

In the news...



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

We have an established track record of success in pioneering and innovative inter-disciplinary research. We strive to have a positive impact within the health, social care and criminal justice sectors.

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

Our **September newsletter** shares updates and achievements from across the Institute of Mental Health and showcases emerging new research areas.

We return from the summer recess with lots of events on the horizon and news of emerging new research ideas.

We were delighted to welcome over 300 delegates from over 25 countries to this year's "Refocus on Recovery" conference earlier this month. The growing international mental health recovery research community enjoyed a packed three day conference programme.

Once again our experts have been in the news. Professor Amanda Griffiths (Centre for Dementia) was able to contribute her significant knowledge from menopause in the workplace research to a recent high profile article in the Guardian.

We have a busy events programme planned for the coming few months, please read more in our events section at the back of this newsletter or follow us on Twitter for the latest updates @institutemh

I do hope you will enjoy reading our latest update and share with your colleagues.



Professor Martin Orrell
Director, The Institute of Mental Health



Menopause and work research backs up MP's call for policy change

Action is being urged by a group of MPs as research shows the impact of menopause symptoms on large proportion of workforce.

Professor Amanda Griffiths, provided comment on the subject of menopause, as an expert researcher in this field, for a recent Guardian article entitled: 'Workplaces must protect women going through menopause, say MPs'. Amanda commented:

“For me there is a big issue here, which is not just about women having problems with menopause. It is about managers understanding it is perfectly normal for us to have health problems.”

Amanda is Professor of Occupational Health Psychology (University of Nottingham Faculty of Medicine and Health Sciences) with a research focus on (i) older women's mental health and wellbeing; menopause and work, and (ii) working age dementia; and the development and wellbeing of health professionals who care for people with dementia.

Since the publication of the Guardian article, Amanda has been interviewed for nine regional BBC radio news shows, sharing her expertise and research findings to explain more about the current experiences and support available for those women with problematic menopause symptoms that impact on their working life.



Click here to read more
www.theguardian.com

Refocus on Recovery 2019: New ideas in mental health recovery

Delegates from over 25 countries joined academics from across the UK, staff from Nottinghamshire Healthcare NHS Foundation Trust, service users and healthcare practitioners in Nottingham for the 2019 Refocus on Recovery conference.

The fifth bi-annual conference aims to advance the field of recovery research and bring a range of people together to create an international community. The conference is led by a mental health recovery research team, based at the Institute of Mental Health, with Professor Mike Slade.

The team presented their latest research findings, alongside recovery and lived experience experts from around the globe who shared their newest ideas and best practice approaches to recovery.

The conference attendees had a packed programme of speakers and presentations (as well as an interactive clapping choir session with rubber gloves!).

For the first time, the conference held a live-streamed debate broadcast, via YouTube, around the world. The debate is still online and available to view: <https://elfi.sh/ronr2019-debate>

For more information about the conference themes, topics and presentation slides please visit the Refocus on Recovery website: www.researchintorecovery.com/RonR2019



Moments from the Refocus on Recovery 2019 conference...



Schizophrenia research awarded Margaret Temple Grant

The British Medical Association (BMA) Foundation for Medical Research Trustees, have awarded the Margaret Temple (2019) grant to Dr Jyothika Kumar and Dr Mohammad Katshu.

The value of the grant is £63,950.00 and will be used to fund a project which will use high-resolution (7 Tesla) Magnetic Resonance Spectroscopy, a non-invasive brain imaging technique, to measure the levels of glutamate and glutathione in a large cohort of patients with schizophrenia with varying degrees of persisting symptom dimensions: positive, negative and disorganised.

The aim is to examine the relationship between these different symptom dimensions and glutamate/glutathione levels in the brain to improve understanding of the underlying neurobiological mechanisms.

Let's talk about mental health – Get involved

“ My name is Grace and I am a researcher at the University of Nottingham, eager to recruit participants to take part in my doctoral research!

I am interested in recruiting people with personal experience of mental health difference, who experience episodes of mental health and therefore go 'in and out' of mental health difference. Some examples of this could include experiences of psychosis, bipolar and some types of personality 'disorder.'

I am also interested in recruiting people who have accompanied a loved one - whether it is a family member or close friend, on their journey from the beginnings into the later stages of dementia. If this is you and you'd be willing to take part in research around the topic of advance planning and mental capacity, please email me at gracecarter.researcher@gmail.com expressing your interest and I will get back to you with more information. ”



MRC Max Perutz Science Writing Award 2019

Alice Waitt has been shortlisted in the MRC Max Perutz Science Writing Award 2019 competition, which involved writing an article about her research and engaging a non-scientific audience.

