

BRIEFING UPDATE – DECEMBER 2017/ JANUARY 2018

IMH Research study 'VOICE' – helping clinicians improve their knowledge, confidence and skills at communicating with patients with dementia



A recent IMH research study (VOICE) which looked at how healthcare professionals could improve their knowledge, confidence and skills at communicating with patients with dementia has resulted in the development of an evidence-based communication skills training course which includes a range of teaching methods including simulation, reflection and video workshops together with discussion and presentations to teach dementia communication skills.

Professor Rowan Harwood, Consultant Geriatrician & Professor in Geriatric Medicine at NUH explains, "This was a Nottinghamshire Healthcare Trust-sponsored

research project in which we used conversation analysis to study encounters between healthcare professionals and patients with dementia in hospital, before developing and evaluating a two day, simulation-based, teaching intervention for experienced healthcare professionals, working with Trent Simulation Centre at QMC. We are keen to share the findings and build clinicians' skills."

The first two courses are being run in January to March. Booking details can be found on the IMH website: <http://www.institutemh.org.uk/x-news-and-events-x/current-events>

Halloween happenings at the IMH



The IMH's Jack Tomlin proved his pumpkin carving prowess by winning our seasonal spooky spectacular. He is pictured here receiving his prize from Chrissy Bailey, PA to the Associate Director of the IMH.



Guess the weight of Pudsey for Children in Need!

Bethan Davies and the NIHR MindTech Team say thanks to everyone who donated to guess the weight of the homemade Pudsey bear! In total we raised £73. The winner was Nick Bullimore – who guessed the correct weight of 163g.



Research Excellence for Innovation



Celebrating and promoting the work of psychiatry trainees – IMH awards the 2017 Duncan MacMillan Essay Prize

IMH has recently awarded the 2017 Duncan MacMillan Essay Prize for psychiatry trainees in the UK. The competition sought essay entries on 'The next big thing in psychiatry research'. The winner was Dr Zehra Zaidi, Core Trainee Year 1 (working in Bridgend, Wales) and the second prize went to Dr Jon Gibson, Core Trainee Year 2 (Leicestershire Partnership NHS Trust). Professor Martin Orrell presented the prizes at the Royal College of Psychiatrists (Trent Division) Annual Conference 2017 on 22 November.

Introducing IMH's new Head of Education, Mark Holmes

We are delighted to welcome IMH's new Head of Education who has recently taken up his post. Mark Holmes has been a mental health nurse for 25 years and has developed services in both primary and secondary care. He has twice received Nursing Times Awards; Mental Health Nurse of the Year in 2012 and Team of the year 2016. He has co-authored nationally influential publications including the Blue Light Project and the role of alcohol liaison in secondary care.

Mark says, *"I'm excited to be on board; IMH has such huge potential to build on a strong foundation of partnership working across both the Trust and the University with access to a plethora of experts in so many fields. I'm also in the process of making contact with a range of new stakeholders, including the police, schools and the Institute of Directors."*



Don't miss "Roots" art exhibition – open until 5 January 2018



IMH marked World Mental Health Day on 10 October with the launch of a new solo arts exhibition by Nottinghamshire artist Angie Martin. 'Roots' is the tenth major exhibition staged by the Institute and it runs until 5 January 2018. The exhibition considers the concept of recovery in mental health, drawing parallels with nature and the need to nourish the roots and encourage growth.

Angie Martin said: *"Painting has taught me to be 'here now' and how to connect to my 'natural self'. My paintings mirror the connection between nourishment for the growth, individuality and beauty of trees and humans."*

Everyone is welcome - free open public access to this exhibition on weekdays 10.00am to 4.00pm on the ground floor at IMH.

Fresh new look for IMH

The current brand of the Institute of Mental Health has been around since 2009 and with the changes made in the Institute in the past eight years we knew it was time for a re-fresh. The branding guidelines have been given an update and the slightly re-styled new look is due to be unveiled very soon – with a new website planned to follow shortly after. Watch this space...

