

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

As winter feels well and truly behind us, we mark the new season with the launch of a brand new event to be held at the Institute later this year. We're very proud to be the first UK hosts for the European Refresher Course for Old Age Psychiatrists, run jointly by the European Association of Geriatric Psychiatry (EAGP) and the Royal College of Psychiatrists. Read more on page 3.

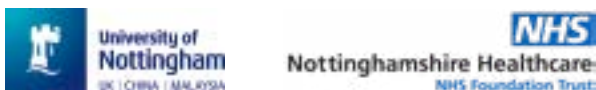
Mental Health Awareness Week, from Monday 13th May to Sunday 19th May, is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all. We will be joining in with this fantastic awareness campaign to highlight how some of our current projects are working to raise the profile of important mental health issues. We will also be supporting International Clinical Trials Day on Monday 20th May with our research colleagues from across Nottinghamshire Healthcare NHS Foundation Trust.

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

Don't forget – if you want to keep up to date with news from the Institute please remember to follow us on

 @InstituteMH  institutemh.org.uk

Professor Martin Orrell
Director, The Institute
of Mental Health



New research to explore cognition as a major “invisible” symptom of multiple sclerosis

A new £1.85 million research study led by Professor Roshan das Nair at the Institute of Mental Health in Nottingham aims to develop a new screening tool to detect the “invisible” cognitive impairment symptoms that can appear early in the life of a person living with multiple sclerosis (MS).

Approximately 100 people are diagnosed with MS every week in the UK. There is currently no cure for the lifelong neurological condition that often gets progressively worse.

Up to 70% of people with MS have cognitive problems, which affect their personal, professional and social life. However, in MS clinics, cognitive problems are not routinely identified and cognitive rehabilitation not offered, rendering the symptoms “invisible” despite having a profound effect on a MS patient’s life.

The new six year study “NEuRoMS” (Neuropsychological Evaluation and Rehabilitation in Multiple Sclerosis) is funded by the NIHR Programme Grants for Applied Research and sponsored by Nottinghamshire Healthcare NHS Foundation Trust. The study will be based at the Institute of Mental Health with clinical trials taking place in six MS clinics in the UK.

The study will begin in May 2019, with more details to follow in our next newsletter.



“ People are most commonly diagnosed with MS in their 20’s or 30’s. ”

European conference for senior psychiatrists comes to Nottingham

3rd - 4th October 2019
Institute of Mental Health, Nottingham

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 at the Royal College of Psychiatrists.

Building on the success of the first refresher course held in Leuven, Belgium, in 2016, this two day learning and networking event for consultant old age psychiatrists will include invited speakers from across the UK and Europe.

The event will provide an engaging and stimulating programme to refresh and invigorate senior psychiatrists and their practice.

Tickets are now on sale and the full conference programme is now available, please visit www.institutemh.org.uk/ERCOAP for more information.

Hat trick of publications for BMedSci students

Three papers that had arisen from Nottingham Bachelor of Medical Sciences (BMedSci) honours year projects have been published in volume 18 (print edition) of the journal Dementia.

The projects were undertaken in consecutive years, starting with Sarah Griffiths in 2014, Imogen Ovenden in 2015 and Mary Swallow and Tanya Hobden in 2016.

The projects all involved working with external partners: care homes, sports clubs, Alzheimer's Society, Boots and local authorities. The papers collectively demonstrate that great research projects can successfully be completed, and published, as part of the BMedSci course.

Full details of the published projects can be found below:

Swimming for dementia: An exploratory qualitative study (Innovative practice)

"Here everyone is the same": A qualitative evaluation of participating in a Boccia (indoor bowling) group (Innovative practice)

Mementos from Boots multisensory boxes – Qualitative evaluation of an intervention for people with dementia (Innovative practice)



Help for people living with treatment resistant depression

The BRIGHtMIND team are looking for volunteers to join a new mental health research study to help find new ways to treat depression that has previously been resistant to medical treatment.