Alice wrote about the RECOGNeyes study she has been working on during her PhD, along with a team of people, including her supervisors: Professor Peter Liddle and Dr Elizabeth Liddle.

In addition to writing a summary about the study, Alice wrote about the importance and aims of the research and the possible wider implications, in regards to attentional control and how this could help others; in particular those with a neurodevelopmental disorder such as ADHD or a specific learning difficulty such as dyslexia.



Click to find out more
www.mrc.ukri.org

A gem of a project

A new “Global Challenges Research Fund” grant has been given to an arts-based intervention in Kenya.

This project, led by Dr Judy Muthuri at Nottingham University Business School in liaison with several co-investigators including Professor Paul Crawford (Centre for Social Futures, Institute of Mental Health) aims to support the development of responsible and sustainable artisanal and small-scale mining (ASM) for social and economic development in the Taita Taveta region of Kenya. This project adopts a novel, arts based, grassroots, bottom-up research methodology, namely, Cultural Animation, which puts the voice of miners and mining communities centre stage and promotes dialogue and cooperation with other ASM stakeholders to co-create a more responsible and inclusive ASM sector in Kenya.



Click here to read more
www.institutemh.org.uk



Appointments & appearances

Visit from the President of the Royal College of Psychiatrists

Staff from across the Institute, were delighted to welcome Professor Wendy Burn, President of The Royal College of Psychiatrists, and Dr Gareth Cuttle, from the Gatsby/Wellcome Neuroscience Project, on a recent visit to learn more about our current studies. Many of the Institute's research teams and PhD students showcased their work and demonstrated the breadth of research currently being conducted.



UNICEF consultant on Child Protection

Congratulations to Kevin Browne, Ph.D., Clinical Psych (forensics), Clinical Biology Professor of Forensic Psychology & Child Health has been confirmed as a UNICEF consultant on Child Protection in Europe and Central Asia (ECARO) for a further three years.

“Virtual Human Questionnaire” study nominated for best paper award

Dr. Michel Valstar, Associate Professor in Computer Science (MindTech/University of Nottingham) received a nomination for best paper at the recent International Conference on Virtual Agents (IVA) effectively making it one of the top three papers of that conference.

“Automatic prediction of Depression and Anxiety from behaviour and personality attributes” (Jaiswal, Valstar, Kusumam and Greenhalgh 2019) was presented in the Proceedings of the IVA 2019 and was extremely well received by the audience in Paris.



Shakespeare gets a shake up

“Two households, both alike in dignity, in Goose fair, where we lay our scene...”

2019 has been an exciting year for the choir as they have produced and performed in a musical version of Romeo and Juliet with the Royal Shakespeare Company. The production was performed in June to an audience of family and friends. The choir, and two RSC actors, successfully retold the story of Romeo and Juliet, set against the background of Goose Fair, and using the choir's own stories and experiences to put a different twist on this Shakespearian classic.

This collaboration is part of a nationwide project which involves the RSC and partner theatres engaging with over 3,000 adults, across the UK, who wouldn't normally visit their local theatre, and who might not believe that theatre, and certainly Shakespeare, is for them. The community co-production with the Nottingham People's Choir is one of Shakespeare Nation's three strands. Shakespeare Nation aims to bring communities together, and enable more people to experience the RSC's work, Shakespeare and the transformative power of theatre.



Click here to read more
www.institutemh.org.uk



New Study Starting: Mental health recovery for modern slavery survivors

Modern slavery and human trafficking are crimes involving the violation of human rights. The Global Slavery Index estimates 40.3 million people to be in slavery worldwide.

Whilst survivors have often experienced extreme violence and psychological abuse very little is known about their mental health needs or what constitutes recovery.

A new study starting in Nottingham as a collaboration between the University of Nottingham Rights Lab and the Institute of Mental Health seeks to understand what mental health recovery is from the perspective of survivors.

Led by Dr Nicola Wright (Assistant Professor in Mental Health, School of Health Sciences, University of Nottingham) and bringing together an interdisciplinary group of experts the project will use qualitative interviews with survivors to explore what mental health recovery means to them.

We are currently looking for a researcher to work as part of the team on this exciting project.

Further details can be found at:
<https://www.nottingham.ac.uk/jobs/currentvacancies/ref/MED300419>

or contact Dr Nicola Wright for information:
nicola.wright@nottingham.ac.uk

The closing date is the 27th September 2019.