Celebrating World Mental Health Day

IMH research assistant Rebecca Toney attended [Carnival MAD](#) as part of World Mental Health Day in October. She says: *“Julie Gosling chaired the day and many brave people took to the stage to demonstrate their personal strategies for wellbeing. I was struck by how many of these were non-verbal. Hula-hooping, belly-dancing and a jaunty tune on the fiddle resonated more for me than words or pictures. It’s impossible to hula-hoop and not smile. It’s impossible to shimmy and not giggle. It’s impossible to listen to a tune that dances and to stay slouched and crouched in your mind.”* Rebecca is now considering how best to incorporate these insights into improving mental health in the workplace – the theme of World Mental Health Day.



Dr Stefan Rennick-Egglestone, Programme Co-ordinator, Personal experience as a recovery resource in psychosis: Narrative Experiences Online (NEON), said of the MAD event: *“It seemed to me that a community had formed, and that the event was an expression of the beliefs and values of this community. This shows the power of what Julie (Gosling) and helpers have created through their efforts – four years of effort have led to a new community, with a unique character – one that is very open and supportive, and clearly beneficial to those involved.”* Dr Julie Gosling added: *“Carnival Conference MAD continues to grow from strength to strength and finds new creative heights of being together in mutual and deeply healing spaces.”*

To mark World Mental Health Day, the European Union published [Good Practices for Mental Health guide](#).

New role for Elvira

Elvira Perez Vallejos has joined the new NIHR Biomedical Research Centre at the Institute of Mental Health in her new role as Associate Professor of Digital Technology for Mental Health. You can read more about this appointment on the [Horizons website](#).

Latest posts on the IMH blog

Don't miss the latest posts on the [IMH Blog](#):

- **17 November:** Ellen Townsend: Small talk saves lives
- **10 November:** Theodore Stickley: Singing for enjoyment, mental health and wellbeing. The Nottingham People's Choir
- **27 October:** Rebecca Toney: Actions speak louder than words
- **16 October:** Trevor Clower: A Carer's Life is ...
- **29 September:** Fiona Birkbeck: Hands-on healing and the rise of the machine

If you have an idea for a blog post, here's how to contribute: <https://imhblog.wordpress.com/posts/>

Focus on Patient and Public Involvement

Progress on patient and public involvement



The IMH has developed a reputation for hosting a range of exciting initiatives that demonstrate real partnership between patients and the public, researchers and clinicians. Patient and public involvement (PPI) has improved research, teaching, conferences, publications and the delivery of high-quality, evidenced-informed care. However, these innovations have not always been co-ordinated, so effort is sometimes duplicated and opportunities are restricted. To address these issues, Peter Bates is working as interim PPI Lead at the Institute for two days a week, reporting to Maxine Clift, Associate Director. Over the next few months, we will support local PPI activities, identify best practice and broaden opportunities for working together. Elsewhere, Peter is keen to promote the new national Green Light Toolkit and discussion forum, helping mental health services respond effectively to people who have autism or learning disabilities in addition to mental health difficulties. For more information, contact peter.bates@nottshc.nhs.uk

Supporting PPI in the Centre for Dementia

The [Centre for Dementia Patient and Public Involvement \(PPI\) group](#) is encouraging more people to get involved in their varied activities. Opportunities include taking part in monthly meetings, giving presentations, learning new skills and supporting specific research projects.

The purpose of the group is to improve quality of research projects by 'sense-checking' with people who have gained expertise through their experiences of dementia. The group also promotes dementia-rights, because people who may be impacted by research or a new service have a right to be consulted in the design and development phase. Further information from neil.chadborn@nottingham.ac.uk



Projects in dissemination

Dementia – latest research findings

Recent research, involving Professor Martin Orrell, has revealed that marriage and having close friends may help protect against dementia. It made the front page of the Daily Express <https://www.express.co.uk/life-style/health/872891/Stay-married-halt-Alzheimers-close-relationship-cuts-risk-dementia> and the BBC News website: <http://www.bbc.co.uk/news/health-41780686>

Sharing learning from the VALID study

People with dementia, and their carers, generally prefer to live at home for as long as possible and avoid having to go into hospital or into care homes. Advice and skills training from an occupational therapist could help people with dementia maintain their independence so they're able to stay at home for longer. These are insights gained from the [Valuing Active Life in Dementia \(VALID\) study](#), funded by the NIHR and recently featured in their [website news](#) in an article by Professor Martin Orrell, IMH Director.

