



University of Bristol

# 'Don't Be Poor' workshop

## Welcome

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# Housekeeping

- Toilets
- Fire exits – no test planned
- Accessibility
- Baby feeding room 1<sup>st</sup> floor and breastmilk fridge
- Water
- Photos
- Twitter #DontBePoor (tag @HPIGBristol and @bristolpoverty)
- Sharing contact details

# Health Psychology and Interventions Group (HPIG)

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- University of Bristol-based research interest group
- Group presence and forum for researchers working across and beyond UoB with expertise and interests in:
  - Health Psychology
  - Health behaviour change
  - Application of theory
  - Pragmatic intervention design and evaluation
- Monthly (online) sessions
- Website: <https://www.bristol.ac.uk/hpig>
- Email: [grp-hpigcoreteam@groups.bristol.ac.uk](mailto:grp-hpigcoreteam@groups.bristol.ac.uk)
- Twitter [@HPIGBristol](https://twitter.com/HPIGBristol)



# HPIG core team



Dr Emma Anderson  
(Co-lead)



Dr Anna Davies  
(Co-lead)



Dr Anna Pease



Dr Katie Whale



Dr Jen Cox



Dr Amberly Brigden



Dr Christin Hoffmann

# Bristol Poverty Institute (BPI): Introduction

- Established in 2017 to address SDG1: *End poverty in all its forms everywhere*
- Growing, developing and supporting the poverty and poverty-relevant research community at the University of Bristol and beyond
- Facilitating interdisciplinary approaches and exploring the interface of different social, political and environmental dimensions
- Translating research into evidence-informed policy and practice
- More information on the [BPI website](https://bristol.ac.uk/poverty-institute).

[bristol.ac.uk/poverty-institute](https://bristol.ac.uk/poverty-institute)



# BPI Interdisciplinary work

- We have engaged almost 400 University of Bristol academics representing all six Faculties and career stages.
- Exploring how poverty intersects with topics including gender, WASH, ethnic inequalities, climate change, child development, disability, nutrition, migration, sustainable energy and fuel, health, and many more.

## **BPI Interdisciplinary Research Clusters**

- Child Health and Development
- Livelihoods and Debt
- Education and Inequalities
- Food and Nutrition
- Multidimensional Poverty Measurement

[bristol.ac.uk/poverty-institute](http://bristol.ac.uk/poverty-institute)



# BPI contact information



[bristol.ac.uk/poverty-institute](https://bristol.ac.uk/poverty-institute)



[bristol-poverty-institute@bristol.ac.uk](mailto:bristol-poverty-institute@bristol.ac.uk)



[@bristolpoverty](https://twitter.com/bristolpoverty)



# What sparked this idea?

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## Infant safer sleep

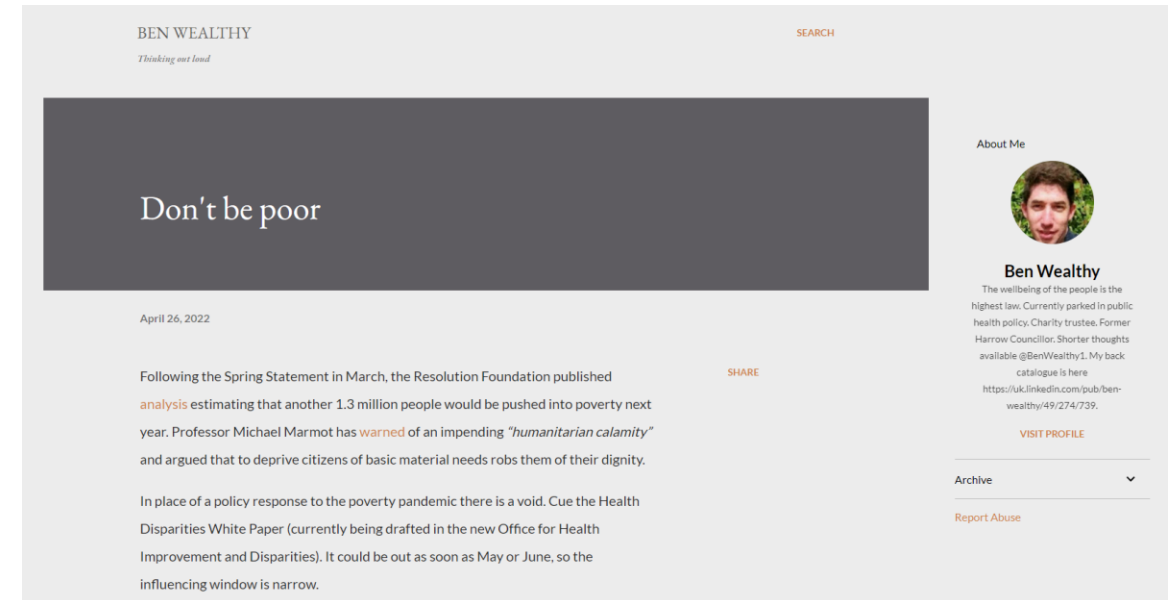
- 20% of child deaths could be avoided if children living in the most deprived areas had the same mortality risk as those in the least deprived.
- Currently funded to develop individual level behaviour change to support families with following safer sleep advice
- Worsening levels of poverty – am I part of the problem?





