MH-ALL
Celebration
Event

SEPT. 17TH 2024

We're *searching*
for better mental health
for all.

Delegate Pack

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Professor Peter Fonagy
welcomes you

"MH-ALL has reached parts of our system for health support that many earlier initiatives could not. It is a praiseworthy program thoroughly deserving of celebration.

So glad you can join us!!"

Dr Jenny Shand
welcomes you

"MH-ALL has been a collaborative effort from the start. We want to thank you for your part in the journey to date and welcome you all to celebrate our achievements together."

Professor Rosalind Raine
welcomes you

"We founded the MH-ALL programme to foster opportunities for research that is diverse, meaningful and impactful. We are delighted to present you with a rich day of activities to celebrate our collective achievements and develop actionable plans to shape the future of mental health research. A warm welcome to you all."

Professor Angela Harden
welcomes you

"We have been delighted to collaborate with MH-ALL to develop new ways to build capacity for relevant and impactful research to improve mental health. We look forward to celebrating your achievements and planning the next steps."

Welcome

We are delighted to welcome you all to the MH-ALL Celebration Event.

We would like to celebrate and expand the community we have developed over the past three years through the Mental Health Research for ALL (MH-ALL) programme. Started in 2021 as a three-year infrastructure programme led by National Institute of Health and Care Research (NIHR) ARC North Thames, MH-ALL was launched to tackle barriers to mental health and care research participation for underserved staff and communities in our region. Today, we are delighted to showcase how we have worked towards this aim, by spotlighting the achievements of our 34 recipients of MH-ALL funded opportunities and reflecting on the wider learnings of the programme. We are looking forward to igniting conversations, fostering collaborations and developing plans to root and expand our work.

This is not a conference, at least not in the traditional interpretation of the term. This is a space for us all to come together, connect, celebrate the achievements of the MH-ALL network and plan for future collaborations and opportunities.

The phrasing 'Celebration Event' was a deliberate term selected for this day through a process of co-production and shared thinking across all key working groups of the MH-ALL network. Our community wanted to move away from more traditional symposiums and create a collaborative and celebratory environment.

We are particularly grateful to our People's Panel, a team of 16 public contributors sharing a passion for making a difference in mental health research. Through a series of meetings, reflections and discussions across the MH-ALL community, the People's Panel have shaped our day.

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The event contains four key components, each addressing the four objectives within our two aims:

Aim 1

To **foster relationships** between researchers, clinicians, lived experiences and local communities **to promote inspiration and connection.**

The 'ignite talks and panels' **spotlight** different ways and forms of engaging with research to continue the process of welcoming people into the world of research **to enable inclusive research.**

The 'hot topic workshops' **promote opportunities** for connection, collaboration, learning and research.

Aim 2

To **showcase** the work completed so far as part of the MH-ALL scheme – from the network created, funded opportunities, to training and all forms of PPIE and co-production.

The 'awardees panel' and the posters **celebrate research diversity:** what this looks like in practice in different settings, and what we can be working towards.

The 'mapping exercise' and the 'closing reflections' offer **practical and tangible learnings** from the day **to transform discussion into action.**

During the lunch break there will also be an opportunity to meet and discuss research with some key MH-ALL collaborators and partners: NOCLOR, the NIHR Research Support Service (RSS), Citizens UK and our People's Panel.

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Programme – at a glance

All Day	**Wellbeing Room** - Gavin Room **Poster Exhibition** - Lecture Hall (Projects) Forum (Spotlights)
9.00	**Registration and Breakfast** Forum

	River of Research Dickens Room	**Quilting Kind Mental Health Research** Wilson Room	**Poster Exhibition** Forum & Lecture Hall

10.00	**Welcome** - Lecture Hall
10.15	**'The future of mental health research'** - Lecture Hall
10.30	**Ignite Session 1 - Diversifying research for the future of mental health practice and research** - Lecture Hall
11.30	**Break and Networking** - Forum
11.45	**'Capacity building: a focus on research for impact - what researchers need to know'** - Lecture Hall
12.00	**Ignite Session 2 - Building capacity for mental health research** - Lecture Hall
1.00	**Lunch** - Forum

	Meet the People's Panel Dickens Room	**Research Support** Wilson Room	**Weaving Trust with Citizens UK** Story Studio	**Poster Exhibition** Forum & Lecture Hall

1.45	**Hot Topics Workshops**

	CYP Mental Health Dickens Room	**Inclusive Research** Lecture Hall	**Staff Wellbeing & Development** Wilson Room - Forum	**Inequity & Social Justice** Story Studio

2.30	**Break** - Forum
2.45	**The future of capacity building for mental health research** - Lecture Hall
3.00	**MH-ALL Awardee Panel** - Lecture Hall
3.45	**Closing Reflections (MH-ALL People's Panel)** - Lecture Hall
4.00	**Mapping the day – Collective Exercise** - Lecture Hall
4.15	**Refreshments** - Forum

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Programme in depth - details of each session

All day activities:

Wellbeing Room – Gavin Room

This room is a dedicated, separate space within the event where participants can take time out to tend to their own personal health needs.

It's a calm, quiet space where people can drop in if feeling in need of a breather or some time to themselves. We have provided widgets, colouring in sheets, and suggestions for movement and breathing breaks.

Poster Exhibition - Lecture Hall (Projects) Forum (Spotlights)

We invite you to explore the 21 different examples of MH-ALL activities displayed throughout the venue.

