

Patient and Public Involvement in Mental Health Research Newsletter

East Midlands Mental Health Research Network

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"TIME to Dig Deeper"



The East Midlands Mental Health Research Network (EM MHRN) held its second stakeholder, Reflections and Directions event, called "Time to Dig Deeper", on February 23rd 2007. The event was attended by over 90 people. The keynote speaker was Diana Rose from SURE (Service User Research Enterprise) based at the Institute of Psychiatry. Diana's message was that service users need to "be tough" when engaging in research activities. Jan Wallcraft from SURGE (Service User Research Group England) told us about the different levels of involvement and the morning finished with a series of 5 workshops ranging from one which focussed on the collaborative CRHT (Crisis Resolution and Home Treatment Teams)

research study facilitated by the CI (Chief Investigator) Becky Shaw to "Informed Consent" facilitated by Professor Peter Bartlett and Dr Tim Calton. The CRHT workshop had commissioned an artist to produce a DVD about the experience of being involved in the collaborative study and this was discussed in the workshop. If anyone would like a copy of the DVD, please contact Joanne Greenwood on Joanne.greenwood@nottingham.ac.uk or 0115 9691300 x48809. The afternoon began with a presentation by Gemma Bertram who led us through the findings of the Arts We Can research study. This was followed by presentations by the Trial Managers of the EM MHRN hosted studies and the day concluded by some lively debate with the panel. An evaluation can be obtained from Joanne Greenwood.

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TIME (Together In Mental Health Research)



TIME is an informal learning space for service users, carers, and researchers. It is a joint venture with Nottinghamshire Healthcare NHS Trust and is facilitated by Jean Sharp (jean.sharp@nottingham.ac.uk).

TIME meets every six weeks to discuss progress on its various workstreams and involvement opportunities. Please get involved by contacting Jean or Joanne: 0115 9691300 x48809. There have been informal discussions about Wellness Recovery Action Planning (WRAP) and Primary Care so far.

Contact Details:

Jean Sharp,
East Midlands MHRN
Division of Psychiatry,
Duncan MacMillan
House,
Porchester Road,
Nottingham. NG3 6AA

Tel 0115 9691300 ex
48809

Jean.sharp@nottingham.ac.uk

Examples — TIME workstreams

... continued from page 1.

A template CV for Service User and Carer Researchers.

Audit how we're doing involving service users, carers, patients and the public in our work

The two work streams listed above are being worked on during the same meetings. We are a small informal, friendly group who meet approximately every 6 weeks. New members are more than welcome. We have collected information on CV's and version 1 of a CV that a group member has put together has been reviewed by the group and looks very promising. The Audit work stream is also progressing well, we have started to devise the criteria which we will use to audit the Hubs' work in involving service users and carers, and would like to have a trial run of using this tool on one of the other work streams in the near future.

If you would like to be involved please contact Laura Meredith on laura.meredith@nottingham.ac.uk

TriMe

(Trials in Mental Health)

<http://www.trime.org.uk>

This web site is for the UK general public. It aims to:

- Give you information about mental health research that is happening, so you can think about getting involved.
- Help you make informed choices about the best research for you.
- Improve recruitment into high-quality mental health research by improving communication between you and the people running the trials.
- Contribute to a better understanding of mental health research by the public.

PPI achievements, a flavour...

- Joint appointment with Nottinghamshire Healthcare NHS Trust, of a Patient & Public Involvement (PPI) Research Liaison Officer to provide "one way" into mental health research
- Two events dedicated to PPI in mental health research
- Facilitation of the Crisis Resolution Home Treatment team study with a Service User Researcher as the Chief Investigator
- Signposting Service User and Carers to research areas of interest to them e.g. Managed Innovation Networks, Research bids, hosted national studies
- Networking with Service User and Carer Groups and the Voluntary sector and raising the profile locally of PPI in mental health research
- Establishment of the TIME (Together in Mental Health Research) group which meets every 6 weeks and its workstreams

CRHT study—the experience of being cared for by the Crisis Resolution Home Treatment Teams

The CRHT study now has Local Research Ethics approval. The study team are seeking Trust R&D approval in Nottinghamshire and Lincolnshire. Research training for the Service User and Carer interviewers has been commissioned from

Making Waves, a service user involvements organisation in Nottingham, and will be happening soon. If you are interested in this study please contact Jean Sharp on 0115 9691300 ex 48809 or jean.sharp@nottingham.ac.uk.

