

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.

IMH Research Days 2023

Following the success of last year's two-day event, this year's IMH Research Days (the 10th year these events have been held!) took place on Tuesday 23 and Wednesday 24 May.

The Research Day events highlight the work of the Institute's doctoral candidates, Managed Innovation Networks (MINs), and all early-career researchers (including research assistants, research fellows, and research-active clinicians and service users). The event celebrates the breadth of their ideas and the research work currently taking place within the Institute of Mental Health

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Welcome

Our **July 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



Nottingham attracted the nation's attention on 13th June in the aftermath of the tragic attacks that took place in our city. Over the past few weeks our thoughts have been with our University of Nottingham community, our wider Institute colleagues, friends, and partners across Nottingham as we have all come to terms with the news.

As more details emerge about the tragic events of that week, we remind you all that when reporting and media coverage includes mental health topics, please don't

forget you can turn off, unfollow, step away and stay safe from things that could be distressing to you.

The thoughts of all at the Institute, and across our whole city, are with the families of those who lost their lives and were injured.

In this edition, our round up of news, award wins and new projects goes back as far as April as we did not produce a newsletter back in May. Normal service will resume in the autumn, as we send out all the best news and updates again in September.

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.

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IMH Research Days 2023

It was fantastic to see so many colleagues attending both days, and to hear the latest findings and results from a broad range of research disciplines. Each abstract, poster and presentation were reviewed by different judging panels to select winners for the following annual awards (some of which were newly launched this year):

- **The Craig Dixon memorial prize for Best oral presentation** (Day 1)
Won by Dr Joanna Lockwood
- **The Peter Bartlett prize for Best poster presentation** (Day 1)
Won by Benjamin-Rose Ingall
- **The Craig Dixon memorial prize for Best oral presentation** (Day 2)
Won by Merly McPhilbin
- **The Peter Bartlett prize for Best poster presentation** (Day 2)
Won by Manisha Jain
- **IMH Public Advisory Group Award** (*Judged by the Institute of Mental Health's Advisory Group members.*)
Won by Dr Camilla Babbage



IMH Research Days 2023

IMH STAR award – Best Contribution to Research Facilitation or Delivery – *(Launched this year to recognise the best contribution to any aspect of an IMH research project's facilitation and/or delivery by individuals outside a given research team.)*
Won by Dr Lucy Webster

Highly Commended: Dr Kate Bransby-Adams, Jack Cheshire



Congratulations to all our winners, and well done to everyone who took part over the two days.

Centre for
Mood Disorders



Government's new Mission for mental health research announced

The University of Birmingham is part of the Government's new Mental Health Mission, designed to develop radical new treatments for mental health conditions. The £42.7M investment into research aims to improve the speed and accuracy of diagnosis and increase the use of new technologies, as well as novel treatment approaches. The Mission will be delivered through the NIHR Mental Health Translational Research Collaboration, a UK wide network of leading investigators specialising in mental health research. Research will focus on increasing recruitment to new studies to test and validate treatments in early psychosis, depression and children and young people. £9.9 million in funding will enable the establishment of the Midlands Translational Research Centre of Excellence, co-led by the University of Birmingham's Institute for Mental Health with Birmingham Women's and Children's NHS Foundation Trust and Birmingham & Solihull Mental Health NHS Foundation Trust, with reach across the Midlands through the five years' funding to collaborate with our Institute of Mental Health colleagues, led by Prof Richard Morriss (Director, Centre for Mood Disorders).

Best Public Engagement Award win

Dr Maddie Groom, Director of our CANDAL centre of excellence, led a team of Institute researchers to victory in April at the University of Nottingham Institute for Policy and Engagement awards. Their win for 'Best Public Engagement Award' recognised the fantastic collaborative working that had been achieved through [their recent partnership project with the charity Tourettes Action](#), leading a steering group to campaign for better services and NICE guidelines for Tourette Syndrome. Dr Camilla Babbage and Dr Bethan Davies (CANDAL / MindTech) carried out research into the experiences of young people and adults with tic disorders in accessing healthcare. This research also included partner organisations 'TIC' and NeuroDiverse, an expert lived experience panel, Paul Stevenson, Emma McNally, Marie Ralph, Seonaid Anderson, Daniel Jones and a research assistant, Jennifer Salvage.

Congratulations to the team!

Nottingham Neurodiversity Network

A new collaborative network has been launched by Dr Blandine French, from our Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL). Following funding from the University of Nottingham, Dr French designed a project to identify key stakeholders working in healthcare, commissioning, service design and delivery, research and people with lived/living experience of neurodiversity to address challenges, share best practice and find potential solutions to designing effective care pathways for neurodevelopmental conditions. Through events, workshops and regular updates, the network aims to change the shape of services for people living with neurodevelopmental conditions across Nottingham and Nottinghamshire. The new network launched at a packed stakeholder event in May, and you can [join the network's mailing list via their new website](#) to stay up to date with the group's progress.