New Projects

Working with survivors of modern slavery

The Rights Lab (part of IMH/University of Nottingham Beacon of Excellence) aims to fuse together high quality academic research with real-world application, to help end contemporary, global slavery within our lifetime. The Rights Lab incorporates 16 projects, one of which is the Care and Custody Lever. There are 46 million people in slavery in the world and Dr Nicola Wright is co-leading pioneering work, alongside Dr Melanie Jordan, on the impact of modern slavery in mental health, strongly supported by the University's Beacon Initiative on Human Rights.

Study spotlight on notable nurse

Professor Paul Crawford and Dr Anna Greenwood at the University of Nottingham will be working with colleagues at Derby Teaching Hospitals NHS Foundation Trust, Derby University, Derwent Valley Mills World Heritage Site, Florence Nightingale Foundation and the British Library on a new study into the life of Florence Nightingale in Derbyshire. The study, funded by an Arts and Humanities Research Council grant, will help increase the visibility of this unique figure in the history of nursing and how she lived and worked in Derbyshire and across the East Midlands. Professor Crawford and his team are keen to hear from anyone who has valuable information or resources related to Florence Nightingale in Derbyshire, Nottinghamshire or the wider East Midlands.

Email: paul.crawford@nottingham.ac.uk.



Projects in progress

Latest news on Digital Technology for Mental Health project: Asking the right questions #DigitalMHQ

This MindTech-led project is seeking to identify the top 10 unanswered questions about using digital technology for mental health. The project was launched in the spring and attracted 600 responses and 1,500 questions. It is now time to choose the 10 questions that are most important via their [survey](#). If you want to find out more about the project, visit www.mindtech.org.uk/DigitalMHQ

Psychosis Study, supported by NIHR Clinical Research Network – East Midlands, on national TV

The PPIp2 study (Prevalence of Pathogenic Antibodies in Psychosis) is the Observation Trial from which antibody-positive participants are recruited into the SINAPPS 2 study, aiming to test a potential treatment for antibody-mediated symptoms of psychosis. Linked to this, the SINAPPS 2 (Study of Immunotherapy in Autoantibody Positive Psychosis) is soon to open in Nottingham. The team here, led by Principal Investigator Eileen O'Regan and Research Nurse Kate Bransby-Adams, has consistently been among the top recruiters of the 35 national sites since it opened in 2013.

Chief Investigator, Professor Belinda Lennox, featured again on BBC1 on Wednesday 1st November, in a 'mental health special' episode of *"Trust Me I'm a Doctor"*, talking about antibodies in psychosis. The episode is available on BBC iPlayer until 10 December, so be sure to check it out and circulate it among anyone who might be interested. Just follow this link:

<https://www.bbc.co.uk/iplayer/search?q=Trust+Me+I%28%80%99m+a+Doctor>

Post-Graduate Research

Useful tool for PGR students

ThinkWell has a number of free templates and guides available to assist with writing, planning and collaboration. Although aimed at PhD students, these free tools can be used by researchers/project managers at any stage.

http://www.ithinkwell.com.au/resources?utm_content=buffer27b1a&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

IMH Publication Awards 2017

We are now accepting entries for our annual Publication Awards, looking to highlight the best publications produced during 2017. Prizes will be presented at the IMH Annual Research Day in May. The Awards aim to celebrate and promote the work of people within Nottinghamshire Healthcare or at the University of Nottingham working in the fields of mental health or learning disability. Nominations are welcome from all disciplines relevant to these fields. The prize categories are:

- Best overall publication
- Best publication, when the author has published no more than six previous publications
- Best publication flowing from work during doctoral studies or as part of a doctoral dissertation
- Best publication by an employee of Nottinghamshire Healthcare who does not have a substantive contract with a university.