‘Pan-Midlands NeuroNet’: Royal College of Psychiatrists Neuroscience Project, ‘Neuroscience in Psychiatry Network’

To support the integration of neuroscience within psychiatric training, the Royal College of Psychiatrists plans to set up regional networks across the UK. These will provide:

- Ongoing local support for psychiatric educators teaching neuroscience to trainees
- Opportunities for brain researcher-psychiatrist collaboration

In the next few months, the RCPsych hope to have a network up and running that will connect the Schools of Psychiatry in the East Midlands (based in Nottingham and Leicester) and the West Midlands (based in Birmingham) with researchers in universities across the whole of the Midlands region.

The network will be co-ordinated by the RCPsych Neuroscience Champions at the East Midlands and West Midlands Schools, Jo Holland and Angharad de Cates. There will be discussions about the network concept with more potential members at the launch of the University of Birmingham’s Institute of Mental Health on 24/25 September.

For more information please contact:
Neuroscienceproject@rcpsych.ac.uk



Midlands Engine award £6.8 million funding to support employee mental health

A team of workplace mental health experts from the Institute of Mental Health will be part of a new partnership of Midlands organisations awarded £6.8 million in funding by Midlands Engine for a three-year programme of work to address the impact mental health in the workplace has on productivity.

As part of the Midlands Engine strategy, a Midlands Skills Challenge was set up to discover ways to close the skills gap between the Midlands and the rest of the country. As part of the Skills Challenge, the new Mental Health and Productivity pilot will find innovative ways to reduce levels of sickness absence and the number of people falling out of work due to mental health conditions.

The funding, which has come via central government, was awarded after a competitive tender process to a partnership will be led by Coventry University and supported by Warwickshire University and the West Midlands Combined Authority. The partnership includes 20 organisations from across the Midlands, including the Institute of Mental Health, business, local authorities, Public Health, Charities, NHS Midlands, Midlands Innovation Universities and the West Midlands Combined Authority.



How will the Institute of Mental Health contribute to this project?

The Institute of Mental Health's team will be led by Dr Louise Thomson and will draw on existing expertise from within the University of Nottingham's Division of Psychiatry and Applied Psychology in workplace health and mental wellbeing. Dr Thomson said:

“ We’re delighted to be contributing our considerable expertise and knowledge, in the field of workplace mental health, to this new Midlands-wide partnership project. Working together with a range of partners we will be focusing on evaluating the new interventions, support and engagement that are created as part of this pilot study. Our work will be vitally important in securing the successful legacy of this multi-million pound project and helping a huge number of people to stay healthy and happy at work. ”

Professor Guy Daly, Pro-Vice-Chancellor, Health and Life Sciences, said:

“ Over the next three years, the Midlands Engine Mental Health Productivity Pilot will engage with over 1,600 businesses, train 45,000 staff and offer a free online resource that aims to reach one million people. Together we will deliver a step change in the support offered to employers and employees, which will deliver better mental health, leading to higher levels of productivity across all types of organisations in the East and West Midlands. ”

More news about the funding award and project can be found on the [Midlands Engine website](https://www.midlandsenge.org.uk).

Understanding mental health at university

Josephine NwaAmaka Bardi, mental health nurse and final year Economic and Social Research Council (ESRC) mental health and wellbeing student who started the UK's first student-led campaign to Raise Awareness of Mental Health in Higher Education has published The RAMHHE Research Activity Model; the first research model by a mental health nurse with the aim to explore the meaning and understanding of mental health among university students.

Josephine states that as a mental health nurse, PhD student and lecturer, she is very concerned about the absence of a non-clinical pedagogical model for exploring the meaning and understanding of mental health among university students. The RAMHHE Research Activity Model has been published online ahead of print in Nurse Educator.



Click here to read more
www.journals.lww.com



Evidence-based research a priority for Notts Healthcare

The Research and Evaluation department supports the Nottinghamshire Healthcare NHS Foundation Trust in its ambition to deliver evidence based care and participate in, or lead on, research across the breadth of its service portfolio. The department name has been changed to the **Research and Evidence Department**, which reflects its commitment to research and supporting the Trust in developing the best evidence for patient care.

For more information contact R&Eenquiries@nottshc.nhs.uk or about our research delivery team's current studies:



Click here to read more
www.institutemh.org.uk



2019 Duncan Macmillan essay prize now open

The Institute runs an annual essay prize named after psychiatrist Duncan Macmillan who helped pioneer a community-centred approach to mental health. The competition is held in partnership with The Royal College of Psychiatrists.

The purpose of the prize is to celebrate and promote the work of psychiatry trainees nationwide. First prize in the competition, based on an essay of 1,000 words, is a £500 contribution to research-based expenses.

This year's essay theme is "The next big thing in psychiatry research".