Nottingham Neurodiversity Network

CANDAL summer seminar series

The Centre for ADHD and Neurodevelopmental Disorders Across the Lifespan (CANDAL) has hosted three seminars during June/July to present the latest research and findings from their research teams and to invite guest speakers to discuss some of the most pressing issues in neurodiversity research. Through two online events the team explored the themes of 'Neurodiversity and mental health' (6 June) and 'Neurodiversity and women' (22 June) – culminating with an in-person event at the Institute (11 July) giving an update on the latest research projects being undertaken by the CANDAL team.

Recordings of the two online events can be found on the [CANDAL pages of the Institute's website](#).

Lifetime Achievement Award for Prof Tom Denning

Professor Tom Denning, former Director of our Centre for Dementia, has been presented with a lifetime achievement award from the Royal College of Psychiatrists.

The Old Age Faculty of the Royal College of Psychiatrists awarded Tom their 'Lifetime Achievement Award in Older People's Mental Health for 2023'. It is their sixteenth award since 2005, usually but not always, given to old age psychiatrists.

Tom recently stood down from his role as Director of our Centre for Dementia but remains an influential member of the centre and retains his clinical role as Honorary Consultant in Old Age Psychiatry within Nottinghamshire Healthcare NHS Foundation Trust.

Tom was delighted to accept the award and commented:

"Obviously it is a great honour to be recognised by my national peer group, so I am delighted. I have been a doctor for nearly 43 years, psychiatrist for 40 and old age psychiatrist for 32, but if I have achieved anything, it is due to the many wonderful people I have worked with. These include numerous colleagues, but also all the patients and families who have taught me so much."



Violence reduction recommendations published

A new article from the Centre for Health and Justice team featured in issue 7 of the “Fighting Knife Crime London” magazine. The article, titled ‘Identifying violence reduction intervention points – applying a public health approach effectively’ describes how the standard public health model for reducing violent crime should be reviewed and new approaches taken when conducting violence research.



Researchers help science come to life

University of Nottingham researchers are bringing science and technology to life that will revolutionise rehabilitation as part of the Royal Society’s Summer Science Exhibition from 4-9 July. The University is behind one of just nine interactive exhibits selected for the prestigious Summer Science Exhibition – an extravaganza showcasing the UK’s most exciting research, lectures, and late-night events that is open free to the public and brings together more than 300 scientists over six inspiring days. Revolutionising Rehabilitation showcases the pioneering work of scientists and clinicians from Loughborough University, The University of Nottingham and the



Nottingham University Hospitals NHS Trust, working together at the National Rehabilitation Centre (NRC), a major new NHS rehabilitation facility set to be built on the Stanford Hall Rehabilitation Estate near Loughborough.

MindTech team “Highly Commended” in Tri Campus Awards

The MindTech team have been announced as Highly Commended nominees in this year’s Team Award for ‘Commitment to Enhancing the Research Culture and Environment’ part of the University of Nottingham’s Researcher Academy Tri Campus Awards. The award recognises teams of researchers who have created an outstanding research environment. Congratulations to the team!



Art at the Institute:

“Fragmentation”

31 March – 26 May 2023

Earlier this year, we held the first major solo exhibition of artworks by Nottingham artist Catherine Levey who has worked in the NHS for many years, with a special interest in mental health. The exhibition explored how her perceptions of living with mental health conditions were challenged when she began to analyse the artwork of artist Bryan Charnley and his vivid paintings describing living with schizophrenia.

“My mind is just broken glass”

Bryan Charnley

Bryan Charnley’s self-portraits document his lived experience of schizophrenia and Catherine created her own emotional and artistic response to the portrayal of Charnley’s deteriorating mental health. The resulting artworks offer semi-abstract scenarios reflecting her view as an outsider looking in on his story.

Layers of thin paint were used to create dream like imagery, giving Catherine time to develop her personal connection to Charnley’s story and reflect on the impact of schizophrenia on his art, and life. This led Catherine to research whether she could use art to educate people about mental health conditions. It also made her consider the impact of the pandemic on her own wellbeing and investigate biographies of others who have experienced mental health problems.

If her art could express how her own preconceptions about living with mental health conditions had changed, could Catherine present a new narrative about mental health for other people too?



