

In the news...

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

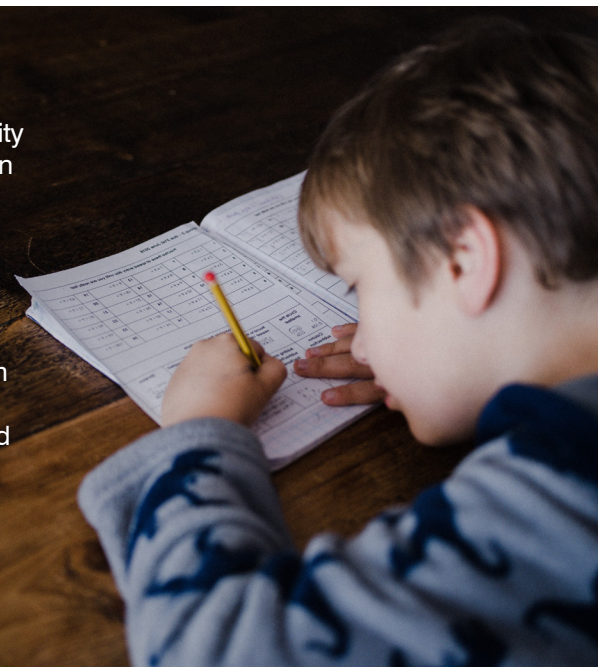
We are a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and The University of Nottingham.

Parents' experience of home schooling during COVID-19

Over the last few months, Dr Maddie Groom and Iman Idrees, an Applied Psychology PhD student at the University of Nottingham, have been involved in an international study, led by collaborators in Sweden and Germany, which investigated parents' experiences of home schooling during COVID-19.

The study collected 511 responses within the UK and the international team are working on a text summary of their main findings. The results will be shared with schools so that they can use this information to adapt/refine the support they have provided to parents and children during this time.

[Continued on page 2](#)



In this issue...

- **New evidence published on neglect of children's mental health during pandemic**
- **BBC TV appearance for MS research team**
- **Dementia is a cruel, isolating disease and lockdown has only made it lonelier**
- **Become one of our members and connect with others who share a passion for mental health research**

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



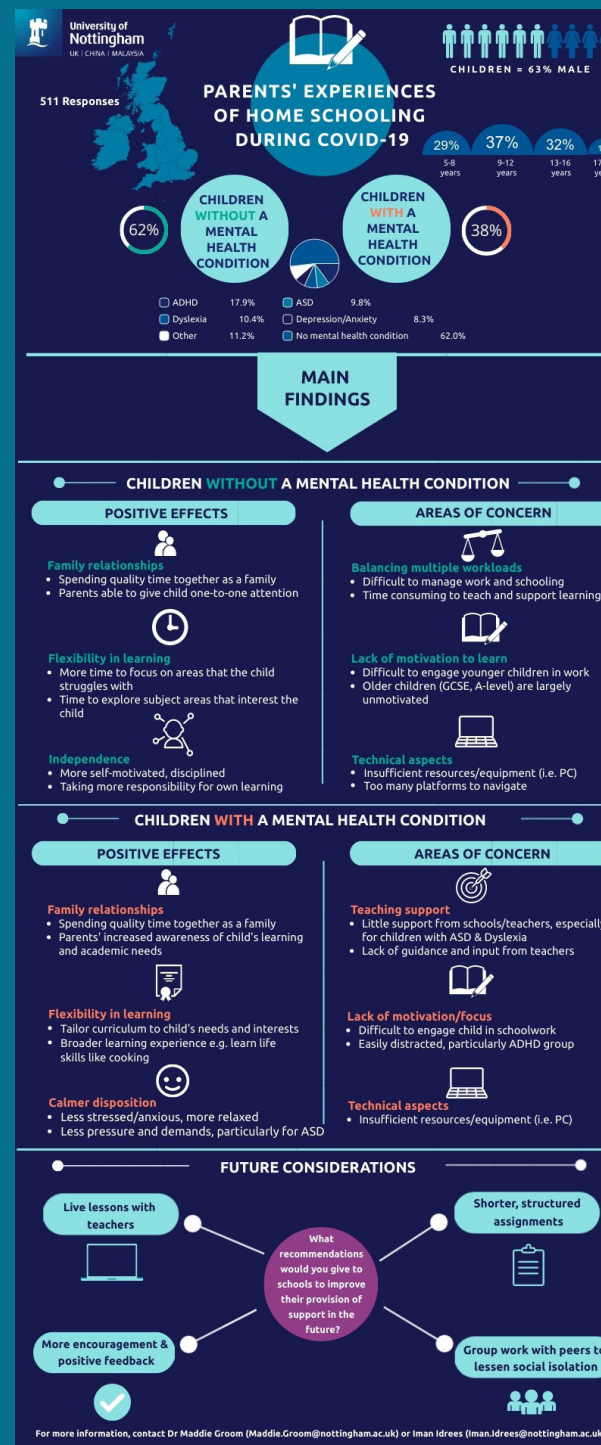
As the remote working arrangements of the last few months continue, the importance of collaborative working has been clearly demonstrated. Keeping in contact, sharing ideas, a daily chat, these have all been ways to keep conversations flowing and working through any of the unexpected challenges that have presented themselves.

