug market violence, the involvement of young people and the exploitation of vulnerable local populations. It has therefore become a significant concern for policy makers, the police and other agencies.

My PhD research has been exploring this recent development. It has specifically focused on the context of affected 'import' areas, attempting to understand the changes to local drug markets, the impact on local populations and the responses from local services. The main empirical component consisted of eighteen month's ethnographic fieldwork with the police. Several publications have already come from this, with more in the pipeline. One recent article, for example, analysed the practice of 'cuckooing', where vulnerable people have their homes taken over by 'out of town' dealers, and constructed a number of typologies. The findings are currently being used by the National Crime Agency and the College of Policing to generate an evidence base for effective responses.

I have presented at various domestic and international conferences and was fortunate to be awarded the 'Best Early Career Researcher Prize' by the International Society for the Study of Drug Policy. Several opportunities to speak at more practitioner orientated events, such as a co-organised seminar by the Academy for Social Justice Commissioning, have also been highly rewarding. I hope to continue to disseminate my research via these various forums over the coming years, with the aim of beneficially informing practitioner understandings and policy responses.

**Jack Spicer, Lecturer   Jack.Spicer@uwe.ac.uk**

Social Science Research Group

Co-developing a Mobile App for Adults with Visible Differences

Fabio Zucchelli, Research Associate, Fabio.Zucchelli@uwe.ac.uk
Heidi Williamson, Senior Research Fellow, Heidi3.Williamson@uwe.ac.uk

Funded by the Vocational Training Charitable Trust Foundation, we have been working with stakeholders to co-develop a psychological self-management app for adults with a condition that affects their appearance. **Phase 1:** On the basis of a literature review and an interview study, we chose to build the intervention around an evidence-based approach called Acceptance and Commitment Therapy (ACT). We also conducted a workshop with members of various charities who represent appearance-affecting conditions. Here we generated ideas for how an app could best meet the needs of the target group, and established a network of potential project collaborators. In **phase 2** we designed an initial blueprint, moving from paper and pencil designs to a 'wireframe' then, with the collaboration of a software company, to a partial app mock-up. We then met a group of collaborators who have visible differences in a workshop, where they gave us feedback on the initial designs. We iteratively developed the remainder of the app blueprint by incorporating the group's feedback, which we sought remotely at each new iteration. In **phase 3**, we took the resultant designs to a group of psychologists who specialise in visible difference and/or ACT, capturing their feedback in a series of interviews. We are currently in the process of incorporating psychologists' input into a final design, which we will pilot via a mobile-friendly app mock-up with the target user population.
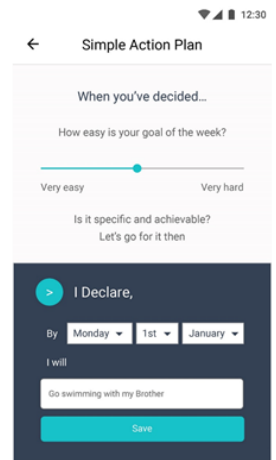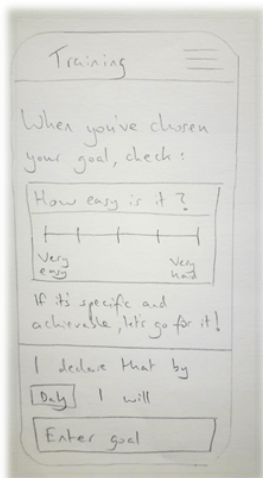
Careers Across Two Continents

Gamze Arman, Lecturer

Gamze.Arman@uwe.ac.uk

I am a member of the Optimising Performance and Engagement theme of the Psychological Sciences Research Group, which aims to use psychological research evidence to design and implement strategies to optimise performance and engagement in sport and work contexts. In my research, I focus on alternative conceptualisations of career, such as female careers, immigrant careers and contextual career. In my most recent work building on the theoretical need for studying context in careers, I am particularly interested in the impact of city as a factor defining the career decisions and perceptions of its residents, building on the principles of urban sociology with an interdisciplinary angle. With this purpose, I have been leading a project focusing on the career perceptions of "inter-continental commuters" in Istanbul (as a metropolitan city located on two continents) who travel across Asia and Europe at least four times a week due to their jobs, facing total commute times up to four hours per day. In this study, the impact of sociocultural and historical background of Istanbul are also being analysed based on the qualitative data gathered mainly via interviews. Based on the preliminary results, we can make a distinction between perception of city as a barrier to versus facilitator of key career decisions. Building on the findings of this study, the research is planned to be extended to further magnet cities which are preferred for certain career paths. Findings of this emerging stream of research are expected to guide organisational policies on virtual work, flexible arrangements and office location decisions in the long run, since these arrangements are critical for performance of employees. The study is expected to be presented at the Careers Division Community Conference of the Academy of Management in February 2020.
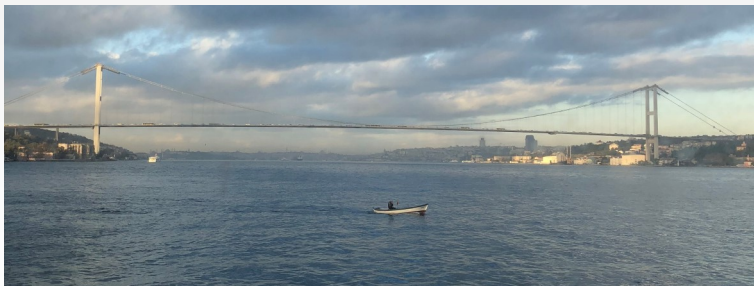
If you would like to learn more about our research, please visit:
http://www1.uwe.ac.uk/hls/hss/research.aspx