

Invitation to Join the **HERON** Involvement Group

Helping Shape Research to Prevent Falls at Home

We are looking for people with personal or professional experience of home care services to join a new involvement group for an important research project called **HERON**.

HERON stands for **Home-based Falls prEvention in Rural and cOastal commuNities**.

The project is being led by the **University of Nottingham**, working with partners including **Every-One**. Together, we want to make sure that the voices of people with real-life experience help guide the research from start to finish.

About the Project

Falls are one of the biggest causes of injury and loss of independence for older people. Many older people who receive support at home are at risk of falling, but most falls prevention research has focused on people living in care homes.

The **HERON** project will look at how a successful falls prevention programme called **Action Falls** can be adapted for people who receive care and support in their own homes, particularly in rural and coastal communities.

The research team wants to understand:

- What helps people stay safe and independent at home.
- What increases the risk of falls.
- How home care services can support people to reduce those risks.
- How the Action Falls programme should be changed to work well in home care settings.

Why Your Involvement Matters

We believe that people with lived experience are experts in their own lives.

Research works best when the people affected by it help shape it. Your experiences, ideas and opinions can help us make sure the project focuses on what really matters to people.

By joining the involvement group, you can help improve services and support for older people who receive care at home, both now and in the future.

Who Can Join?

We would like to hear from:

- Older people who receive care or support at home.
- Family members, friends or unpaid carers.
- People who have experience of falls or concerns about falling.
- Home care workers and other people who provide care and support.
- People living in rural or coastal communities.

You do not need any previous experience of research or involvement. We will explain everything clearly and support you throughout.

What Will the Group Do?

The group will help guide the research as it develops.

Members may be asked to:

- Share their experiences and ideas.
- Review project information and materials.

- Help researchers understand what the findings mean in real life.
- Suggest improvements to the programme.
- Take part in discussions and workshops.
- Help create easy-to-understand information and resources for the public.

There will also be opportunities, if you are interested, to receive training and support to help with activities such as interviewing people involved in the project.

What Commitment Is Involved?

The involvement group is expected to meet approximately **every three months**. Meetings will include a mix of face-to-face and online options.

We understand that everyone has different needs and circumstances. We will work with members to make involvement as accessible as possible.

You can choose the ways you would like to be involved and the level of involvement that feels right for you.

Support and Accessibility

We want everyone to be able to take part.

We can discuss any support or reasonable adjustments you may need, such as:

- Accessible information.
- Telephone access for online meetings.
- Support with technology.
- Interpretation or translation.
- Travel support.
- Other adjustments that would help you participate.

Payment and Expenses

We recognise the value of your time and expertise.

People with lived experience will be offered payment for their involvement and reimbursement of agreed expenses, in line with national guidance. This may include attending meetings, reviewing documents or taking part in workshops.

Payment details will be available on www.every-one.org.uk/what-we-do/Heron

We can talk through the options with you before you decide whether to join.

What Difference Will This Make?

Your involvement will help shape:

- How the Action Falls programme is adapted for people receiving care at home.
- How the research is carried out.
- How findings are interpreted.
- The resources, tools and information produced by the project.
- Future approaches to reducing falls and helping older people remain independent in their own homes.

We are committed to showing members how their ideas have influenced the project and will regularly share feedback on what has changed as a result of the group's input.

Welcome Meeting

Date: Friday 16th October 2026

Time: 11am – 12pm

Location: Online (via MS Teams)

If you cannot join
this meeting,
we can arrange a
separate chat with
you.

For more information visit:

- www.every-one.org.uk/what-we-do/Heron
- <https://actionfalls.org/domicillary-care/>

Interested?

If you would like to find out more or are interested in joining the HERON Involvement Group, please contact:

Vicky Thomson - Every-One

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 www.every-one.org.uk

We would love to hear from you. Your experience could help improve support for older people and reduce falls in communities across Lincolnshire, Nottinghamshire and beyond.