

Newsflash

Your regular update
from the research
and development team



August 2024

Team updates

New team member – meet Lucy!

Lucy Barrett has joined the R&D team on a fixed term contract to support our Engagement Co-ordinator Nicola in developing an active and clear research engagement and recruitment process and to support the work we are doing in Wakefield and Barnsley.

Lucy says: “Hello, my name is Lucy and I recently joined the research and development team as a research engagement facilitator. I am new to research, but I am looking forward to learning more about the role and the engagement element to research. Previously I worked as a coordinator in Learning and Development which was a great introduction to SWYT as I met people from all over the Trust and I learnt a lot. My coordinator role was my first job since graduating university in Manchester last July with an Economics degree.

“Although research is new to me, I dipped my toes in at university through different projects and my dissertation which really sparked my interest.”



Our research studies- spotlight on.....

moreRESPECT: A randomised controlled trial of a sexual health promotion intervention for people with severe mental illness delivered in community mental health settings

moreRESPECT is a randomised controlled trial testing a new sexual health intervention for patients with severe mental illness.

In this study we want to find out if having sexual health information sessions with a specially trained health professional can improve the sexual health of people with severe mental illness, compared to usual care alone. The sessions cover information about accessing contraception/family planning, understanding risky sexual behaviours, keeping safe from STIs, and having safe and fulfilling intimate relationships.

Participants taking part in the study will be randomly allocated to either the intervention or control group. Those in the intervention group will attend three, 1-to-1 sexual health education sessions along with continuing their usual care. Those in the control group will not attend the education session and will continue their usual care. All participants will be asked to complete questionnaires at the beginning of the study and then again at 3, 6, 9 and 12 months and will receive up to £50 in vouchers for their time.

To find out more and register your interest in the study please visit <https://www.morerespect.co.uk/>, or email R&D at research@swyt.nhs.uk

Training and education opportunities

There are several posts up and coming in the R&D team, including a research assistant (band 4) for 6 months, a senior research assistant (forensics) on a fixed term 2-year contract and a senior project facilitator post with Durham University on a 2 year fixed term contract. Look out for these jobs being advertised on NHS Jobs over the coming months.

Community engagement

Third sector leaders Kirklees have welcomed our volunteering service to join them in a retirement fair at Dewsbury Town Hall in September. The event is to provide people with opportunities coming into retirement to volunteer for research and other roles within our Trust. Our R&D volunteering roles will be advertised on the [TSL website](#) alongside our Trust volunteer services for the population of Kirklees. Thanks to Emma Fix, engagement officer, Third Sector Leaders Kirklees, it's great to have such a wonderful service supporting our volunteering roles

Spotlight of the month

Research Involvement Group (“RIG”)

The Research Involvement Group is a group of volunteers who bring their own lived experience or interest in research together. The RIG is a group created to support service users and their families to get involved in research within the Trust and helps to ensure quality and acceptability of research projects undertaken by the Trust by considering the studies from a service user participant perspective. Members of RIG meet either online or in person approximately once a month. The RIG group is made up of volunteers and includes service users, people with lived experience, carers, members of staff and students and meets approximately once a month either online or face to face. The meetings include discussion of new studies in the Trust, presentations from members of the research team on studies and other presentations from guest speakers on a range of topics.

July’s RIG meeting was held in the Mental Health Museum at Fieldhead Hospital. One of the participants from the Diamonds study, attended to talk about his experience in the Diamonds project with the Diamonds facilitator who has been coaching him through the process. He has been a participant on the Diamonds project for 9 months and has managed to keep his diabetes under control, thanks to undergoing the study, and said he has found the programme easy to understand and follow. His blood sugars have stabilised and he has dropped one of his medications and said he has increased activity levels by making small changes over a period of time.

Background information: The Diamonds project is a 6-month supported self-management programme to help people make lifestyle changes to live better with diabetes and mental health.

We have a new Ambassador recently join the RIG group after she has recently participated in another of our studies, SPACES and she is keen to become fully involved in the group. The meeting concluded with a tour of the Mental Health Museum led by Jane Stockdale, the Museum Curator.

If you are interested in joining the RIG group as a volunteer, please email: nicola.mirfin@swyt.nhs.uk for more details.

To receive more information or discuss a potentially suitable patient in the Diamonds study, please contact: Sabina Maas on 07920 383179 email: sabina.maas@swyt.nhs.uk.

Dates for your diary in August

26 July to 11 August	Summer Olympics and Paralympics	The 33 rd Olympiad will be held in Paris.
26 August	Summer Bank Holiday	

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