Welcome activities:

River of Research - Dickens Room

This is an opportunity to reflect on where and how you started the journey, what it looked like, what helped or slowed your flow, and where you are aiming to continue.

Quilting Kind Mental Health Research - Wilson Room

Participate in the making of our manifesto for kindness in mental health research. Pen your thoughts on fabric, chat with others, and connect your squares. No sewing skills needed!

Morning sessions:
10:00-11:30 AM - WELCOME, THE FUTURE OF MENTAL HEALTH RESEARCH, IGNITE SESSION 1
Lecture Hall

Welcome

Dr Jenny Shand & Lorraine Cezair-Phillip will welcome everyone to the day, introduce the MH-ALL programme and co-production with the People's Panel.

Speakers:
Dr Jenny Shand (MH-ALL Principal Investigator)

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Associate Professor in Health Services and Population Research, University College London

Lorraine Cezair-Phillip (MH-ALL People's Panel)
Co-Producer and MH-ALL Team Member

The future of mental health research

Prof. Fonagy will open the day with a reflection on the future of mental health research. The talk will be introduced by Mark Dale.

Speaker: **Professor Peter Fonagy** (MH-ALL Principal Investigator)
Head, Division of Psychology and Language Sciences, University College London

Introduced by: **Mark Dale** (MH-ALL People's Panel)
Public Contributor

Ignite Session 1: Diversifying research for the future of mental health practice and research

Each panel member will pitch their ideas for a maximum of 5 minutes. The chairs will open and close the panel, sharing reflections and learnings from MH-ALL and from the perspective of the People's Panel, responding as public contributors.

Chairs: **Hannah Savage** (MH-ALL team) and **Nikhwat Khan Marawat** (MH-ALL People's Panel)

Panel Speakers:
Gillian Samuel
Senior Public Involvement in Research Coordinator, NIHR School for Public Health Research, Public Mental Health Programme

Dr Kate Martin
Head of Lived Experience, Wellcome Trust Mental Health Programme

Dr Jessica Jones Nielsen
Assistant Vice-President (EDI), City St George's, University of London

Peter Alleyne
Director for EDI and Involvement, Rethink Mental Illness

11.45 AM-1.00 PM - CAPACITY BUILDING: A FOCUS ON RESEARCH FOR IMPACT, IGNITE SESSION 2
Lecture Hall

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Capacity Building: a focus on research for impact - what researchers need to know

Prof. Raine will share insights and guidance on how to focus on research for impact. The talk will be introduced by Ana Isidoro.

Speaker**: Rosalind Raine** (MH-ALL Principal Investigator)
Director of NIHR ARC North Thames, University College London

Introduced by: **Ana Cristina Isidoro** (MH-ALL People's Panel)

Ignite session 2 - Building capacity for mental health research

Each panel member will pitch their ideas for a maximum of 5 minutes. The chairs will open and close the panel, sharing reflections and learnings from MH-ALL and from the perspective of the People's Panel, responding as public contributors.

Chairs: **Dr Fran Zanatta** (MH-ALL team) and **Nil Suner** (MH-ALL People's Panel)

Panel Speakers:
Matt King
CEO, Trust Links

Lynis Lewis
Service Director, Research & Development, Noclor,
NLMHP Director for Research

Hayley Trowbridge
CEO, People's Voice Media,
Research Fellow, SPARK, Cardiff University

Dr Orkideh Behrouzan
Senior Lecturer in Anthropology, Director of MA Medical Anthropology and Mental Health, SOAS University of London

Lunch Theme - Rooms:

Meet the People's Panel - Dickens Room

Meet MH-ALL public contributors and talk all things PPIE and co-production.

Research Support - Wilson Room

Learn about the offerings of NOCLOR and of the NIHR Research Support Service (RSS)

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Weaving Trust with Trust Links and Citizens UK - Story Studio

We are delighted to showcase the project Organising Together Across Difference (click on the title to read the report for this project) by Professor Amanda Tattersall (University of Sydney) and Citizens UK. Join this room to Weave Trust with the support of colleagues from Trust Links and to meet the North London chapter organisers from Citizens UK.

Afternoon sessions:

1.45-2.30 PM - HOT TOPICS WORKSHOPS

The workshops are designed as an opportunity for participants to consider possible solutions to the issues discussed, support the development of research ideas and forge possible collaborations.

CYP mental health – facilitated by Dr Niran Rehill Dickens Room
Inclusive Research – facilitated by Dr Jenny Shand Lecture Hall
Staff Wellbeing & Development – facilitated by Dr Silvie Cooper Wilson Room
Inequity & Social Justice – facilitated by Hannah Savage Story Room

2.45-4.15 PM - THE FUTURE OF CAPACITY BUILDING FOR MENTAL HEALTH RESEARCH, MH-ALL AWARDEE PANEL, CLOSING REFLECTIONS, MAPPING THE DAY
Lecture Hall

The future of capacity building for mental health research

Dr Shand will offer an overview of future plans to support capacity building for mental health research in the NIHR ARC North Thames region. The talk will be introduced by Nicola Rushent.

