

In the news...



the institute of
mental health

Nottingham

Research and Education
Excellence **for Innovation**

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.

Institute of Mental Health announces collaboration with World Health Organization

The Centre for Mental Health and Human Rights at the Institute of Mental Health has been designated as a new World Health Organization (WHO) collaborating centre on Mental Health, Disability and Human Rights.

Under the joint directorship of Professors Martin Orrell (Director, Institute of Mental Health) and Peter Bartlett (Nottinghamshire Healthcare NHS Foundation Trust Professor of Mental Health Law), the designation begins in April 2020 for a four-year term (which can be renewed).

This new collaborative partnership will utilise the knowledge and expertise of the members of the Institute of Mental Health's Centre for Mental Health and Human Rights to support the development and understanding of this area within the WHO's policy, education, legal and advocacy programmes.

Continued on page 2



WHO Collaborating Centre
for Mental Health,
Disabilities and Human Rights

In this issue...

- New study awarded grant to investigate the urge to tic
- Key ethical questions for research during COVID-19
- Digital technology could help youth mental health crisis
- Aggression and brain injury review wins international journal prize
- Call for submissions: exhibition for young artists exploring mental health



Welcome

Our **May 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



The research world is now a very different place as we find ourselves adapting to life under lockdown. As the vast majority of our research activities have been paused and our busy events programme has been suspended, this edition of our newsletter is a little different, but I'm pleased to be able to share a round-up of some positive research news in these challenging times.

We were delighted to receive the news that our Centre for Mental Health and Human Rights has now been designated a World Health Organization Collaborating Centre. This recognises the importance that the WHO places on the expertise and skills of our centre of excellence and its work.

On page 6 we describe how International Nurses Day on 12 May was marked by a new digital exhibition led by Prof Paul Crawford (Centre for Social Futures) launched to commemorate 200 years since the birth of Florence Nightingale.

The exhibition received **[a lot of media coverage](#)**, and featured on BBC Radio 4's Today Programme, The Independent, BBC East Midlands Today and BBC Radio Derby.

For the safety of our colleagues and visitors our building remains shut for the foreseeable future, but you can read all our latest announcements and news by visiting our website **institutemh.org.uk** or following us on Twitter **[@InstituteMH](https://twitter.com/InstituteMH)**.

A heartfelt thank you to everyone who has supported the Institute and our work over the last few weeks, and to our NHS colleagues who are working tirelessly to keep us all safe and well.

Stay home, save lives.

Continued from page 1

Over the next four years the new Mental Health, Disability and Human Rights collaborating centre will:

- Assist WHO in assessing the effectiveness and impact of WHO education programmes relating to mental health and human rights, in particular related to the WHO's QualityRights training programmes.
- Assist the development, maintenance and promotion of WHO resources relating to mental health and human rights – most notably the WHO's MiNDBank web resource of laws and official policies relating to all aspects of mental health and mental disability.
- Work with WHO in the development of best practice guidance related to topics in mental health and human rights – in particular services and supports that promote recovery and human rights for people with dementia in line with UN Convention for the Rights of Persons with Disabilities (CRPD).
- Work under the guidance of WHO, provide advice on legal structures, mental health/disability law, human rights both generally and in the specific context of dementia and also to assist WHO with capacity building.

Professor Peter Bartlett said of the designation:

"Events of the last weeks have highlighted the importance of WHO as the primary body for promotion of health internationally. The current global emergency highlights the importance of a voice for human rights and for people experiencing mental health problems. This has never been more important. We are proud to stand with the WHO in this mission."

Michelle Funk, Unit Head for Policy, Law and Human Rights, Dept of Mental Health and Substance Use at the World Health Organization commented:

"We are excited to embark on this collaboration with the Institute of Mental Health. The wealth of expertise and experience that they bring make them an ideal partner in promoting access to good quality care, services and supports and respect for the rights of people with psychosocial, cognitive and intellectual disabilities in countries across the world."



Click here for more information:
www.institutemh.org.uk

Key ethical questions for research during the COVID-19 pandemic

As new COVID-19 related research projects progress at speed, it is important that they are done so with the same thought and consideration for participants as we would normally provide. Ellen Townsend (Professor in the School of Psychology and Institute of Mental Health) and colleagues from the self-harm research group (Emma Nielsen, Sarah Cassidy and Rosie Allister) expressed their concern in an open access Lancet Psychiatry article earlier this week, encouraging researchers to conduct ethically sound studies.