Collaboration is at the heart of what we do at the Institute of Mental Health. Our creation was born out of a collaboration between Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham, and we wish to create, nurture and expand new collaborations in the future.

So, we have spent some time over the last few months reviewing and updating our membership scheme. If you have previously signed up to be a member of the Institute you will have heard from us by now, asking for a few moments of your time to tell us more about you and your membership preferences. If you're not a member but would like to find out more then please read page 4 for further details, and I encourage you to send us your applications so we can continue to work with as many people as possible to enrich the research and ideas within our Institute.

As our buildings and projects are still operating with COVID safe restrictions in place, please visit our website [institutemh.org.uk](https://www.institutemh.org.uk) or follow us on Twitter [@InstituteMH](https://twitter.com/InstituteMH) for all our latest updates.

Stay safe and well.



Continued from page 1

Parents' experience of home schooling during COVID-19

The survey included questions about mental health and cognitive difficulties that parents or children may be struggling with, so the researchers will be able to help schools identify how best to support these children and families.

Initial qualitative findings have revealed three key areas of concern that parents have most frequently felt for their children: balancing multiple workloads, lack of motivation to learn and successfully navigating the technology and systems for online learning.

The survey data also highlighted three positive developments that had come from the pro-longed period of home schooling: better family relationships, an opportunity to focus on areas of learning that particularly interest a child and the child assuming more responsibility and independence for their learning.



Keep up to date with the research findings via CANDAL's web pages.

www.institutemh.org.uk

Policy making during a pandemic

Professor Ellen Townsend is leading a collaboration of UK academics who work with children and adolescents called Reachwell (Researchers in Education and Adolescent Child Health and Wellbeing).

They are concerned about the lack of focus on the needs of this age group, from infancy to adolescents, in policy making during the pandemic. They aim to provide scientific evidence that might help to redress this imbalance.

REACHWELL is dedicated to:

- Using joint expertise to point to research that shows potential risks and harms of lockdowns and social distancing explained in a simple way.
- Providing succinct summaries of scientific evidence relating to the impact of lockdowns and social distancing on development, social interaction, learning/education, play, domestic

and gang violence, safeguarding, mental health and wellbeing (and associated risk factors), self-harm and suicide. Reports will also highlight inequalities experienced in these areas.

- Highlighting the need to prioritize children and adolescents through providing evidence which will hopefully be taken into account when making decisions about lockdowns and social distancing.

“ I think the neglect of young people in this crisis is a national disgrace that cannot continue, and we urgently need to put their needs and wellbeing first. ”

Professor Ellen Townsend



To find out more about the collaboration visit our website: www.institutemh.org.uk



Rapid-results research projects set up to help people with multiple sclerosis during pandemic



A new research project born out of the current COVID-19 pandemic will track the moods of people with multiple sclerosis (MS) over time to monitor its effect on accelerating the progression of the disease.

As featured on BBC East Midlands Today, Professor Roshan das Nair and researchers from the **Nottingham MS Research Group** are working with colleagues at Imperial College London, Swansea University and the UK Multiple Sclerosis Register to examine the effect of COVID-19 on people living with MS. The pioneering new collaboration encompasses two projects, one of which has already started sharing findings as the data sets have been analysed, to provide real-time results and reduce the delay it can often take research to benefit patients.

Exploring how COVID-19 is affecting the mood and psychological wellbeing of people with MS is important because this kind of pandemic, and the associated loneliness caused by isolation, can lead to future mental health problems for many. As it is acknowledged that high levels of mood problems can be associated with MS relapses, the research teams want to urgently track people's mood, and find ways of helping them deal with these problems.