All essay entries should be emailed to IMH.Comms@nottshc.nhs.uk

The closing date for submissions is 12 noon, Thursday 31st October 2019.



Click to read competition rules
www.institutemh.org.uk

New art exhibition: 'Uncertainty and the Unknown'

Nottingham charity City Arts has teamed up with the Institute of Mental Health for their annual open art exhibition looking at people's experience of mental health issues. 'Uncertainty and the Unknown'. Professor Martin Orrell, Director of the Institute of Mental Health, said:

“ We are delighted to host another open exhibition in collaboration with City Arts. Each year the exhibition grows. It is clear that this year's theme proved a catalyst for inspiration as we had record numbers of entries to judge. ”

The exhibition showcases the work of 42 artists and runs from 5 June to 11 October 2019. It is open for viewings on weekdays from 10am to 4pm at the Institute of Mental Health.

At the exhibition launch, in June, staff from across the Institute voted for their favourite artwork in this year's annual exhibition. Kirsty Moore's 'Falling' was voted the winner.

The artworks are produced by a range of people with personal experience of mental health problems, to artists inspired by the theme. The diverse selections of artworks capture some of the many different ways people experience and cope with anxiety, self-doubt and fear of the unknown.



Click here to read more
www.institutemh.org.uk



Kirsty Moore's "Falling" artwork was voted the winning entry by staff working at the Institute



Detail from 'Underneath the skin'
Ellie Harper

The Digital Future of Mental Health

This workshop aims to bring together members from the Nurture Network (eNurture), a UKRI funded network that fosters new collaborations to promote children and young people's mental health in a digital world and members from the Human Data Interaction Network (HDI), a UK Engineering and Physical Sciences Research Council (EPSRC) funded network focused on general critique/analysis of systems' design and use.

The workshop will take place at the Institute of Mental Health on Thursday 10 October 2019, World Mental Health Day. It is a unique opportunity to explore the challenges and opportunities that the digitalisation of mental health services brings to different stakeholders including academic researchers, policy makers, representative groups (people with lived experiences, parents, teachers, and young people), professional advisory and partners from public, private and third sector organisations to develop ideas and proposals relevant for the intersection between human data interaction and digital world influences on mental health.

We will encourage multidisciplinary and cross-sectoral research, practice and policy orientated teams to develop

research proposals and to bid for funding. The following type of awards based on project size and focus can be applied for:

Small projects between £2k and £10k

Medium sized projects between £10k and £25k

Larger projects of up to £45k.

If you have any queries, then please contact:
elvira.perez@nottingham.ac.uk



Click here to register
www.institutemh.org.uk



Emerging Minds network launch & workshop announced

Thursday 21 November, 9.30am – 1.30pm/4pm

Emerging Minds is a mental health research network funded by UK Research & Innovation (UKRI) with the aim of encouraging research across sectors and disciplines. We want to reduce the prevalence of mental health problems amongst children and young people through mental health promotion, prevention and early treatment.

The Emerging Minds network has a fund of £500,000 to share to enable research collaborations. We have prioritised four **research challenges** from the questions that young people, families, practitioners and policy makers have told us are most important and pressing. A free launch event will be held on Thursday 21 November 2019 in Nottingham to kick start the next stage of the project.

The objectives of the event are:

- To share more details about the Emerging Minds **funding calls** to be launched in autumn 2019.
- To showcase inspiring examples of relevant research
- To facilitate discussions around possible collaborations to address the Emerging Minds **research challenges**.

We will also be highlighting the opportunities offered by the other UKRI funded **mental health research networks**.

Lunch and refreshments are included and you can **register for your free place on eventbrite**.

We will also be hosting a proposal development workshop for Early Career Researchers on the afternoon of Thursday 21 November (12.30 – 4pm), offering practical support to develop research ideas into fundable project plans. You can find more details here.

Please contact Emily Lloyd
info@emergingminds.org.uk
if you have any questions or to find out more.



Trent Study Day: Substance use and forensic mental health

Registration is now open!

The Trent Study Day is an annual conference which is hosted by the Forensic Services Division 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. It will take place on **Friday 22 November 2019, 9.00 – 15.30** at the **DoubleTree Hilton, Nuthall Road, Nottingham NG8 6AZ.**

The cost to attend the conference is £120.00, however, there are funded places available for Nottinghamshire Healthcare NHS Foundation Trust employed staff on a first come first served basis until capacity is reached.

