

In the news...

The Institute of Mental Health seeks to help transform the understanding and treatment of mental illness.

We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

New survey reveals recovery colleges support global mental health

For the first time ever, results from a global survey led by the Recovery Research Team – spanning 28 countries – reveal how many recovery colleges exist internationally, how they work and how they are supporting people with mental health issues around the world.

The results, published this month in *The Lancet Psychiatry*, identified 221 recovery colleges in 28 countries across five continents, providing evidence that recovery colleges are popular and widely used. The results also help researchers to understand organisational and student characteristics, fidelity, and budget.



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Welcome

Our **September newsletter** shares updates and achievements from across the Institute of Mental Health and showcases the best in mental health research.

Professor Martin Orrell
Director, The Institute of Mental Health



Over the summer, staff from across the Institute joined NHS colleagues, both local and across the country, as we celebrated the NHS' 75th birthday. My thanks to all of those who baked and donated at our NHS Big Tea, and for our superb reception team for organising it all, we raised over £80 for NHS Charities.

As the summer months now make way for winter pressures on our national NHS services, I would like to give my thanks to all our Nottinghamshire Healthcare NHS Foundation Trust colleagues for their continued support of research activities within the Trust.

Staying open to collaborative working and remaining research curious has been challenging in the NHS this year when faced with strike action and financial constraints, so I would like to take this opportunity to acknowledge all those who have continued to work with the Institute and allowed research to flourish.

In this edition of our newsletter, we can see the positive impact for patients when research conducted by clinical and academic teams has an enduring and direct benefit to patients – read more about Recovery Colleges on page 1 and the new TMS service launched in Nottingham on page 3.

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New survey reveals recovery colleges support global mental health

The survey, which forms part of the **RECOLLECT** study, was funded by National Institute for Health and Care Research (NIHR) and is a collaboration between the University of Nottingham, University of Manchester, and King's College London.

Recovery colleges are designed to support the recovery of people with mental health issues. They have two key features. First, they use an adult education approach to support personal growth, rather than offering clinical treatment. Secondly, they use 'co-production', involving people with personal experience of mental health issues alongside staff and professional experts working together to design and deliver courses.

Mike Slade, Professor of Mental Health Recovery and Social Inclusion, University of Nottingham (based at the Institute of Mental Health), says: "The first recovery college opened in England only in 2010. Anecdotally we knew of colleges opening in other countries, but no research had captured the spread of this innovative approach to supporting mental health recovery.

"University of Nottingham, King's College London and University of Manchester have been working together on a major study of recovery colleges, called RECOLLECT. As part of RECOLLECT, our global survey identified that in 2022 there were 221 Recovery Colleges in 28 countries.

"This rapid growth is very surprising and indicates that Recovery Colleges are providing support and opportunities not available in traditional mental health services. We anticipate they will become an increasingly important approach to supporting recovery across the world."

Please visit our [website](https://www.institutemh.org.uk) or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all our latest news and updates.

Nottinghamshire Healthcare NHS Foundation Trust has set up a new Transcranial Magnetic Stimulation (TMS) clinical service and TMS is now available as a treatment option for patients across Nottingham and Nottinghamshire.

TMS is a NICE recommended treatment option for depression, with treatment delivered to a specific part of the brain through a magnetic coil placed on the scalp. The BRIGHTMIND project led by Professor Richard Morriss studied the benefits of TMS for treatment-resistant depression, and Notts Healthcare was a key recruiting site for the study.

The new TMS clinic is led by Dr Sudheer Lankappa and is based at the Centre for Neuromodulation Services, A Floor, South Block, Queen's Medical Centre, Nottingham.



BMJ publication for Nottingham dementia team

A University of Nottingham dementia research team including Martin Orrell, Claudio di Lorito, Sarah Goldberg, Roshan das Nair, Kehinde Junaid, and led by Prof Rowan Harwood, have this week been published in the British Medical Journal. The new paper, 'Promoting Activity, Independence, and Stability in Early Dementia and mild cognitive impairment (PrAISED): randomised controlled trial' shares the findings from the 12 month trial which looked to determine the effectiveness of an exercise and functional activity therapy intervention in adults with early dementia or mild cognitive impairment compared with usual care.

Living well with dementia paper publication

A new paper, with contributions from our Centre for Dementia member Prof Tom Denning, 'Living Well with Dementia: Feeling Empowered through Interaction with Their Social Environment' has been published in the International Journal of Environmental Research and Public Health and selected by the INTERDEM Academy as their publication of the month earlier this year.