Speaker: **Dr Jenny Shand** (MH-ALL Principal Investigator)
Associate Professor in Health Services and Population Research, University College London

Introduced by: **Nicola Rushent** (MH-ALL People's Panel)
Public contributor, with a special interest in and experience of trauma and trauma-informed approaches

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MH-ALL Awardee Panel

In this panel, the MH-ALL awardees will share insights in their journeys into research, their experiences in the MH-ALL programme, and offer their top tips for getting into research.

Both the chairs and the panel members are recipients of MH-ALL funded opportunities.

Chairs: **Sedina Lewis, Jason Grant-Rowles**

Panel Members:
Nil Suner, Tom Burnand, Hassan Rahman, Cara Johnston, Fiona Jenkins, Xandra Miguel Lorenzo, and Abigail Thomson

Closing Reflections (MH-ALL People's Panel)

Members of the People's Panel will offer their insights and thoughts from the day.

Speakers:
Raj Mehta (*Public contributor***), Laura Able (***Public contributor***), Hayley Zincraft (***Public contributor***), Darren John Allport (***Peer Volunteer\Co-production member at Trust Links, Lived Experience Ambassador for EPUT***), Warren John Wright (***Public contributor***)**

Mapping the day – Collective Exercise

We will close the day with a space for attendees to share their reflections and highlights from the day.

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People's panel biographies and photos

Laura Able
Public contributor

Living one moment at time with hope and holding onto the values of co-production. I work freelance.

Darren Allport
Peer Volunteer\Co-production member at Trust Links
*Lived Experience Ambassador for Essex Partnership University NHS Foundation Trust (EPUT)*

Being part of the MH-ALL people's panel has been an extremely rewarding and enlightening journey. It has been gratifying to work alongside a group of individuals who share the same core values and aspirations.

This collaboration has not only deepened my understanding of our shared goals but also strengthened my commitment to them. The sense of camaraderie and mutual respect within the panel has made every step of this experience truly meaningful and each interaction has been a reminder of the power of collective effort and the impact we can make together.

Lorraine Cezair-Phillip
Co-Producer and MH-ALL Team Member

Being a part of the People's Panel, showcasing the progress of curiosity of Public Involvement in Mental Health Research into the CHANGE we need, has been an experience like no other; thank you.
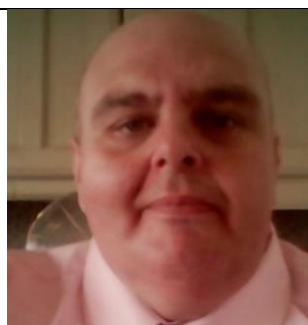
Mark Dale
Public contributor

Mark has lived experience of mental ill health, which has made him very passionate about patients' voices being heard. His family and volunteer work in this area help him to stay well. Mark is interested in research as the building blocks of health and social care, and looks forward to being

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part of this process, and having a voice in steering what research can do and develop. In 2022, Mark was awarded a Queens Platinum Champions award for Queen Elizabeth II's Platinum Jubilee.

Megan Leach
Public contributor

Hello, My name is Megan Leach. I am a public contributor for MH-ALL. I work closely with North East London NHS Foundation Trust (NELFT), acting as an ambassador for the service, sourcing patient interviews and linking into local consultations developing third sector links with local charities and other organisations.

Something that they all have in common is that they are passionate about getting more people involved in research so that we can develop better care and treatment for everyone. My experience of being a young carer drawing from my personal experiences and involvement with healthcare services raised the need for better communication and involvement of caregivers in the decision-making process.

Jason Grant-Rowles
Peer Coach and Trauma Informed Collaborative Lived Experience Practitioner and MH-ALL Career Development Fellow

Jason is a lived experience practitioner who uses their knowledge, skills, and expertise to improve outcomes for people accessing community mental health services in Islington. Jason works as a peer coach and a trauma informed collaborative lived experience practitioner for the North London Mental Health Partnership. Jason recently completed the NIHR ARC NT MH-ALL Career Development Fellowship where they were exploring PhD opportunities and created a proposal around the implementation of trauma informed peer coaching.

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Sedina Lewis
Public Health Specialist, Havering Borough Council and MH-ALL intern

Currently working as Public Health Specialist in the London Borough of Havering with a particular interest in improving the mental health of children and young people. A previous research intern on the MH-ALL programme supporting UCLPartners with the delivery of the Havering Youth Wellbeing Census using the #BeeWell survey. Previous worked as a Senior Systematic Reviewer at the National Guideline Centre, developing clinical guidelines for the National Institute for Health and Care Excellence. The MH-ALL research internship was valuable in strengthening my practical research skills and supporting my role in championing research more widely within my workplace.

Ana Cristina Isidoro
Public contributor, Co-Producer & Peer Mentor

I am very pleased to be here today and to have supported the co-production of today's MH-ALL event. Mental health is a topic close to my heart and more research is needed to best represent and understand the raw complexities of human experiences from all around the globe. Together we can shine a light to the power of lived, living, and learned experiences and use these accounts to support greater and more inclusive research. Mental health research for all, by all, can and will make the world a better place.

If you are reading this and you are at today's MH-ALL's event, thank you for being here. Don't be shy, get involved, be inspired and most importantly; have fun!

Nikhwat Khan Marawat
Public contributor and founder of The Delicate Mind

I'm Nikhwat Khan Marawat, the founder and director of the multi award winning community interest company, The Delicate Mind which supports the mental health of the Muslim diaspora.

www.thedelicatemind.org.uk.