The project will test the effectiveness of a new approach to treat Treatment Resistant Depression (TRD) using magnetic stimulation applied via the scalp. Treatment resistant depression is depression that has not improved with at least two previous anti-depressant treatments. The treatment being tested is called Transcranial Magnetic Stimulation (TMS) and has been recommended for use in the NHS in the UK by the National Institute for Health and Care Excellence (NICE) as a treatment for TRD.

TMS is very different from Electroconvulsive Therapy (ECT): The treatment is given while the person is awake and relaxing in a chair. No anaesthetic is needed and it does not cause the memory loss and confusion that is sometimes experienced after ECT.

The research study is taking place in Nottingham, Newcastle, Northampton and London. If you're interested in taking part in the trial you must be:

- aged over 18 years
- living with depression that has been resistant to anti-depressant treatment

If you would like to find out more please contact BrightMind@nottshc.nhs.uk or call 07771 944659 or visit institutemh.org.uk/brightmind



Fundraising donation for Harmless

Staff from across the Institute have been supporting local charity "Harmless" this winter. Donations collected throughout the festive season, alongside money raised at coffee mornings earlier this year, raised a total of £320 for the Nottingham-based mental health charity.

Set up in 2007, Harmless is a self-harm and suicide prevention charity working across Nottinghamshire offering support, training and consultancy to people who self-harm, their friends, families and professionals, and those at risk of suicide.

The money raised will help the charity deliver individual support sessions, plus an educational talk and support in a local school.



New “Children of Prisoners” report calls for urgent action

A new report estimates over 100,000 more children are affected by parental imprisonment than previously thought and calls for a better system to identify those affected.

According to new research from Crest Advisory, and led by Professor Eddie Kane from the Institute of Mental Health's Centre for Health and Justice, the statistic regularly cited of children with a parent in prison of 200,000 is underestimating the number of children affected by over 100,000. The number of children affected is closer to 312,000 and the current underestimation is risking

serious safeguarding and welfare issues, as well as opportunities for intervention.

Children of prisoners are at risk of significantly worse outcomes than other children including an increased risk of future offending, mental health issues, and poor educational attainment. The research findings in this new report call for systematic identification of children by the justice system to ensure other agencies can be alerted and support provided if necessary.

The report findings were also broadcast on Channel 4 News on Monday 18th March 2019, [watch here](#).



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

New fellowship awarded to Speech and Language Therapist

A new Alzheimer's Society fellowship has been awarded to a Speech and Language Therapist from Nottinghamshire Healthcare NHS Foundation Trust. The Alzheimer's Society is investing in, and accelerating, dementia research; the charity has committed to spending at least £150m in the next decade.

Julie Pollock will begin her PhD studies researching the difficulties encountered in trying to deliver mouth care to patients with dementia and swallowing problems. She will then extend an existing mouth care programme (The Mouth Care Matters Programme) to help support these patients and research the impact it has in an NHS hospital.

Aspiration pneumonia results from food, drink or saliva entering the lungs and is the second most common type of hospital-acquired infection, and one of the most common causes of death in end-stage Alzheimer's disease. Mouth care is crucial to help prevent this, but there has been little research specifically focussing on patients with dementia and swallowing problems in hospitals.

The Mouth Care Matters programme was funded by Health Education England and developed by Mili Doshi MBE, Consultant in Special Care Dentistry, and her team in Surrey and Sussex NHS Trust. Julie is delighted that Mili Doshi will be a collaborator on the study.

The Fellowship began in April 2019 and will be hosted by Nottinghamshire Healthcare NHS Foundation Trust and sponsored by the Institute of Mental Health. The PhD will be carried out in the Division of Rehabilitation, Ageing and Wellbeing at the University of Nottingham, and the supervisors will be Professor Pip Logan, Professor Rowan Harwood and Dr Vicky Booth.



Nottinghamshire Healthcare NHS Foundation Trust's Portfolio Research Delivery Team is hosted by the Institute of Mental Health. The team works across the East Midlands recruiting volunteers to mental health and other medical research studies.