Centre for Dementia seminars

Every month the Centre for Dementia members welcome a guest speaker for an online lunchtime seminar and an opportunity to share new research insights and learning amongst peers. The seminars are free to attend and open to all. Each month details of the event and registration information are published on the Institute's website – [visit our Events page for more information.](#)

Policy development for dementia in UK

A new blog from Professor Tom Denning and Dr Neil Chadborn (members of our Centre for Dementia) looks at how the landscape of policy development for dementia in the UK has changed in recent years; Prime Minister Cameron's pledges on dementia from several years ago appear to be fading in the national policy memory – is it time to reinvigorate old networks?



[Read the blog in full](#)

Remembering Lockdown

Professor Paul Crawford (Director of our Centre for Social Futures) has written a new article for the Institute's blog sharing his latest project working with the National Memorial Arboretum, the UK's leading civilian and military remembrance institution at Alrewas, Staffordshire.

The 'Lockdown Landscapes' project offered a welcome opportunity for five groups of people to explore their lockdown memories in collaboration with the National Forest Company, Westminster Abbey, and Sampad, supported by The National Lottery Heritage Fund. Professor Crawford was privileged to advise the project from a mental health and wellbeing perspective and using creative practices to express lived experiences.



[Read the blog in full](#)



Criticism for Government's "tokenistic" loneliness campaign

As the new academic term began in September, the Government launched a campaign to tackle student loneliness while campaigners, including the Institute's Professor Paul Crawford, criticised the 'tokenistic' initiative which was started after polling showed almost all students experience bouts of loneliness.

Partnering with the charity Sporting Wellness, Student Radio Association, Student Roost and Student Minds, the Government wants students to open up and talk to each other. The launch was met with widespread criticism for the lack of funding to commit to long-term infrastructure and support. Paul commented in the Guardian newspaper:

"Loneliness has become a popular notion for politicians to talk about but it's rarely followed by a promise of real money. This campaign seems to be about creating something without any infrastructure – because all that has been destroyed by government cuts. This campaign conveniently ignores the fact that the opportunity for these young people to meet and learn how to build relationships in their childhoods vanished when their libraries, youth centres, swimming pools were shut, and their public spaces became less well-maintained and less welcoming under the government policy of austerity. If I was a young person, I would feel this campaign wasn't actually about me. I would think it's about managing trends in political debates and concerns."



[Read The Guardian article in full](#)



Nottingham Engaged podcast

Dr Jo Lockwood and Dr Kareem Khan from the MindTech team have recorded a new podcast introducing the Digital Youth research programme, as part of the University of Nottingham's Institute of Policy and Engagement "Nottingham Engaged" podcast series.



[Listen to the episode now.](#)

The key to pioneering new rehab technologies

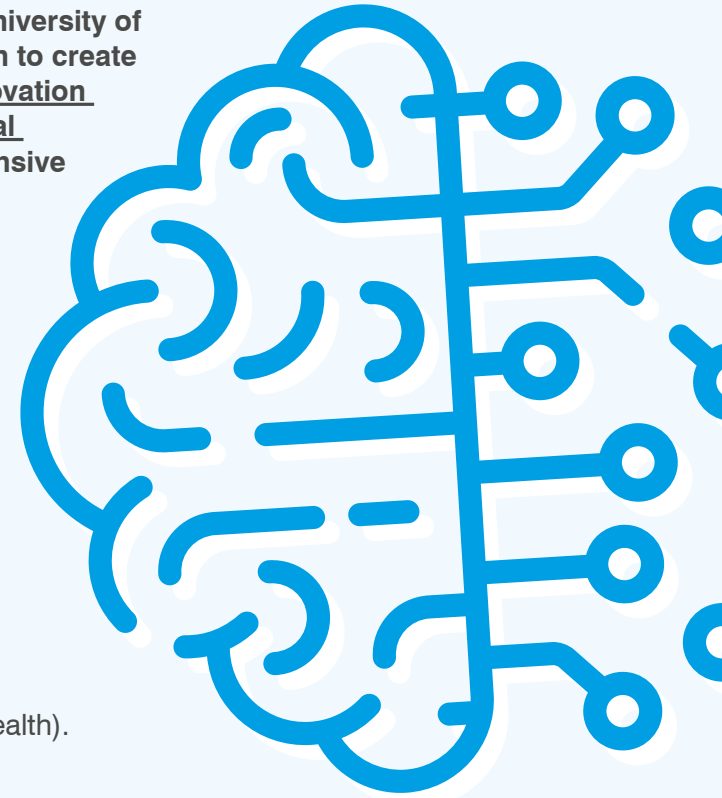
Dr Michael Craven (MindTech) published a new blog following his participation in the National Rehabilitation Centre's exhibition area at the Royal Society Summer Exhibition (a partnership project with colleagues from the new NRC, the University of Nottingham and Loughborough University).

