

Rhwydwaith Ymchwil Integredig Trafnidiaeth ac Iechyd Transport and Health Integrated research Network (THINK)

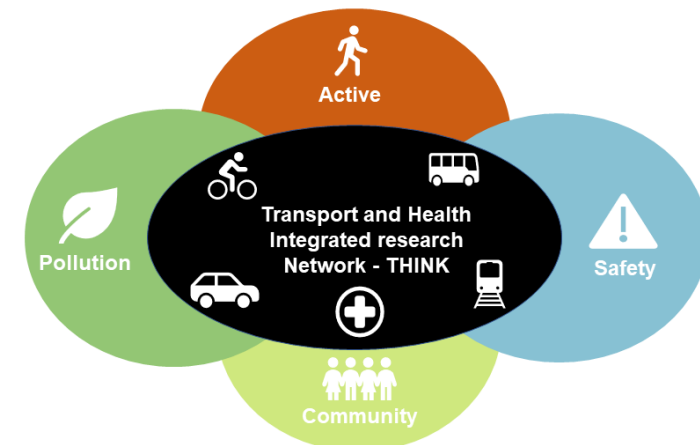
Amy Nicholass,
Swyddog Prosiect THINK
THINK Project Officer
19/09/2024



Transport and Health Integrated research Network - THINK



- Collaboration between psychology department at Aberystwyth University and Public Health Wales
- Funded by Health and Care Research Wales – Funded by Welsh Government
- Bringing together over 200 members from academia, policy, practice and 3rd sector to improve health outcomes related to transport.




The THINK Foundry
enriching


The THINK Academy
enhancing


THINK Participate
integrating

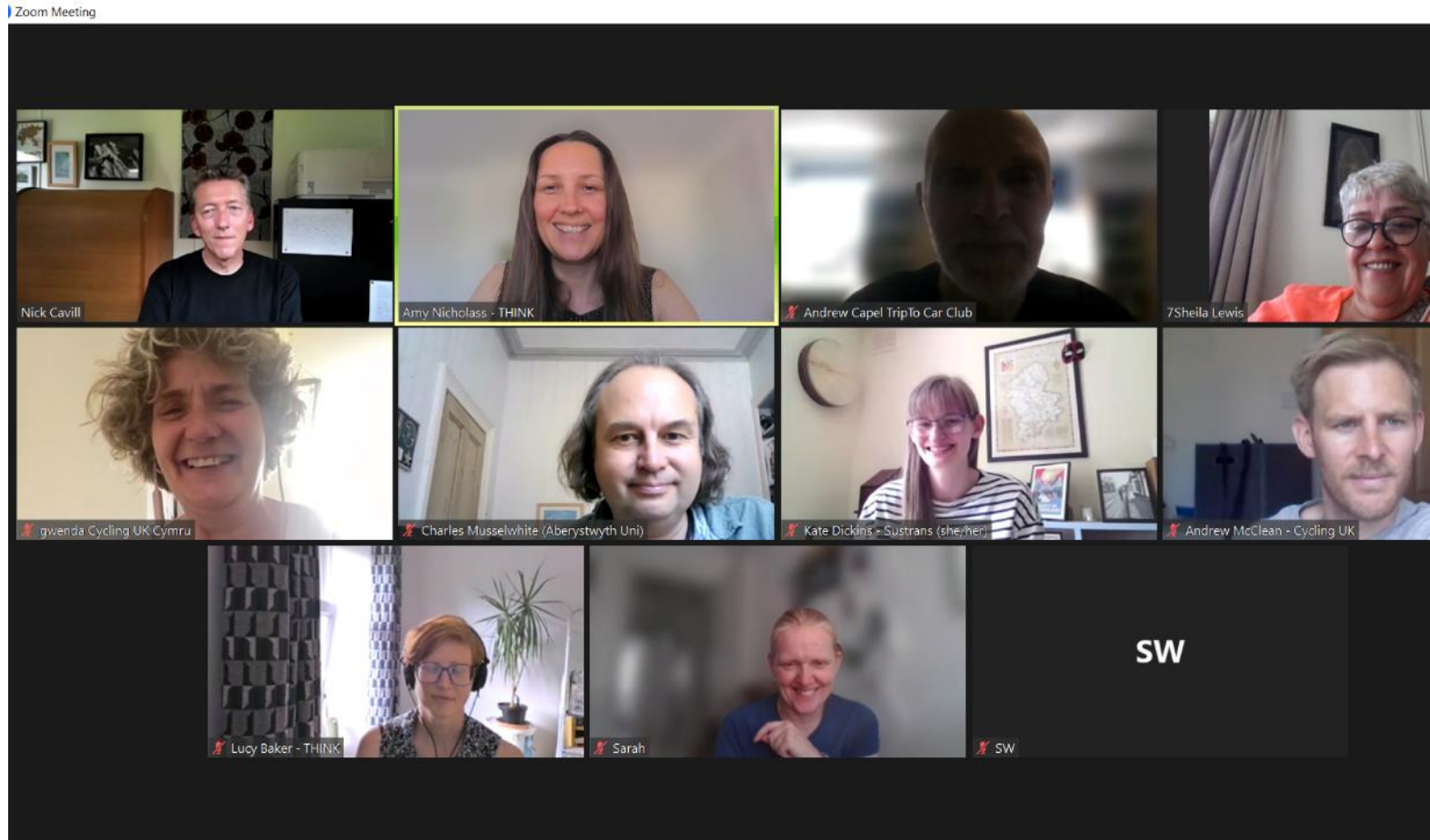
What is THINK?