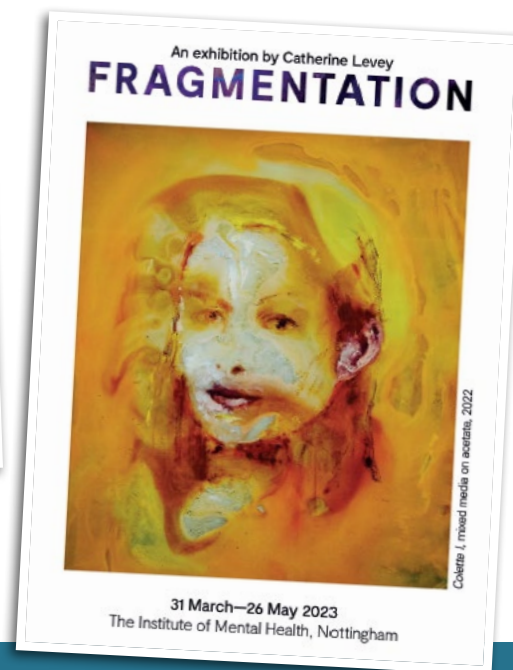
“We can only ever know our own minds, so I make no attempt to translate the inner stories of others. Instead, I take my personal emotional response to their narrative and form a connection through fluid and fragmented layers.”

Catherine Levey

As the exhibition came to a close, Catherine hosted a panel discussion on 25 May to highlight some of the themes and discussions prompted by her work and explore the opportunities art can provide in mental health education and recovery. Catherine was joined by James Charnley, (brother of artist Bryan Charnley, whose self-portraits inspired Catherine’s personal journey of artistic self-reflection) and Nikki Disney (NHS Arts and drama therapist).



Bryan at art school, 2022



Art at the Institute:

“Skin Deep”

2 June – 7 July 2023

Our most recent exhibition showcased the work of Nottingham artist Suzanne Golden, alongside additional drawings from her sister Dominique Golden. Since March 2022, Suzanne has met with Dr Shelley MacDonald, a psychotherapist and artist, to support with mentorship and to help navigate Suzanne’s personal history and relationship with mental health and eczema.

Conversations with Dr MacDonald explored the theory of Esther Bick, with an emphasis on the vital family connections with the sharing of skin and the psychic nature of skin. These conversations led to the inclusion of Suzanne’s sister, Dominique Golden; this created a unique dynamic of experience and relationships with skin as the binding force.

As part of the ‘Skin Deep’ exhibition, funded by the Arts Council, Suzanne presented textile and paper cuttings exploring the process of embroidery and punch needle; each using different bases of material like hessian and handkerchiefs with their own unique decorative fingerprint and with perforations likening to skin breathing.

The wool thread like veins threading through, overlapping and intertwining to create a surface, reflecting when skin heals and creates new layers. The action of threading creates a void to fill a void, playing on Suzanne’s relationship with mental health. The marking of the skin, to itch and scratch, resembles the marking of the material to create a textured surface, similar to the nature of repairing or fixing something.



Artworks by
Suzanne Golden

Art at the Institute – COMING SOON

26 July – 20 October 2023

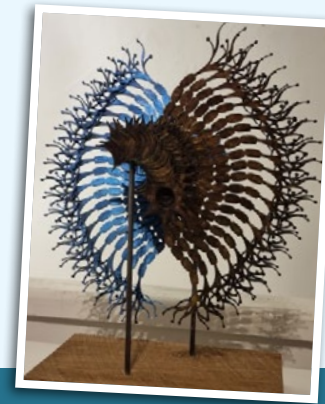
Our next exhibition will be a display of work from the members of the Scrambles Photography Group, a supportive network for people experiencing mental health conditions in Nottingham.



Pint of Science talks

At this year’s [Nottingham Pint of Science festival events](#), we were delighted that three of the Institute’s research projects were part of the annual celebration of science. Held across the city from May 22-25, Institute colleagues from a range of mental health specialties presented their work: Esther Gerritzen presented on early onset dementia, Serena Sabatini on positive ageing, Paul Briley and Sudheer Lankappa on the [BRIGHtMIND](#) trial and Kate Bransby-Adams on the [‘gameChange’ trial](#), a virtual reality treatment for people with psychotic disorders.

One of the initiatives of the Pint of Science Festival is to match lots of the speakers with an artist with who they can collaborate with and produce a piece of artwork that represents their talk, and the artists interpretation of the subject. Kate Bransby-Adam was paired with Liz Collini and, from her inspiration from the gameChange trial, she produced ‘gameChanger’. Sudheer and Paul’s talk on BRIGHtMIND inspired artist, Cameron Lings, to produce a wonderful ‘synapse’ sculpture (see photo right). We are currently finding the best places within the Institute to display these new artworks.