# All about context

“Advice alone does not change behaviour. Every health challenge is created and/or exacerbated by poverty. As individuals we should do what we can to maintain good health and wellbeing. In tandem, politicians and policymakers must grapple with the limits of personal responsibility. Behaviour occurs in a context which, as individuals, we have limited ability to shape. We cannot build active travel infrastructure or affordable homes or take on the powerful commercial interests that profit from harm.”



The screenshot shows a blog post on the website 'BEN WEALTHY' with the tagline 'Thinking out loud'. The post title is 'Don't be poor' and is dated April 26, 2022. The main text discusses the Spring Statement in March, mentioning the Resolution Foundation's analysis of 1.3 million people being pushed into poverty and Professor Michael Marmot's warning of a 'humanitarian calamity'. It also mentions the Health Disparities White Paper. On the right side, there is a profile for Ben Wealthy, including a photo, his name, a bio, and a 'VISIT PROFILE' link. There is also a 'SHARE' button and an 'Archive' dropdown menu.

<http://benwealthy.blogspot.com/2022/04/dont-be-poor.html>

# Once seen, cannot be unseen

Studies Show That Women Who Own Horses Live Years Longer Than Those Who Don't

Published by [lindab](#) at July 19, 2017



**CrimeGirl** @CrimeGirl

Do NOT lose your spouse or main breadwinner to death or illness. Do NOT become the victim of domestic violence. Do NOT be cheated on, or have an accident that causes a disability. Do NOT fall on hard times. Fate is IN YOUR CONTROL. The poor are RESPONSIBLE for their own poverty



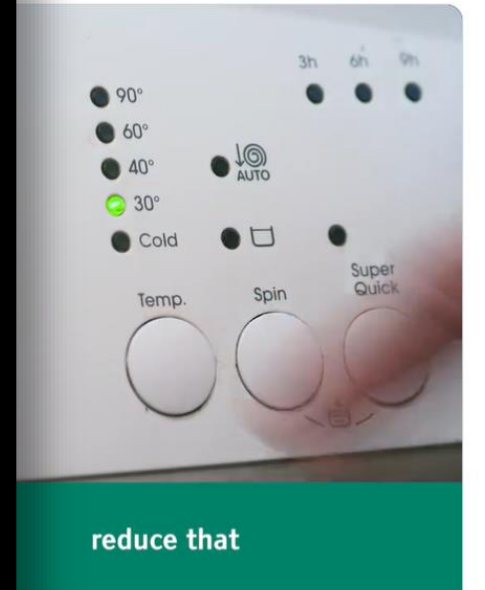
**Charles Robertson** @charlesr1971 · Dec 27, 2022

Jamie Oliver is on @BBCr4today talking about free school meals. If you can't afford to feed your children properly, DO NOT have children, in the first place. What's happened to common sense, in this country? 😞

