

Grant recipient: Dr Kathryn Jarvis

Grant: Advancing the Evidence Grant 2025

Title of project: Facilitating Leisure Participation (FLiP) after stroke: co-creation of a complex intervention

Abstract:

Leisure includes sports, hobbies and pastimes that are enjoyable. Taking part in leisure activities promotes health and well-being. Following stroke, two thirds of survivors take part in fewer leisure activities. Research has identified barriers to returning to leisure following stroke, but we have not yet identified ways to help stroke survivors get back to enjoyable leisure activities. We plan to develop a way (an intervention) to address this.

Our study is split into two 'phases'.

Phase 1

Stroke survivors, carers and other stakeholders will work together to develop an intervention to support stroke survivors to take part in leisure activities that they enjoy. We will bring together a group (co-creation group) that will meet five times. The group will be guided by a person experienced in leading groups of this type. We will use creative activities to design the intervention and explore how the intervention can be provided. At the end of Phase 1 we will have developed a Facilitating Leisure Participation (FLiP) intervention.

Phase 2

Four stroke survivors, with different characteristics and needs, will try the FLiP intervention. They will be asked to complete assessments before and after the FLiP intervention. They will also be invited to take part in an interview after the FLiP intervention to tell us about their experiences. At the end of Phase 2 we will understand the impact of the FLiP intervention, and whether it was acceptable to those who tried it. This will help us refine the intervention and undertake further research.