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I am delighted to be a part of the collective helping to shape the work MH-ALL with my wonderful colleagues and I am grateful to you for joining us today.

Tony McKenzie
Co-producer and Public contributor

As a participatory consultant, facilitator, and trainer, I am passionate about developing solutions alongside people most affected by them.

Raj Mehta
Public contributor

Raj Mehta retired from BP several years ago, where he held senior leadership positions in IT and procurement. Raj has been blind for most of his life due to a retinal condition and was recently diagnosed with chronic conditions including Myasthenia Gravis and chronic inflammatory demyelinating polyneuropathy (CIDP).

These experiences have made him particularly passionate about improving health, social care, and raising awareness and promoting the capabilities of disabled people. He has developed a deeper understanding of the NHS and private sectors in general and specific health needs.

Over the past 8 years, Raj has been an active PPIE member working collaboratively with different research teams to make an impactful contribution in research, including on PPIE strategy, policy reviews, research priorities, and mix methods service evaluations.

He has been involved from the inception on the MH-ALL programme.

Raj continues to bring a unique and diverse perspective to the many roles he holds within the health, social care and voluntary sectors, as an advisor, non-executive director and trustee.
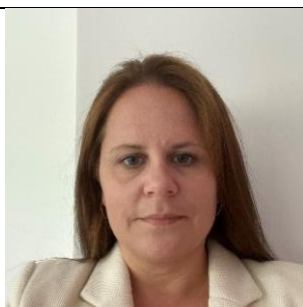
Nicola Rushent
Public contributor, with a special interest in and experience of trauma and trauma-informed approaches

Being part of MH-ALL has given me the opportunity to deepen my understanding of PPIE, work with others who are passionate about bringing lived experience into research, and to be myself and use my lived experience in a positive way to hopefully help others.

Isaac Samuels
Lived experience/co-production advisor

I'm a passionate community advocate dedicated to social justice and amplifying the voices of those who are often overlooked. My work focuses on ensuring that services for people in need are shaped by the communities they serve, embedding their voices at every level. As a member of the National Co-production Advisory Group for Think Local Act Personal (TLAP) and co-chair of the All-Party Parliamentary Group on Adult Social Care, I collaborate with local government, national charities, and policymakers to drive meaningful change. Over the years, I've worked to reduce barriers for people with impairments and other seldom-heard groups, creating spaces for open, reflective discussions that allow individuals to share their stories in empowering ways. I believe that everyone, regardless of their background, should have equal opportunities, and I draw on my own experiences and those of others to advocate for this vision. Through my involvement in research, lecturing, charity work, and leadership roles, I've supported a number of important social movements, from LGBT+ rights to co-production in social care. Recently, my work has focused on storytelling as a tool for anti-racism and social change, using accessible narratives to challenge inequality and bring about lasting transformation.

I joined this project to ensure people truly grasp the vital role of centring lived experience research, with a special focus on mental health. My goal is to drive awareness and push forward research that highlights how crucial these areas are to improving well-being and reshaping lives. I hope people leave the day with greater knowledge and skills than they arrived with, having made meaningful connections, and with a deeper understanding of the importance of lived experiences in these spaces.

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	Nil Suner *Public contributor, Senior Peer Coach and MH-ALL intern* Nil has a background in publishing prior to becoming a peer coach in 2018. Since then she has piloted three different peer coaching programs and is currently a senior peer coach in an NHS Community Mental Health Team. She is excited to announce she will start to produce two lived experience podcasts, one for Community of Excellence (LX Network for North Central London) and one for her own pleasure. She's looking for any ideas or interested people to contact her via her Instagram account @peerjournal. A final new year resolution left on the list is start posting on this account rather than using it for direct messages.
	Warren John Wright *Public contributor*
	Hayley Zincraft *Public contributor* This is the first co-production project I have taken part in. I am very grateful to have had this opportunity and I am very much looking forward to the celebration event today. Working with the NIHR ARC NT on MH-ALL has opened my eyes to such impactful work and it has given me a voice in this capacity, something that I never thought would become a possibility.

Advisory group photos and biographies

	Liz Buxton *Public contributor*
	Lorraine Cezair-Phillip (see People's Panel list above for details)
	Mark Dale (see People's Panel list above for details)
	Chris Eglin *Public contributor*

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#MHALL	I have enjoyed being part of the MH-All tribe because it "sees me." And it values my lived experience.

Jackie Hardy
Public contributor

I am public contributor and have lived experience of mental distress, but prefer the title of Expert by Experiencing, as still experiencing which I feel means I still have a lot to offer as a public contributor. I have been involved in quite a few research studies sitting on advisory panels, working in co-production with other Experts by Experiencing, Carers and Researchers, reviewing materials and sharing resources, as well as undertaking one-on-one interviews with participants. I work for a national mental health charity where I have the privilege of involving/co-producing with Experts by Experiencing and Carers to help shape our service models. Through all this work I have met some awesome people and I never stop learning. I love all this work, as it helps supports my mental wellbeing.

Meeting such lovely, knowledgeable, kind and caring people and learning so much from them – what a giving group of people they are. Being so well supported by William Lammons, Patient, Public, Involvement and Engagement (PPIE) Lead, NIHR ARC North Thames and others supporting Will in his role. It has been, and continues, to be a rewarding and enjoyable experience, plus we get to laugh together as well. Thank you all.