Find out more on our website: www.institutemh.org.uk

Research Collaborate Challenge

Become a member of the Institute of Mental Health and connect with others who share a passion for mental health research.

● Become a member

Our membership scheme builds a collective of people who will bring new collaborative opportunities, research knowledge, expertise and new ideas into the Institute of Mental Health in Nottingham.

Once granted, your membership entitles you to call yourself a “Member of the Institute of Mental Health” and there is no time-limit attached to this membership (however we will keep in touch with you regularly to check you are still happy to remain part of our membership scheme).

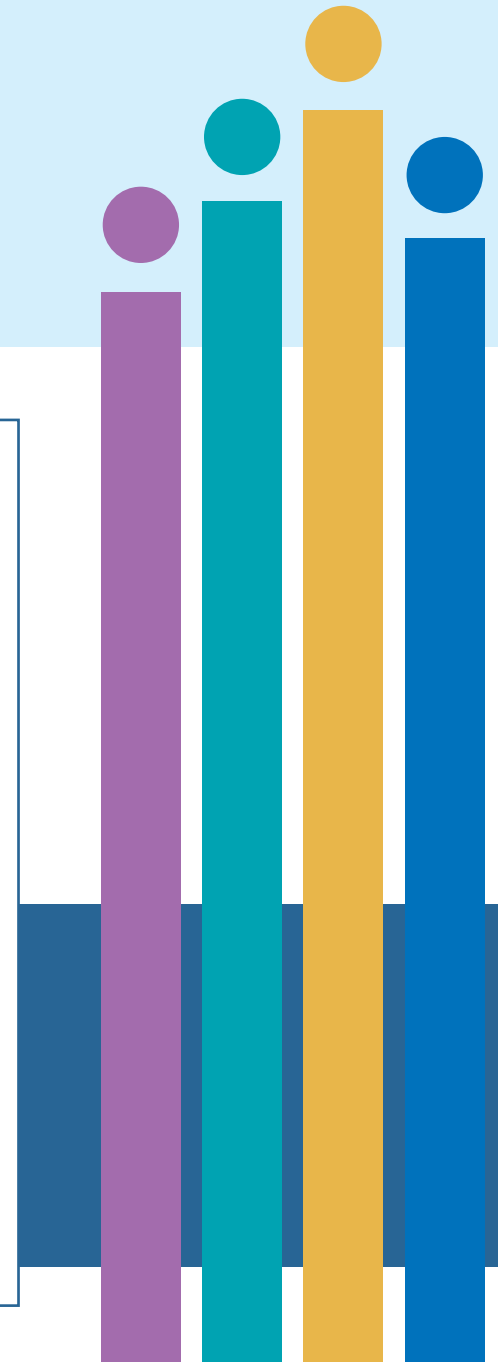
● How to apply

You can apply to join the Institute of Mental Health’s membership scheme by submitting a CV and a supporting statement. Full information about the application criteria and requirements can be found at:

www.institutemh.org.uk/membership

● Benefits to our members

- Email alerts for Institute events and special invites to attend key events throughout the year eg. IMH Research Day
- Bi-monthly email newsletter
- Networking and collaborative opportunities
- Advice and guidance for INSPIRE Fund applications
- Members only bursary/conference award – a £500 funding award that would be available four times per year and will be awarded to members to enable them to further their research through bursarial support/conference attendance.
- Access to Nottinghamshire Healthcare NHS Foundation Trust’s Library Services and hot desk space when available.
- Opportunities for aspiring researchers to receive mentoring/coaching from senior academics within the Institute to develop new research ideas.



STADIA successfully recruit 100th participant from CAMHS

Researchers in NHCFT working on the STADIA Trial are celebrating this month as they reach a milestone of recruiting 100 children and young people and their parent/carer to this NIHR-funded research study.

The STADIA trial (STandardised Diagnostic Assessment for children and adolescents with emotional difficulties), led by Prof Kapil Sayal and NHCFT, is working with children and young people with significant levels of emotional difficulties (such as anxiety or depression) who have been referred to Child and Adolescent Mental Health Services (CAMHS) for specialist help.