4:00 PM · Dec 28, 2022 · 60.3K Views



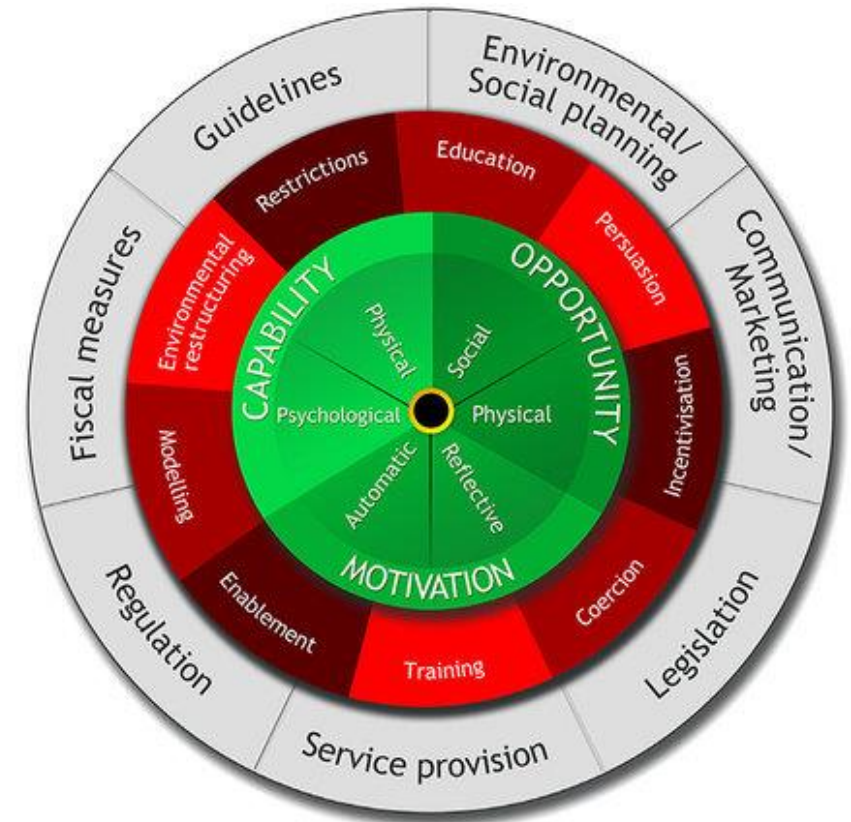
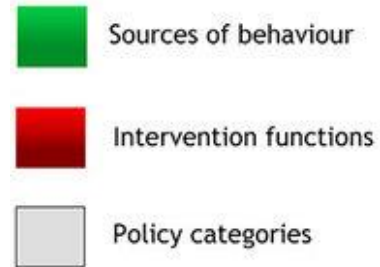
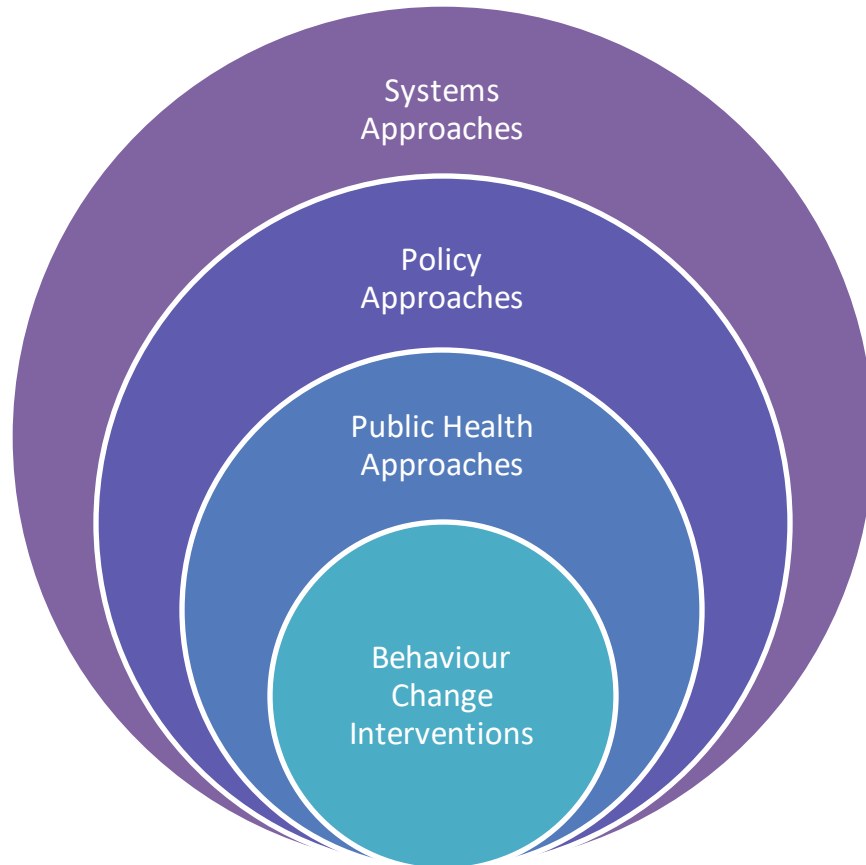
Department for Science, Innovation and Technology  
...  
... of things you can do to save money on  
... will. On their own they may not sound like  
... they all add up and could save you  
... pounds. See them all at  
... energy



