



## Welcome to the Relationships in Good Hands (RIGHT) Trial newsletter.

### March 2022: Edition 4

With this and future newsletters we hope to keep you up to date with the progress of our work. Please pass it on to others in your team who may be interested. If you received this via someone else and would like to receive it yourself, please email [Verity](mailto:Verity) to be added to the mailing list. If you would like to unsubscribe, please click [here](#).

#### Progress update

Site	Eligible Families Referred	Families Recruited	Families Randomised
Oxfordshire	12	8	7
AdoptionPlus (Central Beds)	5	5	5
AdoptionPlus (Herts)	7	7	7
Lanarkshire	7	6	6
<b>Total</b>	31	26	25

We are now nearly at the end of the 17-month long feasibility phase of the trial. For many reasons, recruitment has been slow since the last newsletter but bringing on board the Phase 3 sites in the next few will boost our numbers.

A reminder of our eligibility

criteria: Children aged 5-12

Adopted or in a permanent foster placement

With difficulties as a result of abuse and neglect in early life.

Please get in touch if you have any potential cases to talk about in one of the existing areas.

## **Expanding the trial**

Over the coming months we will move into the next phase of the project where we will open up more sites across the UK to increase recruitment.

Nottingham City will be our first new site and will open in May. We are carrying out mapping and feasibility work with our other Phase 3 sites which we hope will include: Adopt South West, NHS Highland, Chrysalis Associates in Sheffield, The Child Psychology Service in the West Midlands, Bradford District Care NHS Foundation Trust, and an extension of the Adoption Plus site into regional adoption agencies in London. We look forward to bringing these sites on board over the coming months.

We are liaising with Clinical Research Networks close to each of the sites to provide support with consenting families and carrying out baseline measures and follow ups and will be carrying out training with staff in May. The CRNs likely to be supporting us include Thames Valley, Eastern, East Midlands, West Midlands and South West Peninsula. CRNs have tended to support trials in medicine, and their involvement in social care trials is less well established but becoming a new priority for funders. We are very grateful for their time and involvement and the willingness of the teams to work in slightly different ways to meet the needs of work in the field of social care.

## Meet a Co- Investigator:



Fiona Lettice is one of our Co-Investigators and is our public involvement member. She writes....

I am an adoptive parent of two young adults who are now 29 and 26. They came to live with my husband and I, aged five and two. I have worked supporting adoptive parents for almost twenty years. I have been involved in research with the University of Glasgow since 2012 when collaborating on "Cortisol research in children with symptoms of reactive attachment disorder". I am also involved in the BEST Trial at the University of Glasgow, and the Permanently Progressing research at the University of Stirling. For the last sixteen years I have contributed to the Post Graduate Course on "Securing Children's Futures" which is run by The Adoption and Fostering Alliance Scotland.

I firmly believe in early support for all families and that is why I am delighted and excited to be a Co-Investigator in the RIGHT Trial. It is great to be involved in research that can make such a difference to children and their families.

Fiona recently talked to Prof Helen Minnis, our Principal Investigator, about the importance of adoptive parents asking for help when they need it and the value of research with adoptive families. You can see it [here](#).

## Young Person's Advisory Group Spotlight



Our Young People's Advisory Group (YPAG) provides an important contribution to the project by commenting on the work of the trial, and in due

course, its outputs. At the end of November, our YPAG met in

person for the first time. The group

had previously met online but we were now able to get together for a whole weekend of work and activity. We spent some time briefing the Advisors on our work to date and also thought about where they could best contribute over the life of the project.

A significant portion of time was given to discussing the "My World Game" which is one of the measures that we are using with children and young people on the trial to assess their social world. The Advisors had many suggestions about how to improve the questions asked to make it more accessible to the trial participants.

It wasn't all work however, there was time for the group to go out for pizza and do an escape room on Saturday night. Alas, they did not quite escape, but were allowed out anyway to continue the work on Sunday!

Overall, we were blown away by the willingness of the Advisors to take part and share their lived experience and thoughts about the trial which really helped to bring things to life for us (see the section on Personas below). We are looking forward to holding another residential in the coming months to get some more valuable input on our activities.

Casey said "I really liked how it was structured with the chance to get to know each other. Everything felt more relaxed than similar projects that I've worked on but we still got the work done - probably better too because we'd had the space to get familiar with everyone".

Lee said "I am excited about continuing to learn more and give my input on an important study".

# Personas



One of the activities that the youth advisors carried out was to think about the children who might be recruited. They spent some time drawing up potential personas of participants and thinking about their journeys through services and how this might affect how they feel about taking part. These will be extremely helpful to use in training staff who will be recruiting families to the trial and working with them to carry out assessments and follow ups.

## **Leigh - 11yr girl**

Leigh is 11.5 years old and in foster care. She is currently transitioning from male to female.

Leigh is into experimental makeup. She is average academically but finds social situations challenging. She feels misunderstood by people around them.

Leigh is keen to be understood and thinks that being involved in the research could help that. She knows it could be useful for her but is nervous because she is socially awkward and nervous about opening up old wounds.

It will help Leigh to participate if the research is explained clearly to her and she doesn't feel like it is something for children. She wants people to be upfront and honest with her. It would be useful to explain what is in it for her. What would be most useful would be if her parents would say that they are trying to understand her more.

Leigh would like to have access to a website where she could go and read more about the research and think about it.

If there are things you would like to see covered in a future newsletter,  
please let [Verity](#) know



Find out more on our [website](#).

If you have any questions or would like to know more about this study, please don't hesitate to contact one of  
the study team:

Chief Investigator: [Helen Minnis](#)

Trial Manager: [Karen Crawford](#)

Trial Coordinator (with responsibility for sites in England): [Verity Westgate](#)

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