The group explained the need to write the article:

“We wrote this piece as we had to think carefully about the work we are currently doing and whether it was reasonable and safe to continue it during the pandemic. Some studies we have had to pause. We work closely with people with lived experience so felt confident that we were doing the right thing for our work.

“Then we started noticing the huge volume of surveys and studies being promoted online on the impact of COVID-19. Many of these studies seemed quite worrying in their lack of support or mitigation of the impact that taking part in them might have on participants. We hope that the article will help people review work that they are considering doing, ensuring a clear pathway to impact and involving people with lived experience in a meaningful way.”



PsychStart founders, student-led committee members and Dr Derek Tracy (centre).

PsychStart awards

Dr Tom Hewson and Dr Nikki Thomas and the student PsychStart committee hosted the second PsychStart annual awards evening in March this year. The event was sponsored by the Institute of Mental Health, along with Nottinghamshire Healthcare NHS Foundation Trust and University of Nottingham Cascade.

The prestigious ceremony took place at the University of Nottingham and was attended by over 50 mentors and mentees. Special guests included Dr John Brewin (Chief Executive Nottinghamshire Healthcare NHS Foundation Trust) and Dr Derek Tracy (RCPsych Communicator of the Year).

Since its inception two years ago, over 100 medical students have passed through the PsychStart scheme and there are currently 66 active mentoring relationships. Demand for mentoring in psychiatry is increasing, with over 20 students on the reserve list waiting for mentors. Impressively, over 90% of mentees rate their experience on the PsychStart scheme as good or excellent and a third of students state it has increased their interest in pursuing careers in psychiatry. The scheme has rapidly expanded to three other medical schools and continues to attract national attention and recognition.

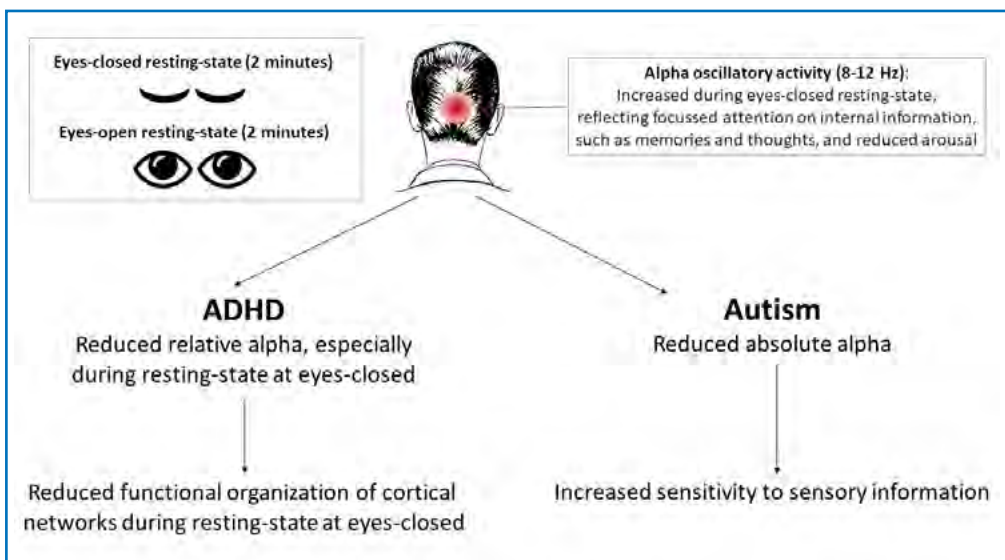
For all the latest updates on PsychStart follow them on Twitter: @Psych_Start

New ADHD eye resting-state data published in Brain Sciences journal

A new paper has been published by Alessio Bellato and colleagues from the Institute of Mental Health in the special issue 'New Advances in Attention Deficit Hyperactivity Disorder (ADHD)' of the journal 'Brain Sciences'.

The authors investigated brain activity in children with ADHD and Autism, during a resting-state session which included an eyes-closed and an eyes-open condition. The results of the study indicate that both children with ADHD and Autism might experience difficulties in filtering sensory information at rest, however children with ADHD might show this difficulty especially during eyes-closed resting-state.