Words & Numbers—19th October 2007

The next event "Words & Numbers" will be held at the University of Lincoln. This event will take forward the themes which emerged from the February event. A planning group is in the process of getting together which is being facilitated this time by Debbie Butler. You can contact Debbie by emailing Joanne Greenwood: joanne.greenwood@nottingham.ac.uk or 0115 9691300 x 48809, if you would like to be involved in either planning the event or if you have some mental health research which demonstrates meaningful service user and carer involvement which you would like to present. The workshops evaluated well at the last event, so if you would also like to hold a workshop then please contact us. The themes we would like to explore are around "Service User & Carer Involvement in RCTs (Randomised Controlled Trials)", "Overcoming barriers to involvement from a researchers perspective", "Overcoming barriers to involvement from a service user or carer's perspective" and "Practical involvement". If you are a service user or carer and have been involved in commissioning research or in putting together research bids we would also like to hear from you. Please contact either Debbie or Ann Priddey (ann.priddey@nottingham.ac.uk) on 0115 9691300 x48809.

UKCRN and courses

Anyone involved with the work of the Hub can access through the Hub, courses run by the UKCRN. Here are some currently available:

An Introductory Guide to Mental Health Research for Lay People		
30 May 2007	Sheffield	35 places
15 November 2007	London	39 places
Developing Best Practice Through Patient and Public Involvement		
8 June 2007	Birmingham	22 places
20 November 2007	Leeds	39 places

If you are interested in attending please contact Jean Sharp.

New Carers Programme in the UK MHRN—FACTOR is launched

My name is Geraldine Mason and I joined the MHRN in mid April as Co-ordinator of the Carer Research Initiative, which is now named:

F A C T O R

Families/Friends And Carers Together in Research

I will be working full-time for the FACTOR programme, and Dr Vanessa Pinfold is the Operational Manager. We are based in the Sainsbury Centre alongside SURGE. The programme aims to help the MHRN support carer involvement so that carers can become partners in research alongside mental health service users, academics and clinicians.

At this stage I am finding out about the MHRN, and needing to get a better idea of the opportunities for carers to be involved in research. My first task will be to meet carers who have been actively involved with hubs to find out what their experience has been, what they want to see accomplished and what help they need. I will then be running a series of workshops and setting up a network of carers who can be put in touch with the hubs. I am looking forward to attending hub events.

Dr Geraldine Mason, Co-ordinator, FACTOR
Sainsbury Centre for Mental Health.

Geraldine.mason@FACTOR.scmh.org.uk

The Mental Health Research Network aims to overcome deficiencies in Mental Health Research by delivering timely, large scale research, which is sophisticated in its choice of methods and perspectives, relevant to the NHS, competitive in quality and cost, credible with service users, carers and professionals, and real implications for practice. The East Midlands Hub is a partnership between Nottinghamshire Healthcare NHS Trust, Lincolnshire Partnership NHS Trust, The University of Nottingham, and The University of Lincoln.

East Midlands Hub People

Hub lead	Dr Hugh Middleton, University of Nottingham
Deputy Lead	Dr Brian Ferguson, Lincolnshire Partnership Trust
Primary Care Lead	Professor Niro Siriwardena, University of Lincoln
Social Care Lead	Professor Justine Schneider, University of Nottingham
Hub Manager	Ann Priddey
Clinical Studies Officers	Sandra Creasey, Laura Meredith, Matthew Horrocks, Michaela Stevenson

Keeping in Touch

If you would like to receive further newsletters, or wish to become involved in mental health research, please complete the following and send to the Hub Secretary:

Full Name:

Address:

Email:

Telephone:

Fax:

Are you a: Service User Carer Clinician Researcher

Preferred way of receiving communications from us: Email Post Phone

Please indicate your broad areas of interest (circle as many as apply):

Addiction Adult Mental Health Assertive Outreach Child & Adolescent Mental Health