

Communicating the Lab essays

On 30 May the Q Improvement Lab launched its online essay collection – the Lab Essays. Please feel free to use the comms materials below to share the essays with your colleagues and networks. If you have any questions or feedback, get in touch at QLab@health.org.uk

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Overview

- Over the last 12 months the Q Improvement Lab (Q Lab) (<https://q.health.org.uk/q-improvement-lab/>) has been working on the challenge of what it would take for peer support to be more widely available.
- To tell the story of the first Lab project, the Lab have published three essays on
 1. **What is the Q Improvement Lab?**
 2. **Learning and insights on peer support**
 3. **Understanding decision making in peer support**
- You can read the essays here: <https://qlabessays.health.org.uk/>
- There will be six essays published in total, with the remaining three essays published in early August. These will focus on our wider learning, specifically how the Lab hopes to achieve impact, our ways of working and our approach to evaluation.

Important links

Lab essays: <https://qlabessays.health.org.uk/>

Twitter hashtag: #QLabs

Twitter handle: [@theQcommunity](https://twitter.com/theQcommunity)

About the Lab: <https://q.health.org.uk/q-improvement-lab/>

Suggested tweets

What would it take for #peersupport to be more widely available? The #QLabs (with almost 200 @theQCommunity members & others) explored this for 12-months & today have published their learning & insights <https://qlabessays.health.org.uk/>

The #QLabs @theQCommunity has published an essay collection capturing learning and insights from the pilot project on how #peersupport could be made more widely available <https://qlabessays.health.org.uk/>

Want to improve your #peersupport work? Or keen to learn more about peer support? Check out the #QLabs essays which capture learning & insights from a 12-month project on what it would take to for peer support to be more widely available <https://qlabessays.health.org.uk/>

For the past 12 months @theQcommunity members & others have been working with #QLabs to explore how #peersupport could be more widely available. Take a look at what they did, what they learned & the new insights that they found: <https://qlabessays.health.org.uk/>

Suggested text for sharing via email

Dear XXX,

I wanted to share with you an online collection of essays capturing learning and insights from the Q Improvement Lab's pilot project on peer support: <https://qlabessays.health.org.uk/>

In 2017, the Health Foundation and NHS Improvement launched the Q Improvement Lab (Q Lab) – an initiative working with people from across the UK to test a bold new approach to making progress on health and care challenges. The first 12-month project explored what it would take for peer support to be widely available.

The Lab essays tell the story of the first Lab project on peer support, with the first three covering:

1. **What is the Q Improvement Lab?**
2. **Learning and insights on peer support**
3. **Understanding decision making in peer support**

<The third essay might be of particular interest as it features new findings from a UK-wide YouGov survey on peer support. It sheds new light on what is important to people when deciding whether to use, refer or recommend peer support, and features ideas and suggestions from those working from across health and care on how the survey findings can be used in practice.>

In all the essays, there is a focus on how the learning and insights can be applied practically to those working in peer support, improvement and health and care more broadly.

Hopefully you will find the essays inspiring and can find ways to apply the findings to your own work or the work of your organisation.

Please feel free to read, use the findings and pass these essays on to anyone else who might be interested.

Kind regards,
XXX

Suggested text for newsletters (50 words)

What would it take for peer support to be widely available?

The Q Improvement Lab - an initiative from the Health Foundation and NHS Improvement - have launched the Lab Essays: an online collection of essays capturing the learning and insights from a collaborative 12-month project exploring what it would take to make peer support more widely available <https://qlabessays.health.org.uk/>

Understanding decision-making in peer support

The Q Improvement Lab – an initiative from the Health Foundation and NHS Improvement - have published the findings from a UK-wide YouGov survey on what is important to people when referring, recommending or using peer support. The findings are part of an essay collection collating the learning and insights from the Lab's year-long project on what it would take for peer support to be widely available <https://qlabessays.health.org.uk/>

Suggested text for websites (short)

In May the Q Improvement Lab (Q Lab) – an initiative from the Health Foundation and NHS Improvement - launched the Lab Essays: an online collection of essays capturing the learning and insights from the Lab's 12-month pilot project exploring what it would take to make peer support more widely available.

Read the online essays here <https://qlabessays.health.org.uk/>

The essay collection features the results of a nationwide survey on what is important to people when deciding whether to refer, recommend or use peer support services. Launched in December 2017, 2666 people completed the survey and so it is believed to be the biggest survey of its kind in the UK.

The purpose of the essays is to support improvement in current peer support projects and initiatives, and inspire people to think about how peer support can be used to improve health care for people in the UK.

For further information about the Lab visit <https://q.health.org.uk/q-improvement-lab/>

Suggested text for websites (long)

The Q Improvement Lab (Q Lab) has launched the Lab Essays – an online collection of essays capturing the learning and insights from the Lab’s 12-month pilot project exploring what it would take to make peer support more widely available.

