

Newsflash

Your regular update
from the research
and development team



July 2024

Team updates

Congratulations – Wajid on your amazing achievement!

Excellence awards 2024 - chair and chief executive's award

Individual winner - Wajid Khan, head of research
“Since coming into post around 3 years ago, Wajid has exponentially increased the number of research studies from just a handful to over 20. This has dramatically increased the Trust’s offer to be able to invite service users, carers, staff, family members and friends to participate in research and contribute to the Trust’s wealth of understanding. His supportive leadership style, knowledge and supervision mean that the team are clear on the Trust’s and their own short and long-term objectives. Wajid’s commitment, compassion and skill in negotiation has also secured substantial funding, enabling the team to carry out further essential research.”



Our research studies: open or opening soon

GLAD

The GLAD study is a project set up to explore risk factors in individuals who have experienced depression and/or anxiety, including those with a diagnosis of bipolar disorder, obsessive compulsive disorder (OCD) or related disorders at any time in their lives. It aims to better understand depression and anxiety in order to find and develop more effective treatment. We also need “healthy” volunteers to take part in this study. If you feel like you would like to do so, please contact us. More information can be found at: www.gladstudy.org.uk/faqs.

Our Trust is participating in the RECOLLECT study, focusing on research into recovery.

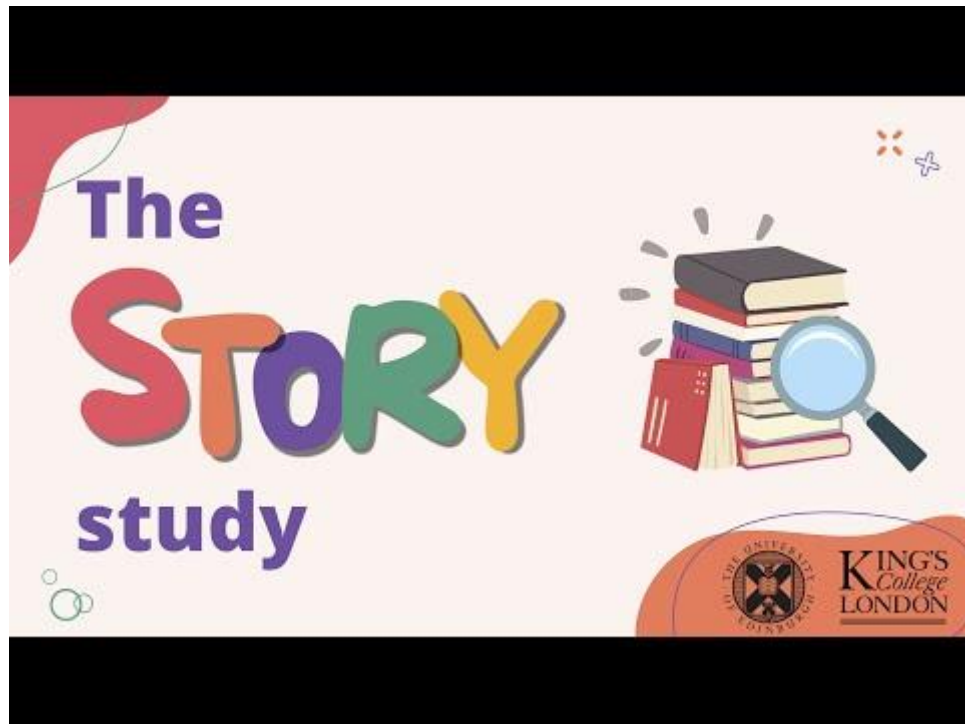
RECOLLECT stands for Recovery Colleges Characterisation and Testing and is a programme of research investigating Recovery Colleges. Recovery Colleges are a new approach to supporting people living with mental health problems. They are collaborative, strengths-based, person-centred, inclusive (i.e. available to all) and community-focused. A Recovery College provides support to students (mainly mental health service users but also family members, staff and other stakeholders) through adult education rather than through clinical approaches. You can find a recent update on Recovery Colleges [here](#). The first Recovery College opened in England 2010, and there are now [77 across England](#), each working with up to 1,000 students at any time. Recovery Colleges are also emerging internationally as an approach to supporting recovery. A survey (found [here](#)) reported that Recovery Colleges exist or are developing in 22 countries. The RECOLLECT Programme is described in a blog [here](#). All publications from the RECOLLECT Programme are described on the [findings](#) page. Information about the RECOLLECT International Research Consortium is [here](#).