Perspectives in Public Health

A special issue of Perspectives in Public Health journal, guest edited by Theo Stickley and Dr Stefan Rennick-Egglestone, has now been published. This edition of the journal is a curated work that exemplifies or envisions the role that public health might take in relation to mental health recovery, and includes an update from Prof Holly Blake (University of Nottingham, School of Health Sciences) on the important role line manager training can play in preventing mental health problems at work.

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Delivering support for care-experienced young people

A new paper has been published in the Social Work in Action journal by Dr Pallab Majumder (Consultant Child Psychiatrist, Notts Healthcare) exploring the reflections of multiple clinicians, from across Notts Healthcare and Leicestershire Partnership NHS Trust, on remotely and digitally delivered mental health support for care-experienced young people.

Improving psychotherapy practitioner practices

A new book was published in May, with leading contributions from Dr Sam Malins (Clinical Psychologist/NIHR Clinical Academic Lecturer). *'The Field Guide to Better Results: Evidence-Based Exercises to Improve Therapeutic Effectiveness'* is intended as a guide to demonstrate how to collect and analyse psychotherapy patient data to create individual development plans to help clinicians improve their practice.

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New commercial fellowship awarded

Congratulations to Dr Fiona Ng (Recovery Research team) who has been awarded a NIHR/ Zinc Innovation Fellowship in Health and Care. The Innovation Fellowship is a six month secondment to work with Zinc Ventures to gain commercial experience in working with early-stage ventures in developing digital mental health products.

Lunchtime walk

May was National Walking month and the Institute's Health and Wellbeing Champions, Chrissy Bailey and Wendy Wheat, organised a walk around the Jubilee Campus to encourage our Notts Healthcare staff to take some time for their wellbeing. The walk was just under 3 km and was good terrain for any walker, whether novices or serious walkers. It's always good to get out and have a catch up with colleagues, and even better to just get away from our desks for a short while. All involved enjoyed the walk and there are plans to make the walks a regular event.

Written by Wendy Wheat, Institute of Mental Health – Health & Wellbeing Champion



Journey to success 2023

In March, the University of Nottingham's Afro-Caribbean Medical Network (ACMN) hosted its annual 'Journey to success' conference at the Institute of Mental Health.

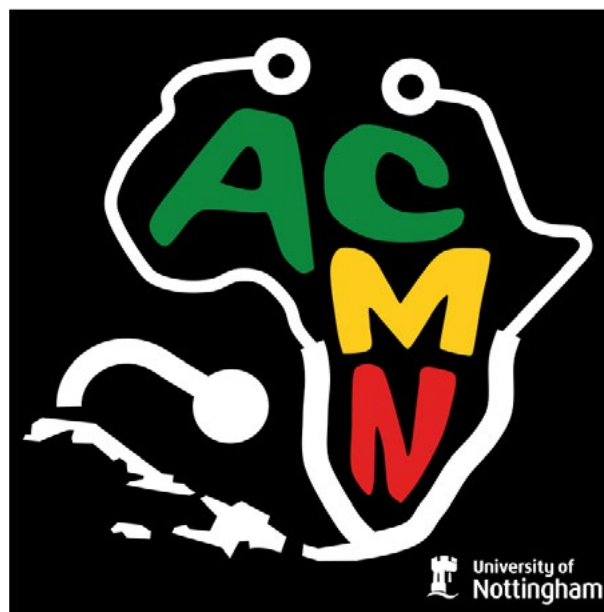
ACMN is a society run by healthcare students at the University of Nottingham medical school. The society's aim is to provide a bridge between black healthcare students and qualified professionals, as well as creating a community that encourages black healthcare students to thrive in their chosen fields. 'Journey to success 2023' saw a group of around 40 students and healthcare professionals come together to celebrate each other's achievements and network with professionals.

This year there was a focus on personal brand and business building alongside a healthcare career. The speakers ranged from midwives who ran their own business in equipping new mothers, to doctors who consult for the United Nations. Following the event many of the society members built a rapport with a few of the speakers and are beginning to invest in their own brand. The ACMN committee is delighted with how this year's conference turned out and look forward to the future collaborations that will stem from this event.

ACMN would like to give thanks to the following: The Institute of Mental Health, Dr Lola Obadare, Dr Andre Tulloch, Dr Oghenetejiri Ighomereho, Dr Theodora Okechukwu; Kemi Akinwunmi (RM), Dr Rumbi Mutenga, Dr Uyiosa Ogunbor, Ese Edafe (RN), John Paul Kunrunmi (APRPharmS), and the event caterers, Jerk Kitchen.