Category winners will receive £100 each (to be given as a voucher). Nominations may be by the author or by others. Professors are not eligible for prizes. Closing date: 31 March 2018.

More information [here](#).

Post-Doctoral Writing Group

Meeting on the last Friday of every month at IMH

Dates: 31 January, 2 February, 28 February

Venue: B27, IMH

The aim of the group is to provide a dedicated time and space every month for staff to write.

[More information](#) including new meeting dates for 2018.

Please email Fiona.marshall2@nottingham.ac.uk for further details.

Arts at the IMH

Arts event for care homes

The Nottinghamshire and Derbyshire EnRICH Forum, funded through the ESRC IAA programme, has hosted a showcase of arts activities that can be carried out in care homes. Partners including the National Institute for Health Research, the Economic and Social Research Council, University of Nottingham faculties of Social Sciences and Medicine, and Nottingham Lakeside Arts came together to stage the event at the Djanogly Theatre. Learning from the event will help care home managers and activity co-ordinators maximise the potential of arts activities, aiding the wellbeing of residents.

IMH winning artist to host solo show

Artist [Gennadiy Ivanov](#), who won a highly commended prize at the 2015 IMH and City Arts exhibition 'Dreams, hurt, hope, happiness' is set to hold a solo exhibition at Norwich's Undercroft Gallery in July 2018.



Dance and dementia workshop

IMH recently hosted a two-day training course led by Andrea Haley on facilitating dance and movement with older people with limited mobility and/or dementia. Attendees included activity co-ordinators, dance artists, care home activity co-ordinators and staff, and students of dance. Participants learned techniques to make dance a meaningful activity and how to use movement to promote engagement, mind-body connection and promote a sense of self. Nora Marsh wrote: *"I've had a fantastic day, our group is so friendly I didn't want it to end."* If anyone is interested in a future training course, please contact Justine.Schneider@nottingham.ac.uk



Symposium on health humanities

The Creative Practice as Mutual Recovery Consortium, part of the Centre for Social Futures, has hosted an [international symposium](#) on Health Humanities and the Arts in Mental Health. The event on November 27 and 28 at Derby Enterprise Centre explored the latest research and evidence-based practice.

A film made by the Consortium and Sheffield Vision with executive producer Professor Susan Hogan, a fellow of the IMH, was shortlisted for the Arts and Humanities Research Council's 2017 Research in Film Awards. The film, called 'Mothers Make Contemporary Art', made the finals in the innovation category. In other news for the Centre for Social Futures, the Creative Practice as Mutual Recovery project has been featured in a new [Arts and Humanities Research Council report](#) exploring mental health and wellbeing.

International news

Mental Health in the workplace – IMH contributing to national and international work



IMH's Prof Stavroula Leka from the Centre for Organizational Health & Development (COHD) has been leading work for the World Health Organization (WHO) on the promotion of mental health in the workplace. COHD has been a WHO collaborating centre for occupational health since 1992. COHD is best known for the impact of work on the management of psychosocial risks and the promotion of mental health in the workplace. WHO guidance documents produced by the COHD were included in WHO's [information sheet](#) on mental health in the workplace, released on this year's World Mental Health Day.

Professor Leka was invited by the University of Nottingham Vice Chancellor, Professor Shearer West, to attend the 'University of Nottingham in Westminster' reception on Monday 20 November, with the Director-General of the World Health Organisation, Dr Tedros Adhanom Ghebreyesus. This annual reception, launched last year at [Nottingham in Parliament Day](#), is attended by senior alumni and friends of the University of Nottingham from across the world. This year the event was hosted by Nottinghamshire MP Anna Soubry.