So far, over 370 children and young people and their parents/ carers have been recruited nationally. Of these, over 100 have been recruited from Nottinghamshire Healthcare NHS Foundation Trust and we are the top recruiting site. The study will be continuing recruitment for at least another year.

Researchers have been working alongside the CAMHS SPA Team (Single Point of Access) to approach young people and families who have been referred to CAMHS. Researchers working on the study have said "It has been a pleasure working alongside the CAMHS SPA Team who have been extremely supportive of setting up and running the STADIA Trial - a truly wonderful collaborative team effort across clinical and research areas!"

The researchers from NHCFT's Research Delivery Team - Paula Brown, Rebecca Coales and Lydia Wigginton would like this opportunity to say a huge "Thank you" to the CAMHS staff, especially the SPA team, for their welcomed support and to all the young people and parents/carers who are helping with this important research to enhance clinical care.



Find out more on our website:
www.institutemh.org.uk



University of Nottingham Senate appointment

Congratulations...

to Professor Roshan das Nair (Professor of Clinical Psychology and Neuropsychology, Division of Psychiatry and Applied Psychology) for being newly elected to the University of Nottingham's Senate.

Senate is the academic authority of the University, its responsibility is to oversee education, teaching and research and for the academic quality and standards of the University.



Find out more on our website:
www.institutemh.org.uk



Loneliness in Lockdown

Professor Tom Dening, has written an opinion article for Metro, 'Dementia is a cruel, isolating disease and lockdown has only made it lonelier'.

The article highlights the impact of COVID-19 on patients with dementia, 'the number of recent deaths among those living with the disease has been harrowing. In the first two months of the outbreak, more than double the number of people with dementia died, compared to previous years. That's an additional 13,000 lives lost, totalling over 25,000 deaths, according to the Office of National Statistics (ONS). Of the extra deaths, 8,570 were confirmed as being from Covid-19 and of the remaining 5,290, it's likely that a significant number suffered from not having visitors due to lockdown.'

As lead of our Centre for Dementia and chair of Trent Dementia Tom discusses the ways in which, Trent Dementia have been able to adapt their charity work to help those in need, throughout lockdown. Face to face groups became virtual meet ups and the article highlights that no assumptions should be made about dementia patients' abilities because they have been 'delighted at how receptive and adaptive patients we work with have been when it comes to new technology.'



Read the full Metro article here:
www.metro.co.uk

Dementia charity ensures no one left behind by lockdown

Charity Trent Dementia has been helping those living with dementia engage with new technology to ensure vital community groups continue – from week one of lockdown.

- Trent Dementia has supported three groups (up to 48 individuals) each week of lockdown – including coffee chats, crafts, fact finding, and filmmaking.
- Covid-19 has produced specific challenges for those living with dementia, who aren't classified as high risk. The quick establishment of virtual groups mean no sessions have been lost during lockdown.
- The pioneering new project shows that many, living with dementia, have an appetite for new technology.

It's never been more important to reduce isolation and maintain support networks for those living with dementia. Trent Dementia, which previously facilitated face-to-face groups in the Nottingham area, has helped communities to transition to virtual meetings. Groups are led by their members, and many include chats about the challenges of lockdown life, as well as fun tasks and challenges to be completed between meetings.

"The meetings have given me a focus during these lonely weeks of lockdown. We learn something new every week and have a laugh too. It makes such a difference to my husband, Karl, to see friendly faces, especially as he hasn't been out for months," says Janette Francois, who cares for husband Karl.

Dr Jane Rowley, Project Manager at Trent Dementia, says: "People often underestimate those living with dementia, and suggest they can't do certain things, but we're always arguing – 'why not?' From week one of lockdown we decided to give virtual groups a go. You can really see the difference in people who attend – for some, it's a reason to get dressed in the morning."

What started as a solution to a problem has led to unique benefits: "There's a real level of intimacy and a deeper sense of understanding of each other's worlds when we're able to see each other's houses. Also, an added sense of security for many service users, who might not be keen to travel to a meeting in person," says Dr Rowley.

For more information about Trent Dementia, please contact Dr Jane Rowley **(07804 744167, contact@trentdementia.org.uk)** or visit

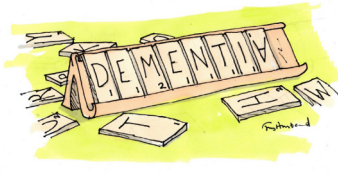
www.trentdementia.org.uk



Foundations in Dementia Course – REGISTER NOW!

