

INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

Please complete this document and return to A.vanEijk@IQ.umcn.nl

Please can you also add a picture of yourself



NAME: Gill Windle

TITLE: Dr

PROFESSIONAL GROUPING: Research

WORK ADDRESS:

Dementia Services Development Centre
Bangor University

TEL: WORK/WORK MOBILE

01248 383968

FAX:

EMAIL: g.windle@bangor.ac.uk

WEBLINK: <http://dsdc.bangor.ac.uk/staff/g-windle.php.en>

PRESENT POSITION (e.g. Director of.....):

Senior Research Fellow

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.):

PhD Psychology

PROFILE OF MEMBER:

My research examines health, well-being, creativity and resilience in later life. From a resilience perspective, I am investigating how people can manage to 'do okay' or 'live well' despite significant challenges, such as physical health problems, cognitive impairment and disability. I am involved in delivering psycho-social interventions/activities. These aim to promote mental well-being in older people vulnerable to decline (preventative), and provide a high quality aesthetic experience to promote well-being and social connectedness in people living with dementia. I have a lead role in the newly configured Wales Centre for Ageing and Dementia Research, where I am leading work-packages around a) creativity and dementia, b) resilience, health and well-being, and c) psychosocial aspects of ageing.

AREAS OF EXPERTISE:

Gerontology; quantitative and qualitative methods; systematic, methodological and realist review methods; interventions; primary research with people with and without cognitive impairment; multi-disciplinary working; public engagement activities; bid writing.

KEY PUBLICATIONS (Maximum 5):

Algar, K., Woods, B., & Windle, G. (2014). Measuring the quality of life and well-being of people with dementia: A review of observational measures. *Dementia: the international journal of social research and practice*. doi: 10.1177/1471301214540163

Windle, G., Gregory, S., Newman, A., Goulding, A., O'Brien, D., Parkinson, C. (2014). Understanding the impact of visual arts interventions for people living with dementia: a realist review protocol. *BMC Systematic Reviews*, 3:91 doi:10.1186/2046-4053-3-91

Windle, G. (2011). What is resilience? A review and concept analysis. *Reviews in Clinical Gerontology*, 21 (2), 151-169. http://journals.cambridge.org/repo_A8liOgzq

Windle, G., Bennett, K. and Noyes, J. A methodological review of resilience measurement scales. (2011). *BMC Health and Quality of Life Outcomes*. 9 (8), doi:10.1186/1477-7525-9-8

Windle, G., Markland, D. A., & Woods, B. (2008). Examination of a theoretical model of psychological resilience in older age. *Aging & Mental Health* 12(3),285-292.

RELEVANT RESEARCH ACTIVITY:

Please indicate for past 5 years only (i) Grants Awarded: Names of Investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or completed date.

Centre for Ageing and Dementia Research. **NISCHR Centres programme grant £1.8m**. April 2015-March 2018. (Co-applicant and work-theme lead) with Prof. Bob Woods (Bangor); Julie Williams (Cardiff); Prof. Judith Phillips (lead), Prof. Vanessa Burholt, Dr. Charles Musselthwaite (Swansea).

What do people living with dementia and their carers think of 'Try Something New? An evaluation of their perspectives. **The Alzheimer's Society, £9000**, February 2015 (lead investigator).

Dementia and Imagination: Connecting communities and developing well-being through socially engaged visual arts practice. **Arts and Humanities Research Council, £1.2m** July 2013- August 2016 (lead investigator) with Vanessa Burholt (Swansea); Andrew Newman (Newcastle); Clive Parkinson (MMU); Dave O'Brien (Goldsmiths); Victoria Tischler (UAL); Michael Baber (Age Watch); Bob Woods (Bangor).

Evidence based policy making on ageing in Wales: What pushes the older population into, or protects them from poverty, isolation and exclusion? **Economic and Social Research Council, £387,500**. 2013 – May 2016 (lead investigator) with Prof. Amanda Sacker, UCL, Prof. Gopal Netuveli, City University London.

Lost in Art Too. An evaluation of a 10 week programme of art sessions provided by Denbigh County Council for people with dementia and their carers. **Denbighshire County Council, £5,500** 2013 (lead investigator).

Five year evaluation of the Cadwyn Môn befriending programme. **Age Cymru Gwynedd a Môn, £12,000**. 2012- (lead investigator).

Improving well-being and community connectivity for people with dementia through community based arts interventions. **Arts and Humanities Research Council, £14,496**. 2011 (lead investigator) with Andrew Newman (Newcastle); Clive Parkinson (MMU); Dave O'Brien (Goldsmiths); Victoria Tischler (UAL); Michael Baber (Age Watch); Bob Woods (Bangor); David Prytherch (Birmingham).

Lifestyle Matters for maintenance of health and wellbeing. **MRC/LLHWB £1,131,314; November** 2011-November 2015 (co-investigator/site PI) with Prof. Gail Mountain (lead, Sheffield); Dr. Stephen Walters, Dr. Danny Hind (Sheffield CTU); Dr. Clare Craig, Dr. Sarah Cooke (Sheffield Hallam).

Can an arts programme increase quality of life and well-being of care home residents with dementia? An exploratory study. **NISCHR PhD studentship, £59,947**, 2010 (co-supervisor with Bob Woods).

Maintaining Function and Well-Being: A Longitudinal Cohort Study. **Economic and Social Research Council Large Grant/HEFCfW, £3.2m** July 2010-May 2016 (co-investigator and resilience work-theme lead) with Prof. Bob Woods, lead (Bangor); Dr. Kate Bennett (Liverpool); Prof. Carol Brayne, Prof. Fiona Mathews (Cambridge); Prof. Vanessa Burholt, Prof. Judith Phillips (Swansea).

Older People & Ageing Research and Development Network (OPAN). **National Institute of Social Care and Health Research, Registered Research Group Grant, £1,342,988.40** 2010-April 2015 (co-applicant/North Wales Lead) with Prof. Judith Phillips, Dr. Sue Lambert, Prof. Vanessa Burholt (Swansea); Prof. Tony Bayer (Cardiff).

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

As you can see from the research grants section, most of my research is currently running simultaneously! In Dementia and Imagination, as well as being the lead investigator, I am leading a specific package of work around intervention development, implementation and efficacy. Our study has successfully met (and exceeded) the targets for data collection, which is underway in 3 distinct contexts; community settings in North Wales, care homes in the North East of England and a hospital in Derbyshire. A strong aspect of this study is public engagement, and I have a large communication plan to implement. Lifestyle Matters has recently closed the 24 month follow up data collection, and I will shortly be leading analysis around the role of psychosocial mechanisms in explaining changes in mental well-being. CFAS Wales is a longitudinal cohort study, and we have recently just had the wave 1 data. I am examining health, well-being and resilience in the face of health challenges (cognitive impairment, physical health problems, disability).