Record-breaking recruitment for prison study

A cardiovascular (CVD) health study funded by NIHR CLAHRC East Midlands has become the largest piece of prison-based research to take place in Europe after recruiting 1,200 inmates.

The study is working across five prisons in the East Midlands to monitor patterns of cardiovascular disease (CVD) risk profiles in prisoners and exploring the implementation of the national primary care CVD Health Checks Programme in prison populations.

Prisoners have high levels of poor health - over 30% of all deaths of prisoners in custody are due to cardiovascular disease. This research aims to better understand the barriers to uptake of health checks (and related anxiety and depression) for this population and support the design of better interventions to reduce risk.

The Portfolio Research Delivery team smashed the recruitment target for the study with help from staff at each of the regional sites to recruit participants. The research findings will help inform multiple risk factor interventions and healthcare checks to improve prisoners health and wellbeing.

Nottinghamshire Healthcare NHS Foundation Trust is a research active NHS trust, and has recently appointed a new Head of Research and Evaluation, Mark Howells. This role works in partnership with the Institute of Mental Health, supporting research and innovation with mental health services and across the wider healthcare teams.

Meet Mark Howells

"As the new Head of Research and Evaluation for the Trust I am excited about exploring and optimising the potential at Notts Healthcare to support and lead improvements in patient care. Everyone working for the Trust should be constantly asking themselves if what they are doing really is the best for the patients and service users; if they are unable to answer this question robustly they should be seeking an answer. This is where the Research and Evaluation department can help.

"My plan is to find a way for everyone to easily engage with our team so that we can find the best way to address the question that is lacking an answer and then robustly support the process to finding out the answer through research, service evaluation or other means.

"An obvious strength for the Trust is its partnerships with the University of Nottingham and Nottingham Trent University. These centres of excellence support the Trust in its ambition to truly provide evidence based care."



Bringing academic studies to life

Applying academic practice to real workplace scenarios can be a challenge from the comfort of a lecture theatre. Academics from the University of Nottingham's Division of Psychiatry and Applied Psychology (based at the Institute of Mental Health) work closely with industry experts in order to bring real-life expertise into the lecture theatre.

Dr Shaun Davis is Global Director of Safety, Health, Wellbeing and Sustainability at Royal Mail Group. He is also an Honorary Associate Professor in the Institute of Mental Health.

Dr Davis' background spanned the construction and waste sectors, before moving into the Royal Mail with responsibility for policy, strategy, implementation, reporting, supporting the Board and operational teams.

Originally coming to the University of Nottingham to study a MSc in workplace health and wellbeing, Dr Davis wanted to continue supporting the university once his studies had ended. He first provided a commitment to support future students: an annual bursary scheme (funded by the Royal Mail) was put into place to sponsor a student and to pay their second year fees.

This progressed onto guest lecturing on the MSc course and working alongside the Course Director, Dr Jonathan Houdmont and Professor Amanda Griffiths (Institute for Mental Health's Centre for Dementia) in the Division of Psychiatry and Applied Psychology. His experience at the sharp end also enables him to make useful suggestions for curriculum development.

Dr Davis found it was a smooth transition into lecturing and gave him the opportunity to give students the tools and techniques to help them to manage their workload in order to complete the course:

"I'm in a unique position of understanding exactly what my students are going through – I've been on the other side of the desk, in their position trying to juggle work and studies, and I believe that gives me great credibility with the students."

Currently studying for his sixth Masters qualification, Dr Davis is passionate about the benefits of ongoing studies and personal development. All of his previous studies have related to his working life, contributed to the development of his skills and expertise, as well as bringing great benefits to his working practice.

Dr Davis is very proud of his role as an honorary associate professor, and the opportunities the role has given him to stay connected with students, keep his professional practice fresh and share his skills:

"I'm a strategist, a practitioner and an academic – my honorary role allows me to employ all of these skills in order to share my knowledge and enthusiasm with the university's MSc students. It allows me to bring real added value and talk about the work I'm actually doing, I can tell them whether something is working or if it isn't – I can bring their academic studies to life."