Written by Folashade Miller-Maps
Treasurer, ACMN

"Following the event many of the society members built a rapport with a few of the speakers and are beginning to invest in their own brand."



AFRO-CARIBBEAN MEDICAL NETWORK.

NEON Good Practice Guidelines

Mental health lived experience narratives; recommendations for avoiding misuses and adopting good practice.

The Narrative Experiences Online (NEON) study has been exploring how people's narratives describing mental health experiences can help other people. But whilst lived experience narratives bring huge value in the unique knowledge they can bring to the understanding of mental distress, there is evidence of the various ways in which they have been misused, with real harm caused to those who narrate them, or consume them.

Back in 2021, two NEON researchers (Caroline Yeo and Stefan Rennick-Egglestone) decided to conduct a systematic review to synthesise all existing research knowledge on how lived experience narratives are used and misused. They were motivated by personal experience of either having their own narratives misused, or seeing the narratives of others misused, and wanted to produce a piece of methodologically rigorous research with the potential to change practice around lived experience narratives. The review was published in the journal Schizophrenia Bulletin, which has been publishing lived experience narratives since 1979. Whilst the review by itself can contribute to good practices,

they wanted to make the findings of the review available in a form that is as publicly accessible as possible, to try and enable people who work with narratives to adopt the best possible practices.

They have now worked with a team of experts, including survivor researchers and people who have worked with narratives themselves, to develop recommendations that are informed both by the review and by their own personal knowledge. They have presented these recommendations in a form that is freely accessible to the public ([download for free online](#)). They present a summary of the uses and misuses identified in the systematic review, along with a set of seven recommendations developed by expert contributors. The central message is that it is important not to see the challenges of using lived experience narratives ethically and appropriately as a barrier to using them at all.

“This important publication is an accessible guide to methodologically-rigorous survivor-led research investigating how to respectfully and appropriately make use of lived experience narratives in research. I hope these guidelines will be widely adopted.”

Mike Slade, Professor of Mental Health Recovery and Social Inclusion, Institute of Mental Health, University of Nottingham



Forensic Research Nottingham symposium

Once again, this year we will be hosting the Forensic Research Nottingham network's symposium, looking at the latest research and new ideas in forensic mental health. This year's symposium will explore the topic of "The interface between mental health and justice pathways: challenges and future directions in diversion and sentencing", with the event taking place on Thursday 21 September, 1pm – 5pm. Themes and confirmed speakers include:

- **Mental health triage in police custody:** Dr Iain McKinnon, Consultant Forensic Psychiatrist and Honorary Clinical Senior Lecturer, Newcastle University
- **Community Sentence Treatment Requirements:** Professor Matthew Callender, Professor of Interdisciplinary Social Studies and Research Lead in the Institute for Public Safety, Crime & Justice, University of Northampton
- **Challenges and patterns in mental health disposals:** Dr Ailbhe O'Loughlin, Senior Lecturer, York Law School



The full programme will be available shortly, [ticket prices and registration information are available via our events web page](#). All existing Forensic Research Nottingham members and Nottinghamshire Healthcare NHS Foundation Trust staff receive discounted tickets.



DATE
CHANGE



Refocus on Recovery 2023:

“Changing Conversations, Fostering Connections, Building Communities”



Register now
for your in-person
tickets or your
online tickets.



Crowne Plaza Hotel, Wollaton Street, Nottingham, NG1 5RH, UK

Cost to attend in person for both days including conference dinner (does not include accommodation):

Full price: £280.00

Concessionary: £140.00 (for local, voluntary and community interest groups, small charities, self-help groups, and people who use and/or provide unpaid care for people using mental health services)

Cost to watch live online for both days: £60.00 (includes access to watch all talks and keynote presentations on the programme). You will also receive immediate access to videos of the conference and keynote presentations after Refocus on Recovery 2023.

Join us for our sixth international recovery research conference and join our international community of influence. Reconnect with the latest in recovery research as we explore our key themes:

- Cross-cultural learning
- Digital approaches
- Re-imaging services

Keynote speakers include:

- Professor Pim Cuijpers, Professor of Clinical Psychology at the Vrije Universiteit Amsterdam, The Netherlands and Director of the WHO Collaborating Centre for Research and Dissemination of Psychological Interventions, Amsterdam.

- Dr Jijian Voronka, Associate Professor and current program coordinator for the Disability Studies Program, University of Windsor, Ontario, Canada
- Dr Michelle Funk, Unit Head of the Policy, Law and Human Rights team, World Health Organization.
- Professor Mike Slade, Professor of Mental Health Recovery and Social Inclusion, University of Nottingham



www.researchintorecovery.com/ronr2023