



About me:

- *I am a registered social worker, in the role of Safeguarding Families Specialist Practitioner in an NHS Trust providing Mental Health and Learning Disability Services
- *I contribute to the development and delivery of safeguarding training andI provide supervision as well as advice and guidance to staff across the Trust footprint in regard to safeguarding patients and their families.
- *I attend and contribute to statutory reviews – Child Safeguarding Practice Reviews, Safeguarding Adult Reviews and Domestic Abuse Related Death Reviews.
- *Domestic Abuse is an area of particular interest to me.
- *Legal literacy and protection of human rights is at the heart of safeguarding work – it is something I am passionate about.

Challenges:

- Comparing myself to others – am I academic enough?
- IT systems difficult to access
- Time
- Struggled to engage with audit only modules

What helped:

- Support and advice from my supervisor who also introduced me to others who were helpful and generous with their time and knowledge.
- Advice and guidance from the Capacity Building Team
- Peers
- Library staff
- Support from work colleagues enabling me to take time out
- I really connected with how much I enjoy learning!

What led me to the Internship?

I'm interested in evidence- based practice and wanted to develop skills, find out how to develop a research question etc?

Curious to know if research was something I could do?

Opportunity to have exposure to research and 'dip my toe in'.

Networking – meet others in health and social care with similar interests

Access workshops and seminars – opportunities to learn.

Get support of a supervisor and GM-ARC.

Starting point – I wanted to know more about ways to improve 'routine enquiry' about domestic abuse in mental health services.

With support from my supervisor – a question was formulated in regard to cultural competence and routine enquiry, with the goal of completing a Scoping Review – which is still in progress..

What are the barriers to this process? What would support better outcomes?

How to develop a research question to complete a review of the literature?

The focus of my Internship journey

Activities and opportunities -

Seminars and workshops provided by ARC GM Team.

Access to lectures and webinars that are part of Msc courses.
Attended University library workshop about Systematic Reviews

Attended conference relating to Domestic Abuse and Suicide

Building networks - MARRS, Social Care Forum, Mental Health Incubator, AAFDA Conference, Mental Health research event at Salford University – 'Ripping up the Rulebook'

Participation in research –
* Focus Group re Social Workers and Moral Injury – observer/note taker
* Focus Group Exploring experiences of joint responses to mental health crises – participant.

Getting to grips with university databases and tools eg EndNote.

Support from researchers and peers

What's next?

To apply for a taught Master's degree relating to domestic abuse, as I want to expand my knowledge of this topic . I want to complete a dissertation to further develop research and academic writing. This may also lead to a role within research or further study.

Continue to contribute to training packages and learning in PCFT ..

Continue as a Research Champion in my current team and take up opportunities to take part in research within PCFT.

Thanks to:
My supervisor Patricia Cartney for her support and encouragement over the course of this internship.
Ross Atkinson and the rest of the ARC – GM Team for their support and advice.
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