Abdul Malik
Public contributor

My background is in community development, public health and adult social care commissioning. I have lived experience of mental health trauma (PTSD) and I have supported mental health support groups with co-production and engagement opportunities.

Please feel free to talk to me at the event.

Nikhwat Khan Marawat (see People's Panel list above for details)

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	Raj Mehta (see People's Panel list above for details)
	Nicola Rushent (see People's Panel list above for details)

Speaker biographies and photos

Peter Alleyne (he/him)
Director for EDI and Involvement, Rethink Mental Illness

Peter is the Director for EDI and Involvement with Rethink Mental Illness, a leading national mental health charity working to help those affected by severe mental illness.

Peter's role focuses on EDI, anti-racism and involvement strategies. Prior to joining Rethink in 2022, Peter spent nearly two decades in the Civil Service at the Home Office, where he held senior operational, policy, HR, and EDI roles. Peter also undertook a secondment at the Met Police where he led on the overhaul of the Met's internal grievance and discrimination complaints procedure following an investigation by the Equality and Human Rights Commission. At the Home Office Peter led on the policy development and implementation for the repeal of anti-social behaviour orders ('ASBOs') and, in the latter part of his civil service career, Peter led on the assessment of the operational effectiveness of the Windrush Compensation Scheme in supporting the review by Wendy Williams CBE into the Home Office's progress on implementing the 30 recommendations in her Windrush Lessons Learned Review of the Windrush scandal. Peter is a Trustee with the Centre for Mental Health; an advisory board member with the Health Innovation Network - South London and a Panel Member on the Football Association's Anti-Discrimination Judicial Panel.
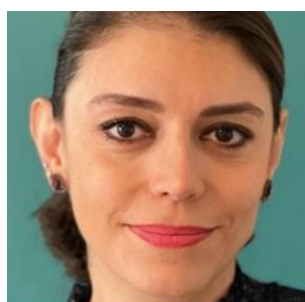
Dr Orkideh Behrouzan (she/her)
Senior Lecturer in Anthropology, Director of MA Medical Anthropology and Mental Health, SOAS University of London

Orkideh Behrouzan is a physician, medical anthropologist and the author of *Prozak Diaries: Psychiatry and Generational Memory in Iran*. She is a 2021-2022 Fellow of the American Psychoanalytic Association (APsaA) and a 2015-2016 fellow of the **American Council of Learned Societies** (ACLS). Behrouzan received her PhD in History and Anthropology of Science and Technology from Massachusetts Institute of

Technology (MIT). Her current book project is a reflection on the psychological and social experiences of the Coronavirus pandemic, and investigates how, like bodies, societies too can become immune-compromised. Behrouzan also provides consulting in the areas of refugee health, mental health, and health education.

Professor Peter Fonagy CBE (he/him)
Head, Division of Psychology and Language Sciences, University College London

Peter's expertise covers issues of early attachment relationships, social cognition, borderline personality disorder, antisocial behaviour and violence. His longitudinal studies, which link the quality of parent-infant attachment to theory of mind development, have important implications for strategies for early prevention not accounted for by genetic influences. The link between human attachment and social cognition led Peter and his colleagues to develop a highly effective treatment approach for borderline personality disorders. Mentalization Based Treatment is now one of the two evidence-based psychological treatments used for severe personality disorders and is widely practiced in the UK, Europe and the USA.

Dr Jessica Jones Nielsen (she/her)
Assistant Vice-President (EDI), City, University of London

Dr Jessica Jones Nielsen is the Assistant Vice-President for Equity, Diversity, and Inclusion (EDI) at City, University of London, and a Reader in Psychology. With over a decade of strategic leadership experience, Dr Jones Nielsen has an impressive track record in driving successful strategic change and enhancing outcomes. She is dedicated to turning high-level aspirations into practical, inclusive policies that improve organizational performance while aligning with core values.

In her role as Assistant Vice-President (EDI), Dr Jones Nielsen has spearheaded significant progress towards institutional equity at City St George's by applying an intersectional lens to address disparities related to race, ethnicity, gender, class, and sexuality. Her research and clinical work focus on improving the health and well-being of disenfranchised and marginalised communities. With a background in counselling psychology and expertise in interdisciplinary health and community-based participatory

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research, she is committed to reducing mental health and healthcare inequalities.

Dr Jones Nielsen also demonstrates sustained excellence in research, with a distinguished record of publications in respected national and international journals, alongside her significant contributions to university leadership.

Matt King (he/him)
CEO, Trust Links

Matt has been the CEO of Trust Links since 2011, when there were just 6 staff at the charity! Prior to working at Trust Links, Matt has had a range of roles including as a local authority senior manager, commissioner for children's services and substance misuse services, a youth worker and residential social worker, a policy manager in a government department, and a programme director at UNICEF UK.

Fun fact: Matt hates food waste and has made 5 varieties of chutneys using apples from St Laurence Orchard!

Lynis Lewis (she/her)
Director of Research, NLMHP
Service Director, Noclor NHS Research Office

Lynis has been working in the field of healthcare research for over 25 years and has been the Director of Noclor for 18 of those. Over nearly two decades she has led its development to become the largest non-acute research office in the country, providing an R&D service for over six Mental Health Trusts and extending into primary care and non-NHS research across North London. Lynis is the Director of Research for the North London Mental Health Partnership and has led on shaping an ambitious strategy for mental health research across the area. She is part of the leadership team for UK Research & Development (UKRD) which brings Research & Development leaders together to be powerful influencers of change. It places her in a pivotal position to drive policy in mental health research on a national level.