Mike talks about his involvement in the [ExoRehabNHS project](#), which was funded by the NRC working alongside University of Nottingham and Nottingham University Hospitals NHS Trust colleagues. The project investigated the current state of robotic lower-limb exoskeleton technology and its potential to be adopted into use within the NHS.

UoN researchers receive share of £31 million to develop trustworthy and responsible AI

University of Nottingham researchers are part of a consortium, led by the University of Southampton, awarded £31 million to create an international research and innovation ecosystem for responsible artificial intelligence (AI) that will be responsive to the needs of society.

The funding is part of a suite of AI investments worth £52 million unveiled by UK Research and Investment (UKRI) that will bring academic and industry partners together. The new Nottingham consortium will pioneer a reflective, inclusive approach to responsible AI development and will be led by the School of Computer Science, with significant partnership working from Elvira Perez Vallejos, Professor of Digital Technology for Mental Health (MindTech and Institute of Mental Health).



New paper published for psychotherapy researchers

Nottinghamshire Healthcare NHS Foundation Trust Dr Sam Malins (also a member of the MindTech team), James Rathbone, Felicity Gibbons, Chloe Mays, and Joanna Levene, alongside Institute colleagues Clement Boutry and Nima Moghaddam, have had a paper published on the outcomes of psychological support skills training for cancer care staff.

The paper demonstrates that using deliberate practice principles in training and ongoing supervision helped to both improve brief psychological support skills, but also to increase staff resilience by reducing burnout alongside improving mental wellbeing and work engagement. Deliberate practice involves creating time and space to observe, practice and improve skills based on identification of individualised skill growing edges.



NIHR announces newly established Research Support Service

The NIHR has awarded £8.5 million to an East Midlands partnership, including the Institute of Mental Health, NIHR ARC East Midlands and NIHR MindTech MIC, to deliver one of eight hubs of the new NIHR Research Support Service (RSS). The partnership will work with research teams across England to develop and deliver ground-breaking health and social care research. The NIHR Research Support Service (RSS) will provide researchers, especially those applying for and in receipt of NIHR funding, access to support, advice and expertise in clinical and applied health and care research.

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My involvement in a research publication

One of the Institute's public contributors, Scott, has written a blog sharing his experiences working on the NEON (Narrative Experiences ONLINE) research project. Scott reflects on his achievements, how the project has widened his research curiosity and how he has been able to take his learning and experiences and apply them to his new role as a Peer Support Worker.



OSCARS Awards

At this year's Nottinghamshire Healthcare NHS Foundation Trust OSCARS awards celebrations (Outstanding Service Contribution and Recognition Scheme) it was great to see the achievements of a whole host of Notts Healthcare staff celebrated, but particularly those linked to research within the Trust.

Naomi Clifford (Research Assistant, Research and Evidence team) was shortlisted for the award of Unsung Hero (in the non-clinical category), for her relentless pursuit of equality, diversity and inclusion; Lisa Everton and Becca O'Brien were shortlisted for the Quality Improvement/Research Excellent Award for their leadership as the Trust's Allied Health Professional (AHP) Clinical Academic leads; and Wendy Wheat (IMH Reception team) was shortlisted for the Volunteer of the Year Award.

There were over 700 nominations this year, so being shortlisted was enormous recognition of the work of each of these individuals. Congratulations to Lisa and Becca who were the winners of the award category, and well done to Naomi and Wendy for their nominations!

Innovation Fellowship Award for Dr Fiona Ng

The NIHR, in partnership with commercial innovators Zinc, and the Dunhill Medical Trust, has awarded a six month 'Zinc Innovation Fellowship' to Dr Fiona Ng (Recovery Research Team, University of Nottingham School of Health Sciences/Institute of Mental Health) to gain vital experience working in commercial company environments.

Bringing academia, the NHS and industry together the programme will contribute to the translation of ideas into new treatments and products from which patients can benefit. Fiona will be starting her new fellowship imminently and will rejoin the RRT team on her return in six months' time. Good luck Fiona!