The authors have proposed to create a shared database of resting-state EEG data collected in individuals with different psychological, psychiatric and neurodevelopmental conditions, including ADHD and autism (see osf.io/azkhs if interested).



New study awarded grant to investigate the urge to tic

The Medical Research Council have awarded a grant of £527,000 to Professor Georgina Jackson (Institute of Mental Health and University of Nottingham, School of Medicine), Professor Stephen Jackson (University of Nottingham School of Psychology), and Matthew Brookes, Penny Gowland, and Richard Bowtell (all University of Nottingham School of Physics and Astronomy) to develop novel neuroimaging approaches to investigate the functional anatomy and physical processes that contribute to the urge to tic in Tourette Syndrome.

The new MRC-funded project will investigate a more accurate and reliable way to identify functional brain activity that is associated with the occurrence of premonitory urges in circumstances where tics are effectively suppressed (i.e. there is no tic to use as an external timing event). A key focus of the study will be to investigate the relationship between the parts of the brain that generate the urge-for-action, with those involved in initiating action.



Find out more:

www.institutemh.org.uk

"We are very excited by this project as it allows us for the first time to investigate in detail how the communication between different brain areas leads to the occurrence of tics in Tourette syndrome. In addition, the novel technology developed at Nottingham by our colleagues in Physics will also allow us to study individuals who, because of their severe movement disorder, would be 'unscannable' using conventional brain scanning approaches"



Waterloo Foundation awards new ADHD research grant to Nottingham team

Dr Maddie Groom has been awarded a grant of just over £42,000 to conduct an 18-month study investigating the brain mechanisms behind attention and concentration in adults with attention deficit hyperactivity disorder (ADHD).

The study has been funded by the Waterloo Foundation and is a collaboration with colleagues in the University of Nottingham schools of medicine (Chris Hollis), psychology (Lucy Cragg, Claudia Danielmeier), life sciences (Nic Blockley) and the Beacon in Precision Imaging (Jyothika Kumar) and will fund the work of Institute of Mental Health PhD student, Iman Idrees, who is funded by a Beacon in Precision Imaging studentship. The study will also be supported by colleagues in the Sir Peter Mansfield Imaging Centre, and the Nottingham Adult ADHD Support group who are helping to shape the rationale and design of the study and will help to disseminate findings afterwards.

The study will start in September 2020 and will recruit 25 adults with ADHD and 25 without. Those who take part will undergo a brain scan while they complete different tests of attention. The research will also measure activity in the 'autonomic nervous system'.

This is the system that controls things like heart rate, sweating and changes in the size of the pupils in our eyes. It is responsible for preparing our bodies for activity or calming them down when we rest. It also sends signals to the brain and influences our attention.

There is some evidence that this system might function differently in ADHD and the research team think this might also lead to differences in the way that people with ADHD control their attention. There are both strengths and difficulties associated with this different attentional style and the researchers want to understand more about it. This will lead to further investigations in the future that aim to develop more effective interventions for ADHD that are tailored to an individual's own profile of ADHD.



NIHR recognise STADIA project team's public involvement activities

The [STADIA project's](#) public involvement contributor and researcher shared their experiences of working together with the NIHR's INVOLVE team and featured in their national bulletin.

The STADIA study (STAndardised Diagnostic Assessment for children and adolescents with emotional difficulties) is investigating the impact of a standardised diagnostic assessment tool, in addition to usual clinical care, on the diagnosis of emotional disorders in children and adolescents who are referred to Child and Adolescent Mental Health Services (CAMHS).

The PPI team consists of Colleen Ewart (Parent Co-Applicant and PPI Co-Lead), Alexandra Lang (STADIA PPI Research Co-Investigator) and Ellen Bradley (Research Assistant). Colleen shared her experience of working with the STADIA team, and Ellen provided an account of how she experienced PPI during her recruitment process.



Click here to read the article in the NIHR's INVOLVE archive

Shining a light on the ‘Lady with the Lamp’ on the bicentenary of her birth

To mark International Nurses Day on 12 May a new digital exhibition has launched to commemorate 200 years since the birth of the world’s most famous nurse, Florence Nightingale. Florence Nightingale Comes Home has been curated by experts at the University of Nottingham including its Manuscripts and Special Collections team, [Professor Paul Crawford](#) (Centre for Social Futures/School of Health Sciences) and Dr Anna Greenwood in the School of History.