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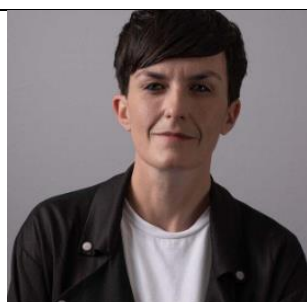
Dr Kate Martin (she/her)
Head of Lived Experience, Wellcome Trust Mental Health Programme

Kate is Head of the Lived Experience team, which works to make sure the expertise of people with lived experience shapes the work and programmes funded by the Wellcome Trust. Kate heads the Lived Experience team in Wellcome's Mental Health Programme, which includes an international team of Lived Experience Consultants. Throughout her career, Kate has worked in collaboration with people with lived experience of disability and mental health to influence decisions that affect their lives, improve the services they use, influence national policy, and shape the design and delivery of research. Kate's PhD, in the sociology of childhood, explored shared decision-making in young people's mental health inpatient services (UCL). Kate was on the Board of Trustees of London Friend, the UKs oldest LGBTQ health and mental health charity from 2013, and Chair of Trustees from 2016-2021.

Gillian Samuel (she/her)
Senior Public Involvement in Research Coordinator in NIHR School for Public Health Research, Public Mental Health Programme

Gillian joined McPin in 2019 as a Peer Researcher and is now a Senior Public Involvement Coordinator. Her work has included co-designing and co-delivering a peer research photovoice study on inequalities and mental health.

Working creatively across the England-wide public mental health programme, and more recently with Areas for Research Innovation, Innovation in Involvement project, Gillian is becoming known for initiating new ways of working, including how to build trust with and engage community organizations, best illustrated in the 'Partners Sublime' blog, encouraging work to be co-produced and findings celebrated.

Gillian is passionate about mental health and combines her lived experience with working in this field.

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Dr Jenny Shand (she/her)
Associate Professor in Health Services and Population Research, University College London, Clinical, Educational & Health Psychology

Jenny is Director of RSET, a rapid service evaluation team funded by NIHR; Inequalities and Data Lead for the Policy Research Unit for Reproductive Health; a principle investigator in the mental health theme of NIHR Applied Research Collaborative North Thames (including co-leading MH-ALL with Peter and Rosalind); a Non-Executive Director at Care City, an innovation centre for regeneration and healthy ageing in East London; and a fellow of the Royal Society of Arts.

Jenny has expertise in forging collaborations across patient and community organisations, health and council partners, and the research and innovation system to identify opportunities for collaboration and joint work to transform outcomes in priority areas, alongside reducing inequalities. Her interests include:
● Mobilising community organisations to improve upstream prevention of adolescent mental illness
● Exploring inequalities and inequity in distribution of health need and access to health services
● Curating and using linked data across health and social care for health services research

Professor Rosalind Raine (she/her)
Director of NIHR* ARC North Thames, University College London

Professor Rosalind Raine founded the Department of Applied Health Research at UCL, is a public health medicine doctor, Director of NIHR* ARC North Thames (an extensive partnership between world leading applied researchers and health and care providers) and Vice Director of NIHR Cancer Policy Research Unit.

She is recognised as a world leading applied researcher with expertise in the examination of major health service/public health change and of determinants of widespread implementation of evidence-based care. She collaborates across disciplines ranging from architecture to data science and sociology, enabling integration of diverse quantitative and qualitative methods to examine impacts of health/public health interventions on health outcomes, health inequalities, health care quality and costs.

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Rosalind has advised on health policy internationally, nationally and regionally. She has sat on international and national Boards and Panels, including the London School of Health and Tropical Medicine Management Board, the HEFCE** Research Excellence Framework Panel (whose recommendations inform the distribution of Government funding to UK universities), the influential Lancet Commission on *The Future of the NHS*, and Medical Research Council (MRC) and NIHR Research Programme Panels.

She chaired the UK Heads of Academic Departments of Public Health (representing over 30 universities); was elected to NIHR Strategy Board and appointed to national and regional Chairs of the NIHR Clinical Research Network for Health Services Research.

She was elected a Fellow of the UK Academy of Medical Sciences, selected as an NIHR Senior Investigator and as one of the countries 'leading edge scientists' by NIHR. She was also selected by the British Medical Association as a national role model in academic medicine.

She is a Trustee at THET (Tropical Health and Education Trust) and The Bloomsbury Festival.

*NIHR is the largest health research funder in the UK
** HEFCE = Higher Education Funding Council for England
*** MRC = Medical Research Council

Hannah Savage (she/her)
Project manager, MH-ALL team member, NIHR ARC North Thames

Hannah works in the NIHR ARC North Thames supporting the MH-ALL programme as a project manager. Hannah works part time and the rest of the time she home educates her 7-year-old son. Hannah's family are proudly neurodiverse, and she is passionate about breaking down barriers to enable people of all backgrounds to achieve their goals and access the support that they want and need in order to do so. Hannah has a background in mental health work, research and the civil service.