Confirmed keynote speakers

- ◆ **Dr Derek Tracy**, Consultant Psychiatrist & Clinical Director, Oxleas NHS Foundation Trust and London Senior Lecturer, King's College London
- ◆ **Dr Glen Thomas**, Independent Consultant

- ◆ **Abu Shafi**, ST4 in Forensic Psychiatry, East London NHS Foundation Trust
- ◆ **Wayne Harvey**, Forensic Security Manager and Narcotics Search Dog Handler, Midlands Partnership NHS Foundation Trust
- ◆ **Professor Sir Robin Murray**, Professor of Psychiatric Research, Institute of Psychiatry, Kings College London
- ◆ **Dr Adarsh Kaul**, Consultant Forensic Psychiatrist & Clinical Director, Offender Healthcare, Nottinghamshire Healthcare NHS Foundation Trust
- ◆ **Dr Loretta Ford**, Lead for Clinical Toxicology, Black Country Pathology Services

Full programme details can be found [here](#)

Register [here](#), this is a popular event and places fill up quickly so please ensure you book early!

Please forward any queries to Karen Sugars
karen.sugars@nottshc.nhs.uk

Join the conversation:
[#TSD2019](#)



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Nottingham
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2019 Music Care Conference

The power of music in health and social care

Monday 4 November 2019

East Midlands Conference Centre

University of Nottingham



Performers

Our Dementia Choir
Red Sea
Bird and Family Bryan
OPUS Music

Presenters

Bev Foster, Room 217 Foundation
Professor Raymond MacDonald,
University of Edinburgh
James Sanderson, NHS England
Dr Catherine Jordan,
Trinity College Dublin

Workshops

Cultural encounters in clinical care
Live music in care
Drumming for mental health
Responses to music in advanced dementia
Music therapy research in care settings
Innovations in music care

Book now: nottingham.ac.uk/go/powerofmusic
Email: powerofmusic@nottingham.ac.uk



Events

19 SEP
2019

SOLD OUT **Meeting the Emotional Needs of People with ID: The Developmental Approach**

This symposium brings together leading voices in attachment theory and emotional development, from the UK and Europe, with the hope of expanding the range of therapeutic approaches currently available to people with Intellectual Disability.

Institute of Mental Health, Nottingham



Click here to read more
www.institutemh.org.uk

3-4 OCT
2019

European Refresher Course for Old Age Psychiatrists

This October the Institute of Mental Health will host the second European Refresher Course for Old Age Psychiatrists – run jointly by the European Association of Geriatric Psychiatry (EAGP) and the Faculty of Old Age Psychiatrists, Royal College of Psychiatrists.

Institute of Mental Health, Nottingham



Click here to read more
www.institutemh.org.uk

10 OCT
2019

The Digital Future of Mental Health

This workshop aims to bring together members from the Nurture Network (eNurture), a UKRI funded network that fosters new collaborations to promote children and young people's mental health in a digital world and members from the Human Data Interaction Network (HDI), a UK Engineering and Physical Sciences Research Council (EPSRC) funded network focused on general critique/analysis of systems' design and use.

Institute of Mental Health, Nottingham



Click here to read more
www.institutemh.org.uk

4 NOV
2019

Power of Music in health and social care 2019

Following the success of the 2018 conference, Power of Music returns in 2019 to further explore the therapeutic impact music can have in health and social care settings. More details to be announced soon.

**East Midlands Conference Centre,
University of Nottingham**

21 NOV
2019

Emerging Minds – kick off meeting (9am – 1.30pm) and ECR workshop (12.30 – 4pm) FREE TO ATTEND

The Emerging Minds network has a fund of £500,000 to share to enable research collaborations. A free launch event will be held to kick start the next stage of the project and share details about the Emerging Minds research challenges and funding calls to be launched in autumn 2019.

Institute of Mental Health, Nottingham

22 NOV
2019

Trent Study Day

The Forensic mental health division from Nottinghamshire Healthcare NHS Foundation Trust, in partnership with the Institute of Mental Health, will be hosting another Trent Study Day.

**Double Tree by Hilton Hotel, Nottingham,
NG8 6AZ**



Click here to read more
www.institutemh.org.uk

13 MAR
2020

SAVE THE DATE! Royal College of Psychiatrists 2020 Neuroscience Spring Conference: “Translating neuroscience knowledge to clinical practice”

The fourth edition of this annual event will once again bring together scientists and clinicians to share and discuss advances in contemporary neuroscience that are increasing our understanding of the biological mechanisms underlying brain function in health and mental illness. The focus will be on clinically-relevant research that is having, or is likely to have, an impact on the diagnosis and treatment of psychiatric disorders.

Royal College of Psychiatrists, London

Contact neuroscienceproject@rcpsych.ac.uk
for more information