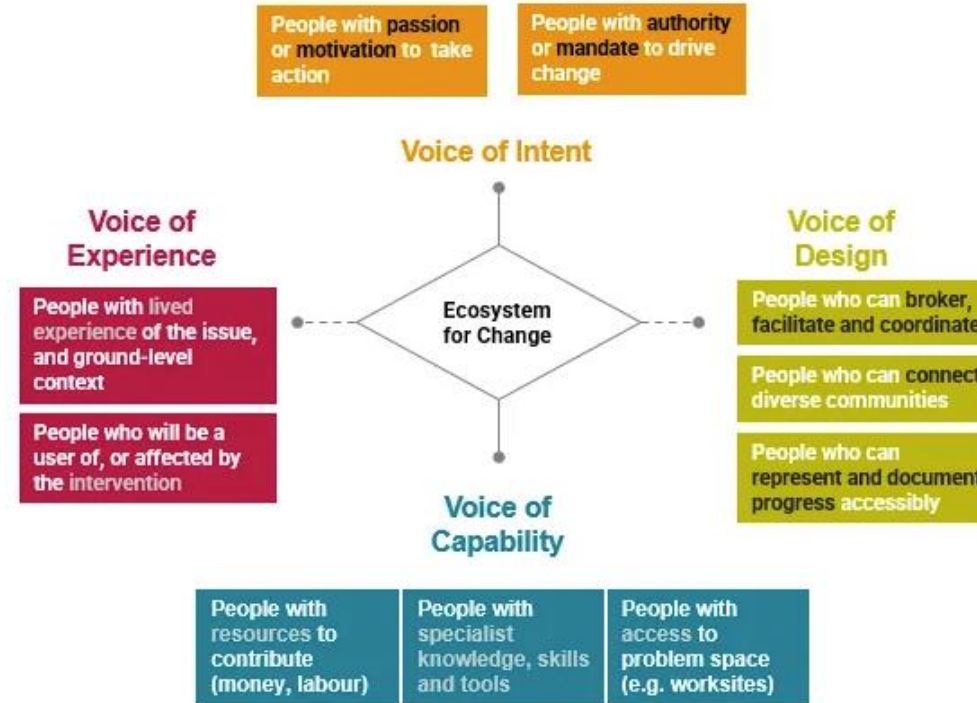
...y-saving tips.

# Starting to look for clues

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## Who do we need to bring together to create viable initiatives?