New “Social Alienation” art exhibition opens to the public

The Institute of Mental Health has welcomed a new East Midlands artist to exhibit their work for the next two months. Sk172 is a Cambridgeshire-based artist who paints using acrylic on diverse and often found surfaces like wood and cardboard.

Sk172 has been living with mental health problems for nearly two decades which has increased his proliferation of drawings, scrawls, and paintings. Sk172's work is inspired by the child-like, naïve and figurative approach to painting used by artists such as Jean Dubuffet and Jean-Michel Basquiat. He tries to paint as much as he can.



“ It is a therapeutic way of confronting my inner demons which have been plaguing me since my diagnosis of schizophrenia, epilepsy, and acute OCD. Sometimes I paint what many people may think are crazy, scary faces or masks, however I am very much influenced by African art and the masks are a recurring subject in my work. **”**



Open to the public from
Monday to Friday, 10am – 4pm
at the Institute of Mental Health,
University of Nottingham Innovation Park,
Triumph Road, Nottingham NG7 2TU

**The exhibition runs from
25th March – 17th May 2019.**



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

Nottingham Forest and Community Trust launch 'It's Tricky to Talk' campaign

The Institute of Mental Health has been working with Nottingham Forest and Nottingham Forest Community Trust to launch a new campaign to encourage fans to talk more openly about mental health problems and seek support.

The 'It's Tricky to Talk' campaign will look to encourage people to talk about their mental health issues and rid the stigma attached to mental health.

Suicide is one of the leading causes of death in males aged between 30 and 40, with 75 per cent of all suicide victims in the UK being male, so the club and the community trust are looking to help reach out to fans and encourage them to talk.

In 2017, the club were saddened to hear that Forest fans Jonathan McCartney, 35, and Will Garvey, 20, both unexpectedly took their own lives.

After losing their sons, the families of both Jonathan and Will reached out to the Community Trust having set up their own trusts – Jonathan's Voice and The Will Garvey Foundation (WTF – Why Talking Fixes) – to help raise awareness and encourage people to speak out about their mental health.

Rachel Whysall, Head of Performance at Nottingham Forest Community Trust, said: "After meeting the parents of both William Garvey and Jonathan McCartney it was important for both the club and Community Trust to understand how we could play a part in raising awareness of mental health and helping rid the stigma.

"With fantastic support from the Institute of Mental Health and the University of Nottingham we feel that together we can make a real difference to the mental health of those closest to us and encourage those who have historically found it 'tricky to talk'."

The Institute of Mental Health and the University of Nottingham have both shown their support for the campaign and how it can help to improve the mental health of not just fans of the club but the wider community also.

Assistant professor in mental health at the University of Nottingham, Dr Tim Carter PhD, BSc, PGCHE, FHEA, RN, said: "Nottingham Forest and Nottingham Forest Community Trust are putting a real effort into improving the mental health of their fans and the wider community. They are passionate, committed and have shown a real willingness to make a genuine and sustained difference for people."

The campaign will include a video featuring Forest fans talking about their mental health issues and how it can affect them in everyday life and also on match days at The City Ground. There will be support organisations promoted through match day programmes, and all 2019-20 season card holders will receive a self-help guide for next season.

"With fantastic support from the Institute of Mental Health and the University of Nottingham we feel that together we can make a real difference to the mental health of those closest to us and encourage those who have historically found it 'tricky to talk'."



TAKING ACTION ON DEMENTIA

A FREE event for people living with Dementia

Carers and Family FUN activities, informative talks, guidance & support for everyone!

FRIDAY 24th May 10am - 2pm

Rushcliffe Arena, Rugby Rd
West Bridgford
Nottingham
NG2 7HY

Further INFO & TICKETS on Eventbrite:

www.taking-action-on-dementia-event.eventbrite.co.uk

☎ Telephone: 0115 981 9911

✉ Email: customerservices@rushcliffe.gov.uk

Peer support - connect with others
find new services and groups

REFRESHMENTS PROVIDED!