Over 5,000 people have now enrolled on this free online course.

The Foundations in Dementia course, on the FutureLearn platform, will begin again on 1st October, 2020. It covers six themes, in 2-3 hours of self-directed learning per week, over six weeks.



The six themes are:

- **Week 1 - Inside the brain**
- **Week 2 - Assessment and treatment**
- **Week 3 - Law and ethics**
- **Week 4 - Communication skills**
- **Week 5 - Family and friends**
- **Week 6 - Living well with dementia and end of life care**

Videos include family carers with extensive experience of supporting loved ones with dementia. The course spans key topics, from prevention and diagnosis to end of life care. You will learn to understand people with dementia and to respond appropriately as a professional or family supporter. Whatever your role in dementia care, by engaging with the resources and exchanging views with others on this course, you will gain knowledge, skills, and confidence to support people with dementia effectively.

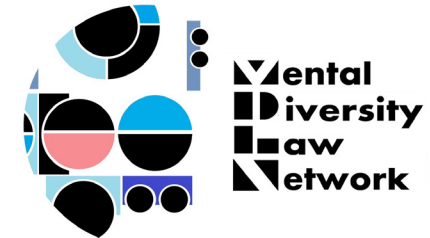


To register, visit:
www.futurelearn.com

Centre for
**Mental Health
and Human Rights**

Mental Diversity Law Network has a new website

The Mental Diversity Law Network is a network of approximately 150 academics, people with lived experience of mental difficulties, and other stakeholders with an interest in the law as it relates to mental diversity.



This includes psycho-social conditions, developmental and intellectual disabilities, conditions relating to old age, personality disorders, and other similar conditions.

Traditional mental health law and mental capacity law are a significant part of the network's interests, but they do not believe that these can be viewed in isolation from a much wider range of legal and social factors. Members' interests also include social welfare and housing law, immigration law, criminal law, employment law and human rights (both domestic and international), as well as issues of race, gender, sexuality and culture as they affect

people with mental health issues, and professional, economic, administrative, governmental, regulatory and other social structures relevant to mental health/disability concerns.

The network focuses primarily on the UK and Ireland, but they have representation from other countries in Europe and beyond. Within the UK and Ireland, the network's academic members come from 37 universities, and a wide array of disciplines. They have an active programme for research students and early career researchers.



To find out more and join the network visit our website:
www.institutemh.org.uk

Health care professionals' views on Remote Measurement Technology

The Journal of Medical Internet Research has published a qualitative interview study entitled: 'Health Care Professionals' Views on Using Remote Measurement Technology in Managing Central Nervous System Disorders', which highlights when, where and for whom data from remote measurement technology (RMT) is most useful and it also reflects on receiving alerts from patients' technology.

The qualitative interview study has been written by Dr Jake Andrews, a Research Fellow within MindTech, currently working on the European RADAR-CNS project and co-authored, amongst others, by MindTech's Director Professor Chris Hollis and Senior Research Fellow, Dr Michael Craven.

Remote measurement technologies (RMT) can be used to collect data on a variety of bio-behavioural variables, which may improve the care of patients with central nervous system disorders. Although various studies have explored their potential, prior work has highlighted a knowledge gap in health care professionals' (HCPs) perceptions of the value of RMT in clinical practice. This study aims to understand HCPs' perspectives on using RMT in health care practice for the care of patients with depression, epilepsy, or multiple sclerosis (MS).



Find out more on our website:
www.institutemh.org.uk



The WAIT study awarded funding by Emerging Minds

The WAIT study, led by Dr Charlotte Hall, has been awarded funding by Emerging Minds, and UK Research and Innovation, to explore current interventions offered to children and young people on CAMHS waiting lists.

Waiting for Access Into Treatment "WAIT" study: an exploration of current interventions offered to children and young people on CAMHS waiting lists.

The overarching aim of this project is to improve timely access to evidence-based interventions. The study will

begin on the 1st September 2020 and run for 18 months. The team of researchers includes professors and research fellows from the University of Nottingham, based at the Institute of Mental Health. They will also be working with partners from Great Ormond Street NHS Foundation Trust, YoungMinds and Fresh Plus Group.



Find out more on our website:
www.institutemh.org.uk

Online self-harm and suicide support for young people

Members of MindTech, Dr Joanna Lockwood and Dr Aislinn Bergin, are working with the Samaritans to develop the Online Excellence Programme in Suicide Prevention, in collaboration with Facebook, Instagram, Twitter, Google, YouTube and Pinterest.