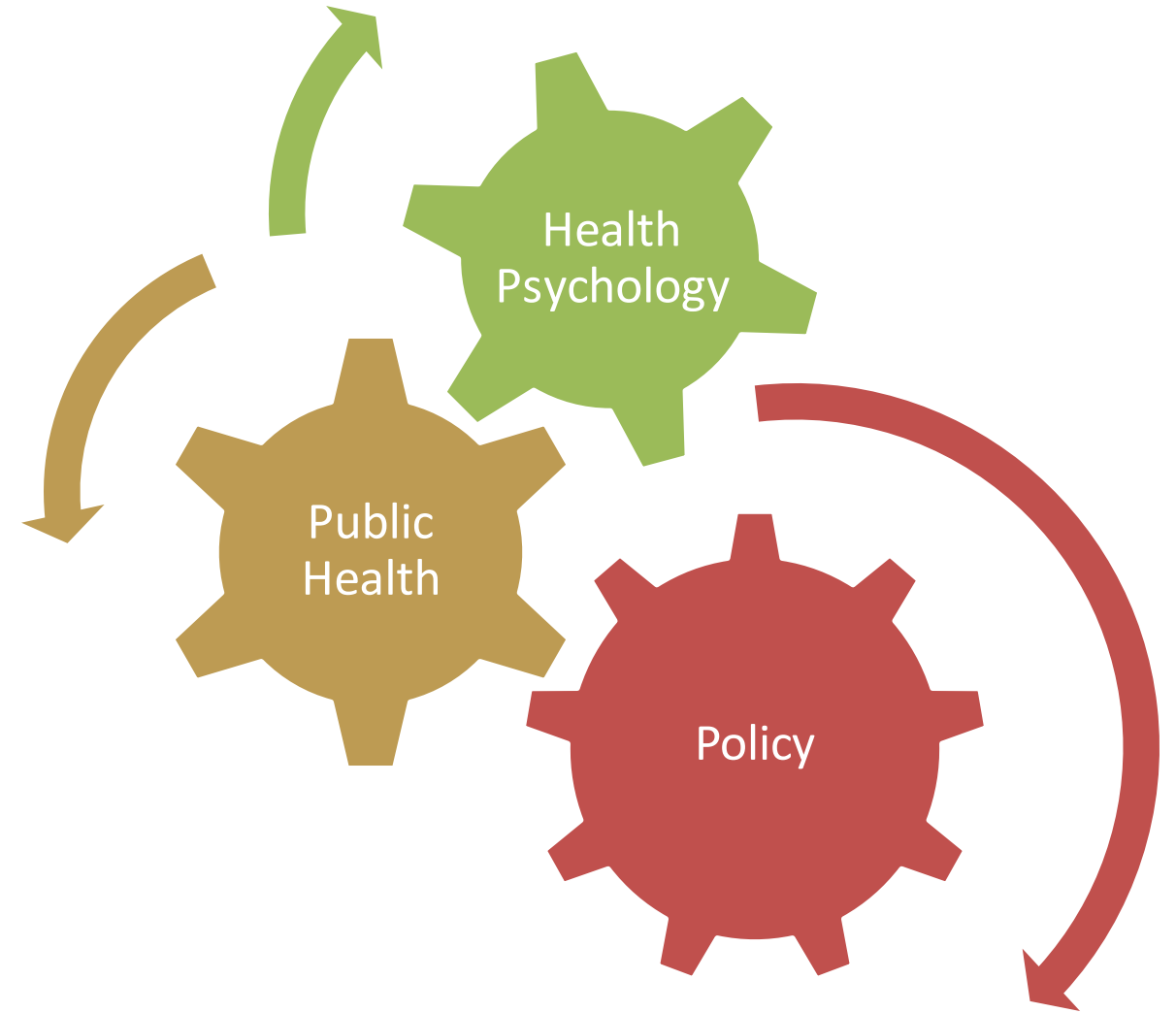


How do we connect people who want to do something, with people who can help them do it, while staying grounded in real-world need and context to ensure it works?

*Diagram: Thinking through who we're connecting in an Alliance for Action*

**Aims:**

- i) Getting to grips with context in health behaviour change interventions
- ii) Ideas for collaborative research
- iii) Make a pledge



# Bristol Priorities

- Healthy weight in childhood
  - Excess weight in childhood at 4/5 years of age varies across South Bristol from 32.4% in Hartcliffe & Withywood to 13.7% in Southville
- Harmful use of alcohol
  - The rate of admissions for alcohol-specific conditions in South Bristol (1,064) per 100,000 was significantly higher than England (587) in 2020/21
- Falls in older age
  - One in four emergency department attendances for falls across BNSSG is a South Bristol resident

# Agenda

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1.20pm – 1.40pm	Professor David Gordon "Poverty and Health Inequalities"
1.40pm – 2.00pm	Dr Michelle Constable "Targeting interventions to address poverty – a systems approach"
2.00pm – 2.20pm	Dr Roseanna Brady "Pain and Poverty: experiences from clinical practice"
2.20 – 2.30pm	Brief Q&A
2.30pm – 2.50pm	Refreshments and Networking
2.50 – 3.50pm	Table discussions (3 rooms, 3 tables each room, 20 mins per slot)
3.55 – 4.15pm	Facilitator feedback on group discussions
4.15 – 4.30pm	Next steps, evaluation form, closing and thanks