- Co-Directors Prof Charles Musselwhite, Aberystwyth University and Dr Sarah Jones, Public Health Wales
- Research Associate Dr Lucy Baker
- Dr Burcu Tekeş Associate Professor at Başkent University, Turkey and temporary THINK Post-doctoral Research Associate
- Project Manager, Amy Nicholass

THINK Principles for Collaboration

1. **Respect:** for the varied ways of being and ways of knowing of participants, their varied backgrounds, levels of power, needs and values.
2. **Co-operation and active listening:** sharing the 'air-time' in group work and being patient and open minded with those who work in different disciplines and use different terminology
3. **Transparency:** co-creating a safe, open space for honest conversation.
4. **Nuance:** assumption that problems do not have universal solutions.
5. **Reflexive:** taking time to reflect on the impact of our thoughts, feelings and behaviours on others/ the work.
6. **No failure, only feedback:** co-creating a space to experiment with new ideas.
7. **Interconnectedness:** assumption that this work is taking place within nested complex socio-ecological systems, therefore, addressing a challenge in one place can often cause new challenges to emerge elsewhere, and this should not be simply ignored as an inconvenience.
8. **Being mindful of 'who isn't in the room':** taking account of the voices of stakeholders who are not present, especially those who are often under-represented.
9. **Asset-based:** recognising and building on what assets communities, organisation and individuals already have.
10. **Creating positive health:** through widespread recognition of the relationship between transport and health.



THINK Outputs

- 7 podcast episodes publicly available
- 7 'Transport Issues in Communities' projects supported via £2000 funding awards
- 2 Community Roadshow events – Newport Pembrokeshire & Splott, Cardiff.
- 28 blog posts
- 1 mentorship



THINK Outputs



- Website with resources and signposting to external resources
- 12 free online seminars/ workshops
- 2 hybrid conferences
- Publications and journal articles
- 2 secondments
- THINK book to come in 2025



How THINK worked in practice



- Working group on co-production
- Working group on Improving Walking Standards
- Net Zero Wales 2035 Challenge Group 4 on '***How could people and places be connected across Wales by 2035?*** Members invited to contribute.
- Invited to present work to National Infrastructure Commission for Wales commissioners when visiting Aberystwyth due THINK's work from the Challenge.
- Working group on 'Using AI and tech to improve pedestrian safety' within the University of Aberystwyth.



Grŵp Herio Cymru
Sero Net 2035

Wales **Net Zero 2035**
Challenge Group

Bus Action Day Report

Report on the outcomes of the discussions on the Bus Action Day held in Aberystwyth on 16 September 2023



[Bus-Action-Day-ReportV2SM](#)

Download



Mid and West Wales Healthy Travel Charter

Mid and West Wales public sector organisations, including Health Boards, Local Authorities and Universities have agreed a set of 17 commitments for a Mid and West Wales Healthy Travel Charter.

The 17 commitments describe some of the actions they will be taking over the next 3 years to contribute to promoting healthy travel for their staff and visitors. These are shown below.

Read more about [why healthy travel is important](#).



Systems mapping active travel for all in the UK



THINK Secondments

- **Bikes with buses:** Cross Party Group on the Active Travel Act and Richard Weston, academic with lots of experience of active travel and public transport across Europe.
- **Mapping distance to travel to GP surgeries in West Wales:** Rural Health and Care Research Wales and Dr Angela Curl from University of Otago New Zealand.