Originally launched in October 2019, the programme aims to make the internet a safer place for users by working with the online platforms to reduce access to harmful self-harm and suicide related content and provide increased support for users.

MindTech are working together with the Samaritans on a project to co-design resources that help young people across the UK to share and talk about self-harm and suicide online safely. This insight will

influence the Samaritans' industry guidelines for websites and platforms on how they respond to self-harm and suicide content online.

The Samaritans will be working with young people throughout the Online Excellence Programme in Suicide Prevention, developing campaigns, user resources and giving young people a platform to share their experiences through online videos, blogs, speaking at events and media opportunities.

The project is supported by the [Samaritans](#), [University of Nottingham](#), [MindTech](#) and [Harmless UK](#).



Find out more on our website:
www.institutemh.org.uk

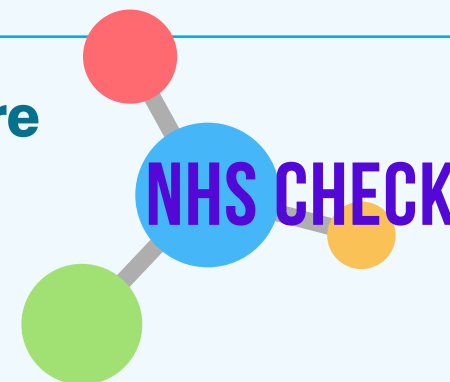


MindTech Symposium

Online programme:
Wednesday 2nd – Thursday 3rd December 2020

Bringing together leaders in clinical practice, patient experience, academic research, industry and technology development, this year's fully online programme will explore the key challenges in implementing new technologies in mental healthcare post-COVID19. More information to be announced soon. www.mindtech.org.uk

Notts Healthcare staff take part in NHS CHECK survey



COVID-19 has put an unprecedented pressure on all our NHS staff, their families and our community.

It is essential we act quickly to understand the impact of this pressure and plan for what support staff may need both during and after this pandemic.

Nottinghamshire Healthcare NHS Foundation Trust is asking its staff to contribute to a large confidential research study with our NHS partners to ensure all staff experiences are heard. The findings will directly inform what additional support services are made available in the coming months. This research will help the

NHS CHECK team to prepare and support NHS staff in the anticipation of the second wave of COVID-19 in winter 2020.

The study is entirely confidential. Personal information will only be accessed by the study team. No one else, including employers, will have any access. Participation involves completing this short 5-10-minute online survey. There will be further opportunities to provide more information if or when you have the time.



Click here to take the survey
www.nhscheck.org

If the link does not work, please copy and paste the following in your browser:
https://kclbs.eu.qualtrics.com/jfe/form/SV_bqkISaYCL8a5Hcp

For further information, see www.nhscheck.org or contact the research team at nhscheck@kcl.ac.uk

“Surviving by storytelling” seminar success

In late July, the Institute began hosting a series of online seminars called: ‘Surviving by Storytelling’.

Creative writing, specifically poetry, is used by many practitioners to improve mental health. In this series of workshops seven professional poets shared how they use creative writing as part of their practice to support personal growth and recovery with workshop participants. Each writer delivered a one-hour workshop and then led a conversation around how it could be used as part of personal or professional practice.

The sessions have been a great success with over 150 people taking part. The sense of a ‘safe space’ is so vital for this kind of workshop, but the feedback from participants has shown they have found the space welcoming and encouraging. This is in part due to the care taken by our poets, as facilitators, but also the participants who have added to the dynamic in such a positive way.

The organiser of the seminars, Anne Holloway, highlighted the ways in which the workshops adapted to being hosted online via Zoom, instead of face to face:

“We have made great use of the ‘chat’ function - with participants sending words of encouragement to each other, sharing their writing and asking questions.”

Due to the seminars being held online, Anne noted how the new-found accessibility led to an increase in attendance:

“We’ve been really happy too with the diversity of attendees, writers and non-writers, teachers, mental health-care professionals and practitioners. All in all, it’s been a great success with each session attracting around 30 participants, which is more than we’d expect to attract to a face-to-face workshop.”

Looking to build on the success of the Surviving by Storytelling seminars there is now a symposium in the works.



Click here to read about each seminar session title, biographies and abstracts