Global experts discuss neuro-developmental disorders

The IMH has recently hosted a day of talks by leading experts in neuro-developmental disorders. The 'Measuring and Modulating Brain Networks in Health and Disorders' meeting considered research on atypical cognitive development, Tourette Syndrome and Obsessive Compulsive Disorder. Speakers from Paris, London, Cambridge, Nottingham and Washington St. Louis shared their clinical and research expertise on topics including deep brain stimulation, brain imaging and the use of non-invasive brain stimulation. The following day a successful public event was held focusing on the diagnosis and treatment of Tourette Syndrome.

Professor Birgit Völlm elected Co-Chair of forensic section of the World Psychiatric Association



IMH Professor Birgit Völlm, Chair in Forensic Psychiatry, has been elected co-chair of the forensic section of the World Psychiatric Association at the recent WPA conference in Berlin, following serving as secretary for three years. The section is one of the most active sections of the WPA and has produced two guidance documents (on expert opinion and prison psychiatry) which has been helpful particularly for countries just developing forensic services.

Professor gives keynote speech in Slovenia

Professor Kevin Browne, Director of the Centre for Forensic and Family Psychology at the University of Nottingham, has delivered a keynote address to the Slovenian Medical Society Congress. He gave a talk on the effects of media violence and pornography on the behaviour of young people and was also interviewed by Slovenian TV news about the subject.

IMH events – up and coming ...

"Roots" – Art exhibition – open until 5 January 2018

Venue: Ground floor, IMH **Artist:** Angie Martin

Free open public access to this exhibition at the IMH on weekdays 10.00am to 4.00pm.

Last SoFu seminar of 2017

Date: Thursday 7 December 2017, 10am to 12 noon

Venue: A07, IMH

The Domestic Violence and Abuse Integrated Research Group of the Centre for Social Futures plays host to Rebecca Thompson who will speak on 'Change that Lasts

- a strength-based, needs-led, trauma-informed response to domestic abuse'.

Contact: julie.mcgarra@nottingham.ac.uk



East Midlands Dementia Day

Date: Tuesday 12 December 2017

Venue: Post Graduate Education Centre, City Hospital Campus, Nottingham University Hospitals NHS Trust, Hucknall Road, Nottingham NG5 1PB

Topic: best practice and current issues in dementia care, including hearing, brain imaging, communication, falls, acute hospital care, delirium and end-of-life care.

[See flyer for further information](#) or contact Professor Rowan Harwood Rowan.harwood@nuh.nhs.uk

Centre for Dementia Seminar Series 2017 – Final date this year

Date: Thursday 14 December **Time:** 11.30am – 12.30pm **Venue:** Room A08, IMH.

Speaker: Professor Justine Schneider (University of Nottingham)

Title: What makes good home care for people with dementia? [Abstract](#).

To register please email Jill.Charlton@nottingham.ac.uk

VOICE: A communication skills training course training course for healthcare professionals caring for people living with dementia

Course 1: 26th January 2018 (9.00 - 5.00pm) and 2nd March 2018 (8.30- 1.30pm) **OR**

Course 2: 26th February 2018 (9.00 – 5.00pm) and 26th March 2018 (8.30 – 1.30pm)

Both courses have the same training content i.e. course 2 is a repeat of course 1.

Venue: Trent Simulation Centre, Queens Medical Centre, Nottingham

Cost: £250.00pp per course for both days

[See flyer](#) for more information [Registration form](#)

Save the date! BIGSPD 19th Annual Conference 2018, Cardiff

Date: 20th – 22nd March 2018

Venue: Mercure Cardiff Holland House Hotel, Cardiff CF24 0DD

This conference will feature a number of inspiring speakers on the latest developments in research on personality disorders and will be a fantastic opportunity to share best practice and work together to improve services for personality disorder.

More information: [BIGSPD website](#)

Registration opens on 3 January 2018



Articles for the next newsletter to be submitted by 15 January 2018 to carole.appleby@nottshc.nhs.uk



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