The STORY study - characterising illness stages and recovery trajectories of eating disorders in young people – has recently opened.

The STORY study aims to explore the diverse experiences of young people with eating disorders and how they recover from them. How do symptoms progress over time and what characterises earlier and later stages of eating disorders? What factors help or hinder recovery? All this information will allow us and the study team to deliver more personalised and effective interventions for young people with eating disorders in the future. Young people of all genders aged 16-25, who have an eating disorder or think they may have one. Young people who have no history of an eating disorder or other major mental health disorders to take part in our control group. Find out more about the study by clicking onto the link to the [STORY](#) website.

Our local principal investigators for this study are an occupational therapist and mental health practitioner. If you are interested in becoming a principal investigator, get in touch with the research team: research@swyt.nhs.uk

[You can watch a video about the STORY study below:](#)



Training and education opportunities

[Durham University Medical Humanities](#), was launched in May, funded by the Wellcome Trust – with the aim to improve health by understanding the hidden experience. This programme of work will be conducted over seven years and will put our communities at front and centre, as we will be designing and delivering research for people and with people. Our very own [Wajid Khan](#) is part of the board:

Visit the [Platforms](#) exciting website to learn more about the partnerships.

There are 6 methods labs;

- [The Narratives Practice Lab](#)
- [The Visual Materials Lab](#)
- [The Moving Bodies Lab](#)
- [The Narrative & Cognition Lab](#)
- [The Measurement Lab](#)
- [The Affective Experience Lab](#)

There are three sites:

- [The Wellspring](#)
- [The Festival](#)
- [The Practice](#)

Let's take a dive into the Narrative Practice Lab – click on the video below:



Clinical Academic Career

Thinking about taking the next step in being a clinical academic healthcare professional? Come and have a chat, get in touch by emailing: research@swyt.nhs.uk.

There are several bridging schemes offered by Research Delivery Networks, NIHR and others.

Bridging schemes are a way of providing support to clinical academics to build on their previous academic training and develop proposals for a pre- or post-doctoral award and take the next step on their clinical academic pathway. As part of the changes being taken forward following NIHR's Strategic Review of Training and feedback to both HEE and NIHR, a bridging scheme is being introduced to support individuals in ICA eligible professions who have completed or are about to complete a PhD and who are looking to undertake a post-doctoral level fellowship such as the ICA Clinical Lectureship. Pre-doctoral level bridging will also be provided however, given the recently developed ICA Pre-Doctoral Clinical Academic Fellowship, the main focus of the scheme will be on post-doctoral level support. A competitive application takes around 6 – 9 months to develop, bridging funding is key to helping support you get to take the next step in your research career. The R&D team at our Trust would be happy to support you – so do get in touch by emailing: research@swyt.nhs.uk.

Engagement

Well done to Nicola Mirfin and other members of the R&D team who helped support the Trust's [EyUp! charity Wellbeing Fair](#) in the Caring Garden at Fieldhead on 19 June. The event raised an incredible £685.68 on the day which HSBC are kindly going to match pound for pound. Along with a donation from Tilbury Douglas of £300 it makes it a fantastic £1,671.36! There has been some amazing feedback from staff, service users and their carers about how much they enjoyed the event.

Some dates in July for your diary:

7 July	World Chocolate Day (go on, treat yourself!)
11 July	World Population Day
17 July	World Day for International Justice
18 July	Nelson Mandela International Day
20 July	World Chess Day
30 July	International Day of Friendship

Click on this video to hear more from the Head of Research Wajid Khan.



Sign up for our newsletter, email
research@swyt.nhs.uk