Transport Issues in (Rural) Communities

THINK Small Project Award



1. Exploring a Future Six Councils Community Electric Bus and Bikes Led by Kate Inglis, Community Councillor on Llangattock Community Council.



2. Exploring prospects of shared e-micro mobility in Rural India Led by Dr. Anshuman Sharma, Assistant Professor and Indian Institute of Technology (BHU) and Dr Yasir Ali, Lecturer, Transport and Urban Planning Group, School of Architecture, Building and Civil Engineering, Loughborough University.



Transport Issues in (Rural) Communities



3. Community Transport Initiatives – Volunteer Drivers (*barriers to volunteering*) Led by Mike Logan, Bridges Wellbeing Services Director, Rhian Hathaway, Grants Officer, Bridges Centre and Andrea Charles, Community Wellbeing Project Manager



4. Age Connects Morgannwg: Transport Research. Led by Bethan Shoemark-Spear, Strategic Development, Partnership and Policy Manager for Age Connects Morgannwg.



5. Increasing Mobility of Young Girls by Giving Scooties. Fatima Jinnah Women University, Pakistan.



Working together for a better Wales

Key take aways



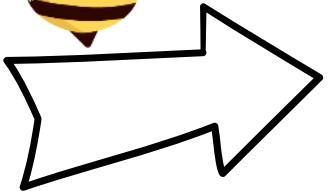
1. Collaboration takes time to build trust and needs much longer period of funding for a central person that can guide a network.



2. Networks need a consistent, trusted named point of contact who can help them see how they connect with others and respects everyone's needs.



3. Collaboration requires training and practice of communication skills, reflexive thinking, empathy and emotional intelligence related to self and others.



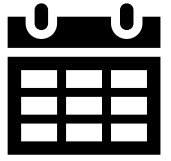
4. Collaboration requires direction and understanding of its value to all those involved to motivate attendance



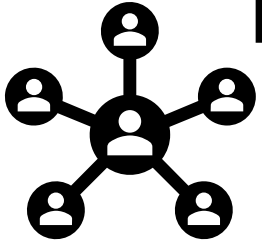
5. Collaboration requires time away from the day-to-day fire-fighting and reactive ways of working, to enable slower and pro-active, reflexive time to look to the future and across to others using a growth mindset.

Working together for a better Wales

Key take aways



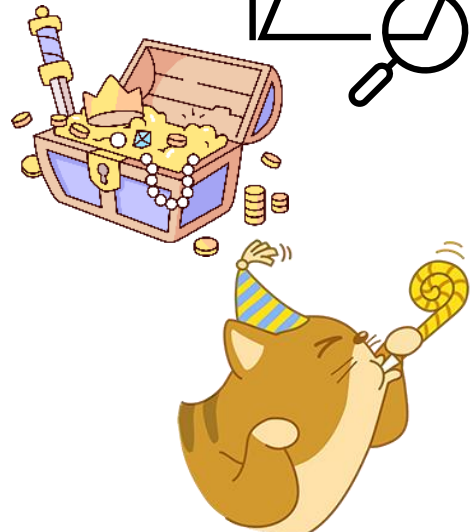
6. Collaboration requires regular attention. Monthly or weekly check-ins with collaborators is vital to maintain momentum and avoid efforts being smothered by short term deadlines.



7. Collaboration requires outwardly focused employed staff whose main role is to connect their organisation/ team or dept with others.



8. Collaboration needs secure, reliable online shared documents that can navigate different organisation's security requirements.

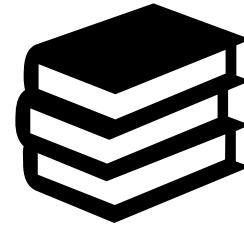


9. Collaboration requires cross-departmental, cross-organisational methods of accounting for spending of funds to enable interdisciplinary working.

10. Collaboration requires absolute support and promotion by senior decision makers to champion collaboration, co-production and interdisciplinary working.

What next? Over to you!

- Read and share THINK resources on the [website](#) including blog and publications
- Listen to and share [THINK podcasts](#)
- Watch and share previous recorded THINK events on the [YouTube channel](#)
- Interact with other THINK members on the [LinkedIn](#) page
- Sign up to and share the [Life Long Learning Course](#) based on THINK which starts mid Oct 2024 until mid-Jan 2025.
- Email Amy and Charles at think@aber.ac.uk before end of Sept if you have ideas for how to keep THINK's network together or have funding opportunities to support collaborative get togethers for THINK members.
- MOST IMPORTANTLY – implement some of the take aways in your organisation!



Diolch

think@aber.ac.uk