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Dr Hayley Trowbridge (she/her)
CEO of People's Voice Media,
Research Fellow, SPARK, Cardiff University

Hayley is the CEO of People's Voice Media. She is an experienced Leader, Researcher, Project Manager, and Facilitator within the fields of social innovation and social justice. Her career working with communities to effect positive social change, began as a Volunteer at a media training centre for adults with learning disabilities in her hometown of Wigan in 2006. Since then, Hayley has worked with people, groups and organisations across the UK and Europe to dismantle hierarchies in systems and find more equitable ways of working in the broad domains of research, policy and service. As CEO of People's Voice Media, she leads a UK-wide remote-working team and is responsible for the organisation's overall strategic direction. She plays a key role in developing the organisation's methodological approaches for working with lived experience as a tool to catalyse social change.

She is also a Research Fellow at SPARK in Cardiff University. Her research utilises lived experience storytelling, co-production practices and future-thinking approaches. She is particularly interested in participatory, collaborative and creative research methods as tools for platforming unheard voices and creating equitable research practices.

Dr Francesca Zanatta (she/they)
Lecturer (mental health), MH-ALL team member, NIHR ARC North Thames, University College London

Fran's background is in Medical Anthropology & Interpersonal Psychology. Trained as Intentional Peer Support Worker and as psychodynamic child & adolescent counselling psychotherapist, Fran's clinical work focuses on the complexities of identity, agency, and social relations.

Fran joined the MH-ALL team in 2022, through a nonlinear journey into research, which includes working in schools, in the voluntary sector, and as campaigner.
Fran is currently working on a project funded by UCL Grand Challenges on intergenerational strategies to tackle social isolation with James Baggaley (UCL Policy Lab) and Citizens UK. In 2023 Fran was awarded a UCL Fellowship Incubator award to develop plans to explore the link between agency, social action, and mental health.

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Posters

You will find 21 different examples of MH-ALL activities displayed throughout the venue. We encourage you to view the posters throughout the day and in the breaks provided. Below we include a short table to help you identify posters based on their category.

MH-ALL internships – these posters have been created by some of our 14 MH-ALL interns. The internships were offered to people working in mental health roles who had little or no research experience. Our interns were able to spend 1-2 days a week for 6-12 months working with researchers in an existing research project. These posters give you some idea of the projects they worked with, the activities that they undertook and the impact it had on them and their careers.

MH-ALL career development fellows – our career development fellows joined the MH-ALL programme for between 3 and 12 months. Successful applicants were mental health professionals with some research experience who did not yet have a PhD and were supported for 1-2 days a week to develop their research skills, ideas and applications for further study and/or funding.

MH-ALL springboard awardees – our springboard grants were awarded to individuals who were already active in research and needed support to disseminate the findings of completed research, move research to the next stage or develop a new research idea. Priority was given to applicants working with underserved groups.

MH-ALL programme posters provide further details about the activities of the programme as whole and our patient, public involvement and engagement work.

Type	Poster reference
MH-ALL internships	1,2,3.4
MH-ALL career development fellows	5,6,7,8,9,10,11,12
MH-ALL springboard awards	13,14,15
MH-ALL programme	16,17,18,19, 20, 21

Please check our event website to download a pdf document of the submitted posters.

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We want your feedback!

We would be most grateful if you could spend 5 minutes on completing this evaluation form. It is available on the following link https://forms.office.com/e/0ATnwxEgPR or using the QR code, below:

You can also **email us** (mh-all@ucl.ac.uk) with any thoughts, on your experience of the day, what you intend to take back to your organisation or take further with other collaborators and anything we could do better next time.

Acknowledgements

Thank you to our MH-ALL team: Angela Harden, Steve Pilling, Raj Mehta, Silvie Cooper, Harpreet Sihre, William Lammons, Hannah Savage, Francesca Zanatta, Peter Fonagy, Rosalind Raine and Jenny Shand.

Thank you to the ARC NT core team for support in making today possible: Kim Airey, Susie Edwards, Yuncong Liu, Katy Murray, Sharlene Mutyasira, Nadia Smolenskaja, Niamh Sutton, Jess Wright.

We would like to express sincere thanks to all members of the ARC North Thames Academy, the ARC North Thames Core Team, the Advisory Group and the People's panel for their invaluable contributions to the MH-ALL programme.

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To stay in touch with MH-ALL news and events, you can register through the following link https://forms.office.com/e/bYPmD1qmhv