Read the online essays here: <https://qlabessays.health.org.uk/>

The Lab was launched in 2017, is led and delivered by the Health Foundation and co-funded by NHS Improvement. The Lab is part of Q – a connected community of thousands with experience and expertise in improving health and care <https://q.health.org.uk/> and works with people from across the UK to test a bold new approach to making progress on health and care challenges.

Collaborating with a diverse group of Lab participants, the Lab sought to understand the challenges and opportunities for peer support, and develop ideas that collectively would help to make progress on the topic.

The essays capture what was learned about peer support, building on and referring to the current evidence and literature base, as well as drawing on experiential and tacit knowledge about peer support.

The essay collection also features the results of a nationwide survey on what is important to different groups of people when deciding whether to refer, recommend or use peer support services. Launched in December 2017, 2666 people completed the survey and so it is believed to be the biggest survey of its kind in the UK.

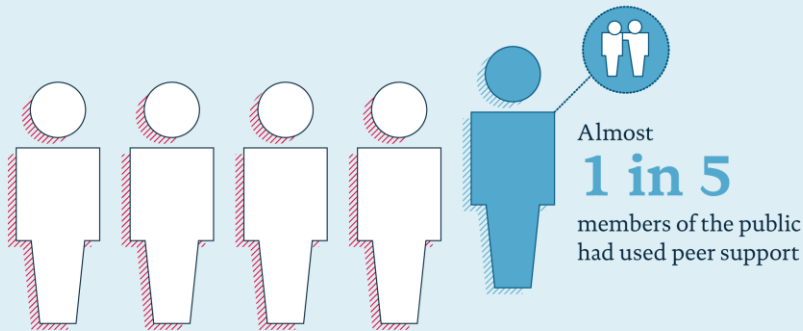
The purpose of the essays is to support improvement in current peer support projects and initiatives, and inspire people to think about how peer support can be used to improve health care for people in the UK.

The collection will consist of six essays in total, so look out for the remaining three that will be published early August. These will focus on the wider learning from the pilot project, specifically how the Lab aims to achieve impact, ways of working and approach to evaluation.

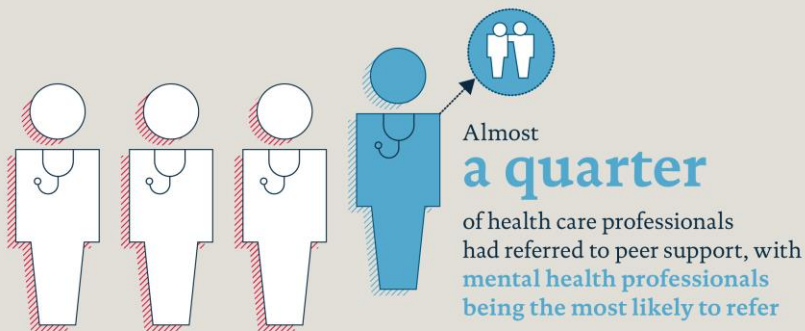
If you have any questions or feedback about the essays, please do not hesitate to get in touch with the team at Qlab@health.org.uk. For further information about the Lab visit <https://q.health.org.uk/q-improvement-lab/>

Images

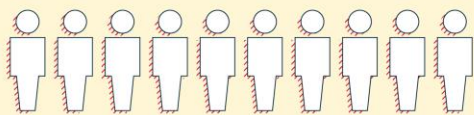
Click on image to download the .png file



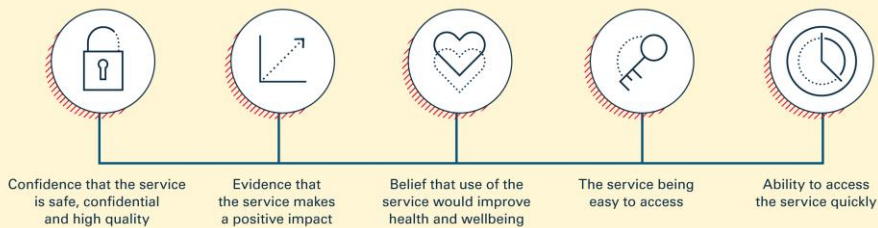
Source: Q Improvement Lab
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Source: Q Improvement Lab
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Everyone considered the same five factors as the most important



Source: Q Improvement Lab
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except those who had

used peer support who valued



Confidence that the service is safe, confidential and high quality



Evidence that the service makes a positive impact



Belief that use of the service would improve health and wellbeing

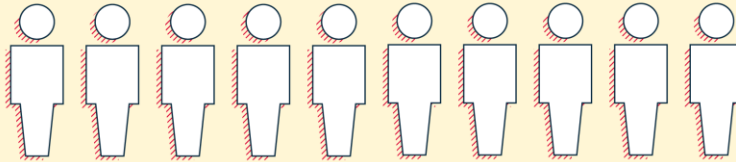


The service being easy to access



Opportunity to meet people with similar experiences

Source: Q Improvement Lab
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Everyone

agreed reducing the burden on the NHS was the least important factor when making decisions in peer support



Source: Q Improvement Lab
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