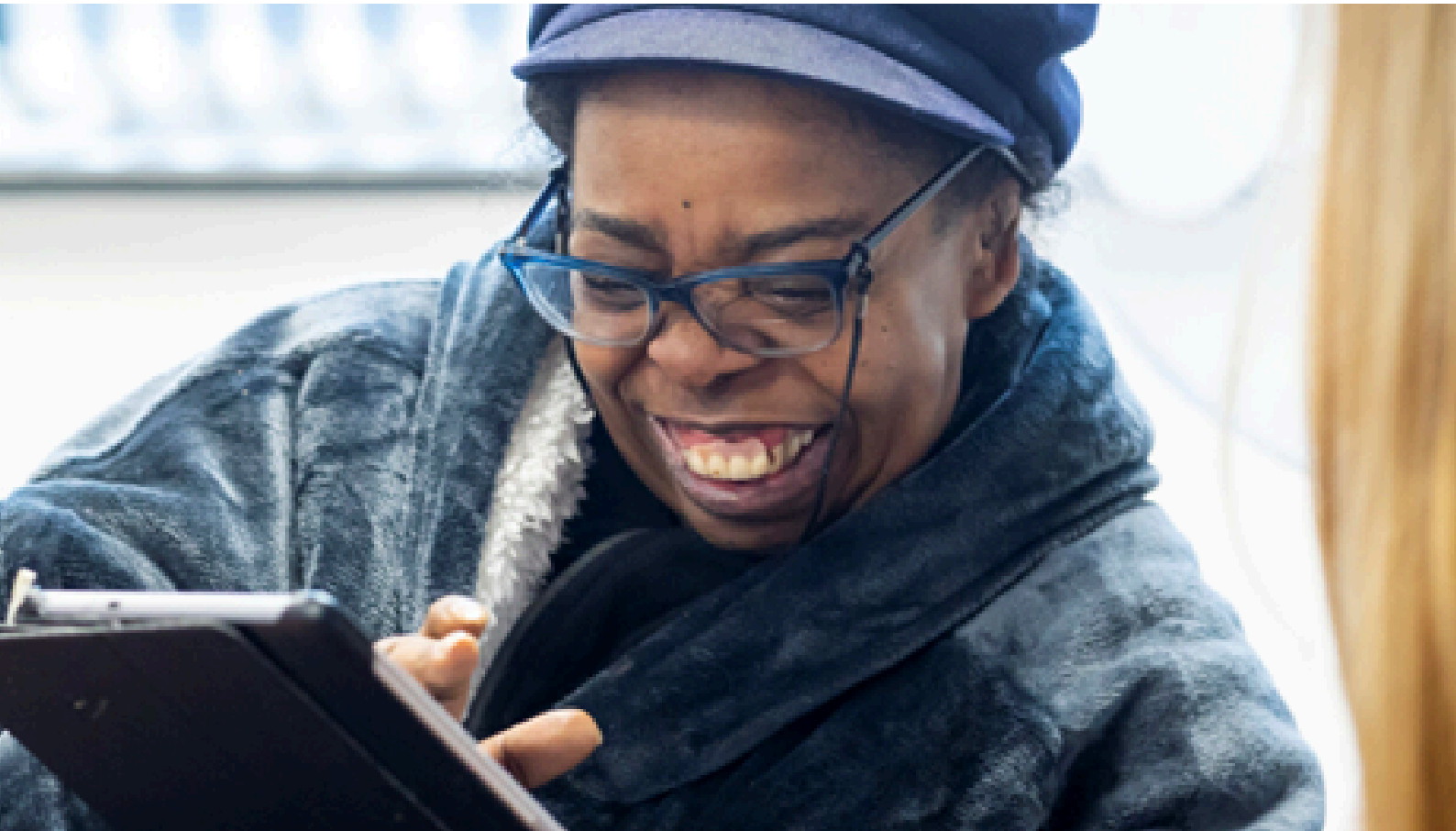


CARE CONFIDENCE IN ACTION



APRIL 2026



BACKGROUND

Research objectives:

- To support social care professionals in four delivery sites to use a localised version of Care Confidence in the work they do with social care self-funders
- To find ways of tailoring the use of the tool to improve its reach and inclusivity
- To evaluate the implementation of Care Confidence
- To improve services for self-funders
- To share learning from the study to maximise impact

RESEARCH TEAM & COLLABORATORS



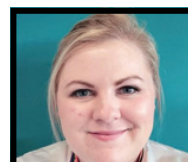
Yvonne Birks



Kate Gridley



Lyndsay Lindley



Sarah Brown



Helen Weatherly



Gerry Nosowska



Tracy Finch



Leah Buhrmann

WHY YOUR VOICE MATTERS

The Care Confidence in Action advisory group plays a vital role in shaping this project. Your perspectives—whether grounded in professional practice, lived experience, or both—help ensure that the work stays relevant, realistic, and meaningful for the people it is intended to support.

Your contributions influence how we design the research, the language we use, and how findings are interpreted and shared. When you raise questions, highlight gaps, or reflect on your own experiences, you help us see beyond a single viewpoint. This strengthens the quality of the research and makes the outcomes more useful.

It's also important to recognise that value doesn't only come from speaking often or having definitive answers. Thoughtful reflections, agreeing or disagreeing with others, sharing uncertainty, and bringing different perspectives all help create a richer discussion. The diversity of experiences within the group is one of its greatest strengths.

Thank you for the time, honesty, and care you bring to this space. Your input is not just welcomed — it actively shapes the direction and impact of Care Confidence in Action.

RECAP

- Recruitment of interview participants for the evaluation has begun.
- Website analytics are already showing differences between sites in the implementation work being done, and the number of people using the websites.

TRAINING

- All sites have reported that they have cascaded the Care Confidence training video to their wider staff networks.
- Sarah delivered a training session to a newly interested service – York Adult Social Care community team. The training was well received and some staff fed back that they are already using Care Confidence in practice and finding it helpful.

COMMUNICATIONS & IMPACT

- Gerry Nosowska from Effective Practice www.effective-practice.com has written a blog around how Care Confidence can help with prevention. The blog will go onto the University of York and NIHR School for Social Care Research (SSCR) websites soon. **Can you think of anyone/any organisations we should send it to directly?**



PILOT

We have begun piloting the topic guides for interviews with staff, self-funders and carers. Thank you to those of you able to help us with this!

WHAT'S NEXT?

We are really looking forward to seeing those of you who are able to attend the in-person meeting in June.

Lyndsay has sent an email round asking for dietary and travel requirements. If you haven't already, please could you let her know your preferences?

Thank you for your continued support!



Hull
City Council



**Care
Confidence**



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