The exhibition, which is funded by the Arts and Humanities Research Council, was intended to be shown in the Weston Gallery at Lakeside Arts in April. However, the team moved quickly to respond to the postponement of the physical exhibition due to the COVID-19 outbreak by adapting the collection to be shown digitally.

Professor Crawford, who leads the research project funded by the Arts and Humanities Research Council, said: “We are pleased to be able to launch this digital exhibition to mark what would have been 200 years since Nightingale’s birth. The online exhibition is intended to act as a taster for the physical exhibition, which will hopefully be shown at Lakeside Arts at some point later this year.

“Never has the message about the importance of nurses been as pertinent as it is now. Florence Nightingale was a trailblazer for modern medicine and much of what she achieved is still represented in our hardworking NHS nurses today.

“Whilst the current pandemic has meant a delay to our planned exhibition, we still wanted to shine a light on the ‘Lady with the Lamp’ and give the public a glimpse into her fascinating life, which will hopefully provide some welcome relief in these difficult times. In particular, we want to draw attention to the place of the home in her life and work – something that will resonate with the millions of people who have faced social lockdown over recent months.”

Visitors keen to get a sneak peak of the full exhibition, will be able to visit the website and find:

- An introduction to Nightingale and the exhibition, her family roots in Derbyshire, and ‘health at home’ – her work after the Crimean War to improve living conditions with a focus on sanitation and hygiene).
- A gallery of Crimean War photographs
- A virtual ‘turning the pages’ version of a scrapbook of the Crimean War, compiled by Florence’s sister Parthenope.
- A selection of images relating to Nightingale’s life and work



Find out more:
www.nottingham.ac.uk



Youth Justice Reform Programme evaluation

The Ministry of Justice has awarded the contract to carry out an evaluation of the Youth Justice Reform Programme to a research group partnership between the [Centre for Health and Justice](#), Get the Data and a services user group called Leaders Unlocked.

The evaluation will look at the Youth Secure Estate, in particular, the elements of the recent reform programme and how they have impacted upon progress of the Children and Young People (CYPs) within the establishments. The reduction in the number of CYPs in custody over recent years has resulted in a smaller cohort of CYPs but with more complex needs.

In addition to this, there are issues of gang conflict within CYPSE (Children and Young People Secure Estate) settings which impact upon the management of individual young people. The Ministry of Justice introduced a series of reforms aimed at tackling these complex issues and the Centre for Health and Justice, along with their partners, will work with them, the secure establishments and the CYPs to understand their impact.

Digital technology could help youth mental health crisis

MindTech have been awarded £100,000 to kick-start research into how digital technology can be used to help support young people with mental health problems, including those emerging during the COVID-19 pandemic.

The project, which is led by Professor Chris Hollis, Director of MindTech and Professor Ellen Townsend, Head of the Self-Harm Research Group in the School of Psychology at The University of Nottingham, will look at how digital technology could potentially transform adolescent mental health and wellbeing and provide a safe, and supportive, digital environment to tackle the growing crisis of unmet need arising from mental health disorders in young people.

The project will address two key challenges:

- Harnessing digital technologies to identify those young people at risk of mental health problems and developing personalised digital interventions that bridge the adolescent mental health treatment gap.
- Understanding how the digital environment influences, and is influenced by, adolescent mental health problems, brain and cognitive development and what factors promote resilience.



Find out more about the project here:
www.institutemh.org.uk

Meet the new members of MindTech

Becky is the MindTech Patient and Public Involvement (PPI) Coordinator, her role involves developing and delivering the Involvement strategy, whilst working with colleagues across the Institute of Mental Health, other Biomedical Research Council (BRC) themes and national bodies to support the implementation of best practice within PPI.

As well as her own lived experience, Becky brings a history of establishing volunteering programmes, developing mental health services and a recent MSC in Voluntary Sector Management. She joins the team committed to continuing and strengthening the existing PPI offer across MindTech and the BRC Mental Health and Technology Theme through meaningful collaboration at every stage.