Refocus on Recovery: Book now for early bird tickets

Tickets are now on sale for Refocus on Recovery 2019, the largest regular scientific conference on mental health recovery in the world, being held in Nottingham from 3rd-5th September 2019.

The conference brings together researchers and mental health workers from around the world to share innovative research with people on their own recovery journey; focusing on research that helps to find ways of supporting people's personal recovery from mental health problems and encouraging mental health professionals to work in a recovery-orientated way.

The 2019 conference has four themes:

1. Mental health and human rights
2. Supporting recovery through services
3. Supporting recovery through communities
4. Recovery and power

The conference is being organised by the Institute of Mental Health, the University of Nottingham School of Health Sciences, Nottinghamshire Healthcare NHS Foundation Trust, alongside the World Health Organization, ImROC, Making Waves and Mental Health Foundation. Local, national and international speakers and researchers will take part in a busy two day conference programme.

For further details about the speakers and conference programme, please visit: researchintorecovery.com



Leading dance for older people

Two day training course. Saturday 18th May and Saturday 8th June 10am – 4pm, £150 per person

This course will equip you to facilitate dance and movement with older people with limited mobility and/or dementia in one-to-one sessions or in settings such as care homes, day-centres and hospitals.

It includes practical workshops offering take-away methods and tools to add to your creative practice.



Click here to read more
www.nottingham.ac.uk

Events



Centre for Dementia seminar

**FREE TO
ATTEND**

“Development of Best Practice for Dementia Crisis Teams - the AQUEDUCT Research Programme”

The Achieving QUALity and Effectiveness in Dementia Using Crisis Teams (AQUEDUCT) study will include a clinical trial for people with dementia and their carers experiencing crises, comparing the use of a resource kit with usual care. Dr Amy Streater (AQUEDUCT Research Fellow, North East London NHS Foundation Trust) shares an update on the study's progress to date.

11.30am-12.30pm, Room A08 Institute of Mental Health.



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



Institute of Mental Health: Annual Research Day

FREE TO ATTEND

The Institute of Mental Health (IMH) will be hosting its 7th Annual Research Day to highlight the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and early-career researchers (including research assistants, research fellows, and research-active clinicians and service users).



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



Pint of Science festival: “Technology for the mind – it’s a no brainer!”

Learn how cutting edge technology developed in Nottingham is helping scientists better understand the workings of the brain. Elena Boto will be sharing her work on quantum sensors that will help to understand mental health disorders. The team from MindTech will be demonstrating the latest developments in digital mental healthcare. Finally, Richard Ramchurn will tell us about his one-of-a-kind film that is controlled by the audience's brain activity.

**7.30pm, Parliament Bar, Nottingham
Tickets £4 each**



Click here to read more
www.pintofscience.co.uk



WONDER festival

Wonder 2019 will showcase the best of what research happens at the University of Nottingham, with an exciting schedule of free activities for all ages. Join staff from the Institute of Mental Health and the MindTech team as they demonstrate how virtual reality can help people living with psychosis.

**11am-4.30pm, University of Nottingham,
University Park**



CANDAL conference

**FREE TO
ATTEND**

Keynote speaker for this year's conference will be Professor Samantha Johnson, University of Leicester who will talk about “Improving educational outcomes for children born preterm: From evidence to intervention”. In addition there will be three symposium themes: Neurodevelopmental Disorders in Education; CANDAL Early career researchers; CANDAL update.

Institute of Mental Health Nottingham



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



Refocus on Recovery conference

The largest regular scientific conference on mental health recovery in the world brings together researchers and mental health workers to share innovative research with people on their own recovery journey. Keynote speakers include Steven Allen, Michelle Funk, Alison Faulkner, Mike Slade, Michael Rowe, Samson Tse and Vicky Stergiopoulos.



Click here to read more
www.researchintorecovery.com