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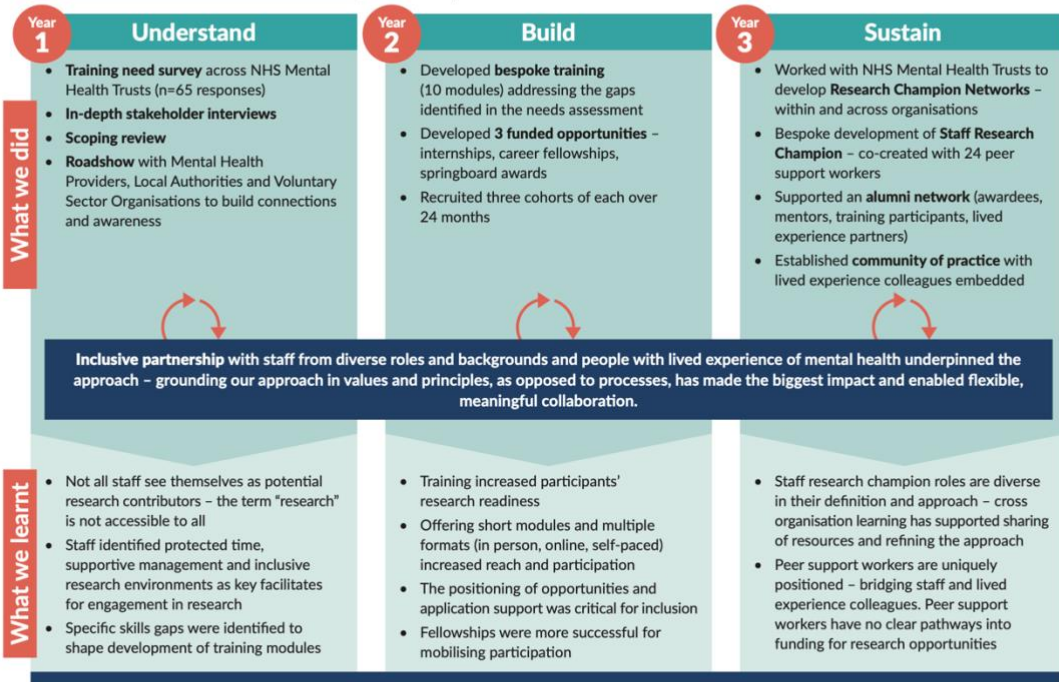**NIHR** | Applied Research Collaboration North Thames
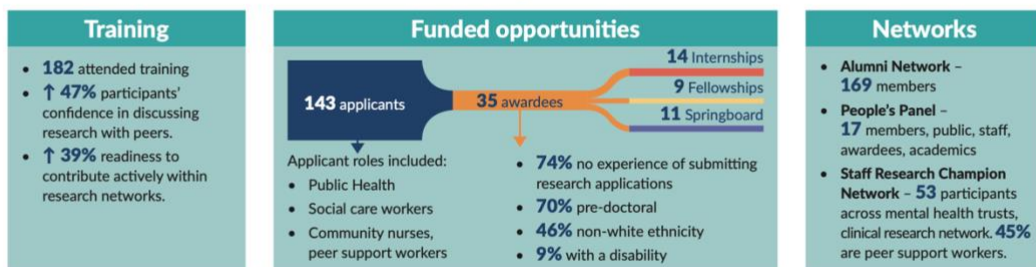
MH-ALL: Mental Health Research for ALL

Aim

To tackle the barriers to mental health research participation for staff and communities, to increase the amount of mental health research taking place and improve diversity of participation in parts of East London and Essex.

Background

Evidence shows that communities living in some of the most disadvantaged areas of England have some of the highest numbers of people affected by poor mental health. However, they are also less likely to use mental health services, have poorer access to high-quality care, and are underrepresented in mental health research. Staff who work in mental health are also unequally represented, and there is a need to improve research opportunities for allied health and community staff.

Year 1 — Understand

What we did

- **Training need survey** across NHS Mental Health Trusts (n=65 responses)
- **In-depth stakeholder interviews**
- **Scoping review**
- **Roadshow** with Mental Health Providers, Local Authorities and Voluntary Sector Organisations to build connections and awareness

Year 2 — Build

- Developed **bespoke training** (10 modules) addressing the gaps identified in the needs assessment
- Developed **3 funded opportunities** – internships, career fellowships, springboard awards
- Recruited three cohorts of each over 24 months

Year 3 — Sustain

- Worked with NHS Mental Health Trusts to develop **Research Champion Networks** – within and across organisations
- Bespoke development of **Staff Research Champion** – co-created with 24 peer support workers
- Supported an **alumni network** (awardees, mentors, training participants, lived experience partners)
- Established **community of practice** with lived experience colleagues embedded

Inclusive partnership with staff from diverse roles and backgrounds and people with lived experience of mental health underpinned the approach – grounding our approach in values and principles, as opposed to processes, has made the biggest impact and enabled flexible, meaningful collaboration.

What we learnt

- Not all staff see themselves as potential research contributors – the term "research" is not accessible to all
- Staff identified protected time, supportive management and inclusive research environments as key facilitates for engagement in research
- Specific skills gaps were identified to shape development of training modules

- Training increased participants' research readiness
- Offering short modules and multiple formats (in person, online, self-paced) increased reach and participation
- The positioning of opportunities and application support was critical for inclusion
- Fellowships were more successful for mobilising participation

- Staff research champion roles are diverse in their definition and approach – cross organisation learning has supported sharing of resources and refining the approach
- Peer support workers are uniquely positioned – bridging staff and lived experience colleagues. Peer support workers have no clear pathways into funding for research opportunities

Impact

Training

- **182** attended training
- ↑ **47%** participants' confidence in discussing research with peers.
- ↑ **39%** readiness to contribute actively within research networks.

Funded opportunities

143 applicants → **35** awardees

- **14** Internships
- **9** Fellowships
- **11** Springboard

Applicant roles included:
- Public Health
- Social care workers
- Community nurses, peer support workers

- **74%** no experience of submitting research applications
- **70%** pre-doctoral
- **46%** non-white ethnicity
- **9%** with a disability

Networks

- **Alumni Network** – **169** members
- **People's Panel** – **17** members, public, staff, awardees, academics
- **Staff Research Champion Network** – **53** participants across mental health trusts, clinical research network. **45%** are peer support workers.

This work was a three year programme funded by the Department of Health and Social care (DHSC), October 2021-2024. The programme has been expanded and will continue to March 2026.