Forensic Research Nottingham

Royal College of Psychiatrists New Research award in 2023

Dr John Tully, co-lead of the Forensic Research Nottingham network, won the Royal College of Psychiatrists Forensic Faculty New Research award earlier this year. Based on John's PhD work at Kings College London, his study yielded the first evidence of pharmacological effects on emotion processing in ASPD +/- psychopathy sample. Using a randomised, double-blinded design with functional MRI to measure neural effects of intranasal oxytocin, the study found that those with psychopathy demonstrated an abnormal response to viewing fearful faces with placebo, but a 'normalising' response to oxytocin. This provides a robust basis to support further pharmacological research in the condition, and has potential implications for treatment approaches, including combined psychological and pharmacological strategies.

Forensic Research Nottingham: An update since inception

A new blog written by Dr John Tully and Dr Daniel Whiting (Forensic Research Nottingham network leads) and published on the Institute's website, highlights the latest progress in two of the network's core research interests (forensic neuroscience and violence risk assessment), other research activities from members of the group over the past 18 months, and future directions and opportunities.

New systematic review shows slow progress in prisoner inpatient care

A new paper published in the Criminal Behaviour and Mental Health journal '**Delays in transferring patients from prisons to secure psychiatric hospitals: An international systematic review**' (authored by Christian Sale, Andrew Forrester and Dr John Tully), has re-emphasised the need for further national and international research and evidence to embed the principle that prisons are not hospitals, and the importance of this when prisoners need inpatient care.

Trent Study Day 2023

Turn to page 10 for full details of this year's Trent Study Day; our full-day conference held in association with Nottinghamshire Healthcare NHS Foundation Trust's Forensic Care Group to support continued learning and development amongst professionals working in the field of forensic mental health and the criminal justice system including clinicians, managers, commissioners and others.



Art at the Institute

‘Mindful Moments’ exhibition

Throughout September and October we will be hosting a photography exhibition in our ground floor gallery space. ‘Mindful Moments’ is a collection of photographs taken by Scrambles, the first peer-led creative mental health group in Nottingham.

Scrambles was formed in 2018 and offers peer support for people with lived experience of mental illness, through shared experiences of mental distress. Scrambles provides opportunities for its members to participate in photography and creative projects, to socialise and to offer support and encouragement to one another, so members feel less isolated and more supported.

**Mindful Moments is open to the general public
Monday – Friday, 10am-4pm until Friday 20 October 2023.**



Trent Study Day 2023:

Physical health in secure mental health settings

Registration and call for poster abstracts now open!

DoubleTree Hilton, Nuthall Road, Nottingham NG8 6AZ

***Please note that this conference is an in-person event and will not be available to watch live online on the day and it will not be recorded.*

The Trent Study Day is an annual conference which is hosted by the Forensic Care Group of Nottinghamshire Healthcare NHS Foundation Trust and the Institute of Mental Health. The conference is aimed at professionals working in the field of forensic mental health and the criminal justice system including clinicians, managers, commissioners and others.



Registration is now open and you can also [submit a poster to be presented at the conference, via our online form.](#)

Costs:

Non-Nottinghamshire Healthcare Trust staff: £130.00

There are **limited** funded/free places available for Nottinghamshire Healthcare NHS Foundation Trust employed staff – [register your interest here.](#)



Neurobiology of Schizophrenia and Psychosis Meeting 2023

Online via MS Teams

13.00 – 17.00 (UK time)

08.00 – 12.00 (Eastern Standard Time)

14.00 – 18.00 (Central European Time)



[View the full programme here](#)

***Cost: Full price: £45.00**

Psychiatric trainees: £35.00

Students: (PhD, MSc, undergraduate) £25.00

**Ticket price also includes access to the video recording of the event which will only be available to registered delegates*

[Book your tickets](#)

Wednesday
15th
November
2023

Schizophrenia and Psychotic Disorders are one of the most pressing mental health enigmas of the current age. Although several advances have been made in recent years, no unifying theory of the neurobiological underpinnings currently exists.

Join us as we bring together leading experts in the field for our annual seminar.

Speakers include:

- Prof Iris Sommer, Gronigen, The Netherlands
- Dr Laura Fonticoli, Recordati, Italy
- Prof Rajiv Tandon, WMed, USA
- Dr Joshua Kantrowitz, Columbia University, US
- Prof Michael Owen, Cardiff, UK

This seminar will be of interest to psychiatrists, psychologists, neuroscientists, and researchers in the field.