Corrine Hendy is the new MindTech involvement team leader, her role involves managing the involvement team and is responsible for the strategic development of involvement within MindTech and Nottingham's Biomedical Research Centre (BRC) at the University. Corrine joins the team having held national leadership roles in patient

and public involvement, research and mental health.

Corrine's roots are in peer support work, using her lived experience to create positive change within any role she works in. In her new role as MindTech involvement team leader Corrine aims to support the involvement team, promote meaningful PPI roles within mental health and technology research, and provide advice on the strategy and direction on involvement activities to MindTech and BRC.



Becky Woodcock



Corrine Hendy

New Principal Research Fellow Promotion



Congratulations to MindTech's Michael Craven, PhD, who has achieved the role of Principal Research Fellow in the latest round of University of Nottingham promotions, having spent the past three decades in research and teaching in the areas of healthcare technology assessment, electronic engineering and computer science, for the most part in Nottingham.

As well as his role in MindTech, he is a member of Faculty of Engineering's Bioengineering research group and the Institute of Mental Health's Centre for Dementia. Additionally, he holds an honorary contract with Nottinghamshire Healthcare NHS Foundation Trust and is Health Economist in the Centre for Healthcare Equipment and Technology Adoption (CHEATA) based at Nottingham University Hospitals, Clinical Engineering.

In MindTech, Mike contributes expertise in design and evaluation of digital health and medical device related interventions and assistive technologies. He has previously conducted health technology assessments and reviews for National Health Service organisations and industry and has contributed to policy on digital mental health.



Click here for more information on Mike's research and teaching:
www.mindtech.org.uk

Volunteer response across Nottingham and Nottinghamshire

With Kate Horton, Public Involvement Co-ordinator



As Public Involvement Coordinator for the Institute I have been involved in a number of calls to support the Volunteer and Community support needs across the system of Health and Social Care. It is incredible to see how professionals in Health and Social Care are working closely together to support our communities in this time and volunteers are invaluable to this. I am fortunate to work with the Involvement Team of Nottinghamshire Healthcare Trust so if you, or someone you know would like to volunteer [please get in touch](#) and I can work with you to find suitable opportunities.

Also if you or anyone you know, might be in need of support in these times there are great places you can refer them to or advise them to self-refer if that helps maintain their own control over who they are in touch with. Both Nottingham City and Nottinghamshire County Councils have updated their websites with Hub information and opportunities to seek

assistance and for ideas on getting help and this includes many smaller self-organised groups and charities.

I continue to be in contact with involvement, volunteering and charity peers and colleagues across Nottingham and Nottinghamshire so if there is something you would like to know about what is happening, where to go for help or to offer your help then please do get in touch and I can work with you to help find the right place.



[Click here for Nottinghamshire City Council Coronavirus advice](#)



[Click here for Nottinghamshire County Council Coronavirus advice](#)

Read the latest articles on [our IMH Blog](#), we have two recent additions about the impact of working from home and changes in routine and how these changes affect research involvement.

‘Working (out) from home – coping by keeping fit’ is written by Debbie Butler, who is one of our long-standing involvement volunteers.

‘Research (Involvement) in the time of Corona’ is written by Kate Horton, shared her experiences of involvement activities as the pandemic started to take effect in early April.



Annual publication award winners announced at IMH Research Day

Every year the Institute hosts its publication awards to celebrate and promote the publications produced in the fields of mental health or intellectual disability research by people working within Nottinghamshire Healthcare NHS Foundation Trust, The University of Nottingham or affiliated to the Institute of Mental Health.

The six category winners for this year are:

1. Best overall publication – joint winners

It was agreed to jointly award this prize to both Fiona Ng and Paul Briley for their respective publications:

- “The mechanisms and processes of connection: Developing a causal chain model capturing impacts of receiving recorded mental health recovery narratives” (Ng F, Charles A, Pollock K, Rennick-Egglestone S, Cuijpers P, Gillard S, van der Krieke L, Bongaardt R, Pomberth S, Reppe J, Roe J, Llewellyn-Beardsley J, Yeo C, Hui A, Hare-Duke L, Manley D, Slade M, 2019 BMC Psychiatry, 19, 143)
- “Explaining why childhood abuse is a risk factor for poorer clinical course in bipolar disorder: a path analysis of 923 people with bipolar I disorder” (Marwaha S, Briley PM, Perry A,

Rankin P, DiFlorio A, Craddock N, Jones I, Broome M, Gordon-Smith K & Jones L, 2019 Psychological Medicine, published online ahead of print, DOI: 10.1017/S0033291719002411).

