

COMMUNITY RESEARCH FORUM

providing benefit to both the community and tertiary sectors where research results can be shared and cross sector research partnerships can be encouraged.

Who should attend:

Anyone interested in research undertaken within the community & voluntary sector

SEPTEMBER 2010

WORKING TOGETHER FOR BETTER COMMUNITY OUTCOMES

Dr. Debra Waters Senior Lecturer University of Otago, Department of Preventive and Social Medicine

The talk will present the evolution of the Steady as you Go falls prevention exercise classes in Otago and the development of a strong working relationship between Age Concern, researchers at the University of Otago, and Otago Polytechnic and the community. This collaboration has provided objective evidence that funding agencies used to decide on continued funding of the peer-led community based classes and has also resulted in further research, which involves the community in participatory social research.

From the original quantitative measurements of strength and balance, focus groups were held to explore the well-being of the participants and the perceived roles of the peer leaders within the groups. Further research is now underway to determine the social value and social capital of these groups, using the peer-leaders as researchers.

IT WOKE ME UP AND GOT ME GOING

Assoc Prof Leigh Hale, Associate Dean of Research, Centre for Physiotherapy Research, University of Otago.

This talk will report on the findings of a study that investigated the effectiveness of an aqua aerobic programme to reduce falls risk in older adults with osteoarthritis. In particular the opinions and ideas of the participants as to how the programme could be improved and continued will be give presented providing insight for the development of other similar initiatives. Additionally the collaborative links developed between the researchers, SeniorNet, Age Concern and Moana Pool to enable this research will be discussed.

TIME WILL BE MADE FOR GENERAL DISCUSSION ON RESEARCH IN GENERAL AND HOW IT CAN HELP YOUR ORGANISATIONS PROGRAMMES

WHEN: Wednesday 15 September 2010
TIME: 12—3pm bring your lunch—tea and coffee provided
WHERE: Alexander McMillan Rm, Dunedin Community House
301 Moray Place, Dunedin
To RSVP or for more information please call COSS on 471 6177.



Hosted by
Angoa—Association of Non-Government Organisations of Aotearoa
University of Otago—Dept of Social Work and Community Development
Otago Polytech
Council of Social Services Dunedin