### Respect

We agree to treat each other with respect and courtesy



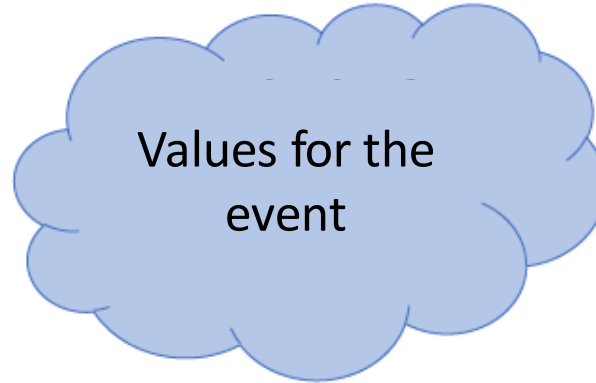
### Allow each other time to speak

Take turns to speak and try to avoid talking when others are already speaking.



### Ask

There's no such thing as a silly question, so do ask if there's anything you're not sure about.



Values for the event



### Nobody is 'just' anything

No one is allowed to say "I know I'm just a parent/ researcher..."  
Everyone's opinion is valued equally.



### Confidentiality

Respect confidentiality of information shared by individuals.  
Respect confidentiality concerning projects discussed.



### Remember the purpose of the meeting

Try and stay on topic during meetings, and remember the purpose of the meeting.

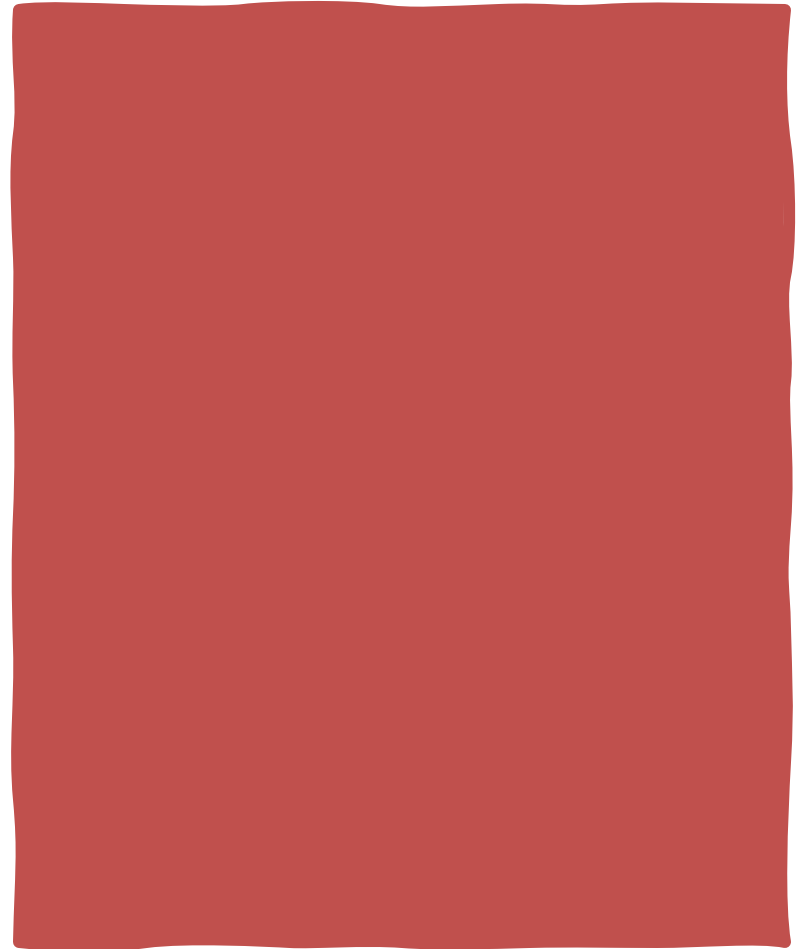




Take a break

2.30 – 2.50pm

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# Wrap up

- Core messages

# Evaluation

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- LINK to evaluation form:

<https://sscm.onlinesurveys.ac.uk/hpig-eval>