2. Best publication when the author has no more than six previous publications

Joy Llewellyn-Beardsley

for her publication “Characteristics of mental health recovery narratives: systematic review and narrative synthesis”. Llewellyn-Beardsley J, Rennick-Egglestone S, Callard F, Crawford P, Farkas M, Hui A, Manley D, McGranahan R, Pollock K, Ramsay A, Tore Sælør K, Wright N, Slade M (2019)., PLOS ONE, 14, e0214678

3. Best publication flowing from work during doctoral studies or as part of a doctoral dissertation

Emma Nielson for her publication

“These Things Don’t Work.” Young People’s Views on Harm Minimization Strategies as a Proxy for Self-Harm: A Mixed Methods Approach, Archives of Suicide Research. Ruth Wadman, Emma Nielsen, Linda O’Raw, Katherine Brown, A. Jess Williams, Kapil Sayal & Ellen Townsend (2019)., DOI: 10.1080/13811118.2019.162466

4. Best publication by an employee of Nottinghamshire Healthcare NHS Foundation Trust who does not have a substantive contract with a university

Sam Malins for his publication “Extending the use of routine outcome monitoring: predicting long-term outcomes in cognitive behavioural therapy for severe health anxiety”. Malins, S., Moghaddam, N., Morriss, R., & Schroder, T. (2019). Psychotherapy research. doi:10.1080/10503307.2019.1657250

5. Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health services

Joy Llewellyn-Beardsley (entry 2) for her publication “Not the story you want? Assessing the fit of a conceptual framework characterising mental health recovery narratives”. Llewellyn-Beardsley J, Rennick-Egglestone S, Bradstreet S, Davidson L, Franklin D, Hui A, McGranahan R, Morgan K, Pollock K, Ramsay A, Smith R, Thornicroft G, Slade M. Social Psychiatry and Psychiatric Epidemiology, doi: 10.1007/s00127-019-01791-x

6. Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services

Blandine French for her entry www.adhdinfo.org.uk – Understanding Attention Deficit Hyperactivity Disorder in primary care, an online education course.



Aggression and brain injury review wins international journal prize

A systematic review of assessment measures for aggression following Acquired Brain Injury (ABI) has been awarded second prize in The Henry Stonnington Awards, an annual publication prize in the international Brain Injury journal. The review was conducted by Stephanie Whitwham (Trainee Forensic Psychologist, Nottinghamshire Healthcare NHS Foundation Trust) when she was a doctoral student supervised by Dr Katy Jones (CANDAL, Centre for Dementia).

“Assessing aggression following Acquired Brain Injury (ABI): a systematic review of assessment measures” was originally published in August 2019; the team of judges from Brain Injury evaluated all the review articles from the previous year and were particularly impressed with the “exceptional quality of the manuscript”.



Click here for more information:
www.institutemh.org.uk



How do you think health data should be shared and used?

The CLIMB Project is a national survey gathering patient and public opinions on sharing NHS health data across the UK, for both healthcare and research purposes.

The Research Delivery team within Nottinghamshire Healthcare NHS Foundation Trust are helping to publicise this new project and are encouraging service users, carers and staff from the Trust to share their opinions. The survey is open to anyone over the age of 16 living in the UK and is looking to find out more about:

- How much people understand about health data sharing?
- How should identifiable and de-identified health data be shared (or not)?

- Who are you willing to share your data with?
- Would you be willing to share all of your health data equally (for clinical or research purposes)?
- What might a health data consent form look like?

The survey is anonymous, and your answers will help the NHS to decide how it uses health data in the UK. The survey will ask you where you heard about the project – please select “Nottinghamshire Healthcare NHS Foundation Trust” - this is very important so that the researchers can track which parts of the UK have contributed to the survey.



The survey is available to complete online and takes approx. 20 minutes, please remember to select Nottinghamshire Healthcare NHS Foundation Trust. Visit: www.climbproject.org.uk



Japanese colleagues visit Nottingham mental health recovery experts

In February, Professor Mike Slade hosted an event with ImROC (Implementing Recovery through Organisational Change) at the Institute of Mental Health for visitors from various hospitals and universities across Japan, the group included a range of disciplinary and professional backgrounds.

Mike Slade and his Recovery Research team each presented on their individual research projects and specialisms. Dr Laurie Hare-Duke discussed: ‘Social connectedness in mental health: What is it and can it be increased?’. PhD student Ashleigh Charles gave a presentation called: ‘Using Peer Support in Developing Empowering Mental Health Services: overview of the UPSIDES project and findings so far’. Dr Stefan Rennick-Egglestone gave an overview of the Narrative Experiences Online programme (NEON) and Dr Fiona Ng concluded the day with a presentation how recovery narratives create change.

Looking after the wellbeing of our workforce

The new Wellbeing of the Workforce (WoW) study is investigating how people's work and employment has changed because of COVID-19, whether this has affected their wellbeing and feelings about work, and what might be helping people to cope with the current uncertainties.

We know that peoples' experiences of working during the COVID-19 have been very different: those who have remain employed may be experiencing challenges of working from home or facing additional demands as key workers; those who have been 'furloughed' by their employer may be facing concerns about their job re-starting; those on zero hours contracts or who have been made redundant due to COVID-19 are likely to be facing financial difficulties; and the self-employed may be in a similar situation due to the inability to work due to lockdown restrictions. This study aims to understand how these different experiences have affected people's wellbeing, their feelings about their work and their future employment, and whether certain sources of support or resilience help to protect people from some of the possible negative experiences.

People who take part in the study will be asked to complete a survey asking about recent changes to how they work, their health and well-being, and how they feel about the support they are getting from their employer as well as their family and friends. We will ask people who complete our survey to do so again at later dates, so we can see how things might change for them over time. The survey takes about 15 to 20 minutes to complete the first time but is shorter when completed later.

We will also interview people to find out more details about their experience of working or being furloughed during the COVID-19 outbreak. Again, we will ask if we can repeat the interviews a few months later to see how things have changed for people.

The findings will help us to develop recommendations and guidance for individuals, employers and policy makers on how to support the well-being and resilience of the workforce. We will share the findings through reports, policy briefings, webinars and podcasts.

To take part in the online survey, follow this link:
nottingham.onlinesurveys.ac.uk/wowstudy

To find out more about the interviews, or to take part in an interview, email the study team:
WoWstudy@nottingham.ac.uk

Follow us on Twitter: [@WoWStudyUK](https://twitter.com/WoWStudyUK)



Call for submissions: exhibition for young artists exploring mental health

Every year the Institute holds an open art exhibition, inviting members of the public from across the UK, and beyond, to submit their artworks linked to a mental health theme.

This year we want to focus on the amazing creative talents of young people aged 13 -25 years. As we're living through some challenging times right now, we're keeping this year's mental health theme quite broad and we would like to see work that relates to young artists' own experiences, or just reflect how young people are affected by mental health.

There are two age categories for submissions:

- 13 – 17 years
- 18 – 25 years

We aim to open the exhibition in September 2020. The exact opening date will be confirmed closer to the time. The deadline for submission is 10th July 2020.



A maximum of two pieces of artwork can be submitted for consideration in the exhibition – apply with a photograph of each work and a short description. You can apply online using the form on the City Arts website, or you can download the form as a Word Document for email/postal submissions.



Click here for more information:
www.institutemh.org.uk



Have you been online for any reason in the last month? If so, we want to hear from you.

ReEnTrust is an interdisciplinary and collaborative project between the Universities of Nottingham, Oxford and Edinburgh. One of the aims of this project is to examine online wellbeing, and how this relates to trust.

We are currently running an online questionnaire which should take around 20 minutes to complete. You must be aged 16 years old or over to take part. The questionnaire will ask a series of questions about your online activity in the past four weeks and ask you to rate statements about your experiences in terms of how true they are for you.

Your participation may help us understand how spending time online affects your wellbeing, and how this might be related to trust. This will help us to develop a measure for assessing online wellbeing and trust.

There will also be the opportunity to enter a prize draw for shopping vouchers (1x£100, 2x£50, 4x£25). There are no risks to taking part. We will not ask for any sensitive information and you will not be able to be identified from your responses.



Click here to take part