

Research Newsletter

Issue 3 2025 (September)



Foreword by Prof Emma Wolverson, Professor of Ageing, University of West London and Dementia Research Lead, Dementia UK



I'm incredibly proud to be working with Humber Teaching NHS Foundation Trust on the FIND ME study, which aims to improve care for people with dementia in inpatient mental health wards. My clinical and research journey began here, and it's thanks to the support of the R&D team and my managers that I've been able to turn questions from practice into research that can make a national difference.

The Family Interventions in Dementia Mental Health Environments (FIND ME) study, funded by the NIHR, was inspired by my time working at Maister Lodge. Every mental health trust has wards like Maister—specialist dementia units caring for the most unwell and vulnerable people, often detained under the Mental Health Act. These admissions can be deeply distressing for families, yet there's little guidance on how best to support and involve carers.

Through surveys, interviews, and ward-based observations, we're building a clearer picture of how families are currently supported—and where improvements can be made. Working closely with carers, people with dementia, and ward staff, we'll co-create practical strategies to strengthen involvement and support.

Our aim is simple: to make sure carers feel informed, included, and empowered. We'll develop free, accessible resources and guidance for wards, carers, and families—so everyone knows their rights and feels confident navigating care.

We're excited to share more as the study progresses - watch this space!

8th Annual Humber Research Conference

19 Nov 2025, 09:30-15:30

Online places still available. In-person places 'sold out'.

If you register you will receive a recording of the conference afterwards, meaning no one misses out on this event celebrating the breadth of research we're involved in, the difference it makes and the role research plays in reducing health inequalities.

Topics include: perinatal mental health, dementia, social isolation, green social prescribing, reaching diverse communities, gaming, experiences of violence, and digital exclusion.

Speakers include:

Dr William Bird (MBE), GP & CEO, Intelligent Health Ltd

Dr Austen El-Osta, Director, Self-Care Academic Research Unit, Imperial College London

Prof Emma Wolverson, Professor of Ageing and Dementia, University of West London

Prof Tom Phillips, Professor of Nursing in Addictions, University of Hull

Claire Marshall, Specialist Perinatal Mental Health Nurse/Clinical Lead, Humber Teaching NHS FT

Caroline Brundle, Senior Research Fellow, Academic Unit for Ageing and Stroke Research, Bradford Institute for Health Research

Dr David Zandle, Director, Smart Data Donation Service, University of York.

Heidi Fewings, Children's Prevention and Early Intervention Lead, Humber Teaching NHSFT

Karolina Klebanska-Czerwinska, Research Nurse Yorkshire & Humber Research Delivery Network

...and more.

To book your online place please click on this link - <https://www.trybooking.com/uk/EPOM>

Contact us: HNF-TR.ResearchTeam@nhs.net or 01482 301726

Studies we need your help with please



GameChange VR is a virtual reality treatment intervention being evaluated as part of a research trial, for people diagnosed with psychosis, living in the community and experiencing severe agoraphobia. Simulated everyday social situations can be explored by participants using a headset, to allow them to safely develop confidence in going out and having a better quality of life.

The intervention has been popular with users in previous tests, showing reduction in their fears and winning early value approval from NICE. This research trial is to determine whether GameChange will be fully recommended for NHS use. The design of the study offers everyone involved the chance to receive the treatment, even if they are not in the initial intervention group, as anyone in the control group will receive the treatment once the trial is complete. For more information or queries about involvement please contact us.

CHESS (Children's Early Self-care Support)

The CHESS study will evaluate the effectiveness of a structured early therapy intervention designed to improve self-care independence in young children with neurodisabilities (e.g., cerebral palsy, genetic syndromes, or developmental conditions) where self-care independence is delayed or limited.

Children with neurodisabilities often experience reduced independence in everyday activities like dressing, eating, and toileting. Early, effective support in these areas may improve long-term health, social participation, and family well-being.

This research will compare the outcomes of those receiving the CHESS intervention with those receiving standard care over a 12-month period. Delivered by our health professionals, the intervention will focus on supporting daily living skills and helping children build independence and autonomy.



Recent Publications involving our Trust

Hill, J., Kulkarni, A., Moll, D., Meteyard, L., **Shelley, L., et al** (2025), Economic Evaluations of Speech and Language Therapy Interventions: A Scoping Review. *Int J Lang Commun Disord.*, 60: e70091. <https://doi.org/10.1111/1460-6984.70091>

Asquith, I., **Appleyard, S.** & Wozniak, K. (2025), Colour coded behaviour charts: Reflections on implementation and utility of colour coded behaviour charts in line with the utilisation of Positive Behaviour Support in dementia inpatient care. *The British Psychological Society's Division of Clinical Psychology.* <https://doi.org/10.53841/bpscpf.2025.1.390.6> (If you would like to read the full article please contact sara.appleyard@nhs.net)

Boosting research awareness across our Trust

Our Research Team has launched a Quality Improvement (QI) project running from Aug 2025 to Aug 2026, aimed at increasing staff awareness of and involvement in research.

As part of this initiative, our team will be visiting clinical areas to share how staff can support patients in accessing research opportunities. They'll also highlight how engaging in research can help staff meet professional competency requirements and contribute to their Continuing Professional Development (CPD).

Stay tuned for updates and opportunities to get involved!



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Primary Care & Community Services studies we are involved with

The Catch-Up Screen study, Led by (Assoc) Prof Clare Gilham, London School of Hygiene and Tropical



Medicine, and funded by Yorkshire Cancer Research, aims to test whether offering a simple, at-home urine HPV test to women aged 60–79 who missed out on primary HPV screening, can reduce cervical cancer risk in older women.

It aims to screen 5,000 women across Hull and Manchester, measure uptake and HPV prevalence, and provide timely referral pathways for women who test positive. The study is being delivered in our Trust GP practices, with Dr Iqbal Hussain as the local Principal Investigator.

LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE



COAT

Cellulitis Optimal Antibiotic Treatment

Staff at the Urgent Treatment Centre at Whitby Hospital are working with our research team to help deliver an important study in our community. Advanced Clinical Practitioners will be inviting eligible patients to consider being part of a national study, known as COAT, which is already open at Market Weighton GP practice. The study involves the use of antibiotics.

Overuse of antibiotics can be harmful and contributes to antimicrobial resistance. One way of reducing overall antibiotic use is to use shorter courses. For many infections, including community acquired pneumonia, there is good evidence that 5 days or less is as effective as longer courses. The COAT study is looking at whether lower limb cellulitis can also safely be treated with a 5 day course of antibiotics.

The research team would like to thank Ian Peach, Lead Advanced Clinical Practitioner at Whitby Urgent Treatment Centre, for helping to get this study underway in this important community setting.

Please help us by completing this 5 minute survey

How often do you feel lonely or isolated?

We want to hear from you

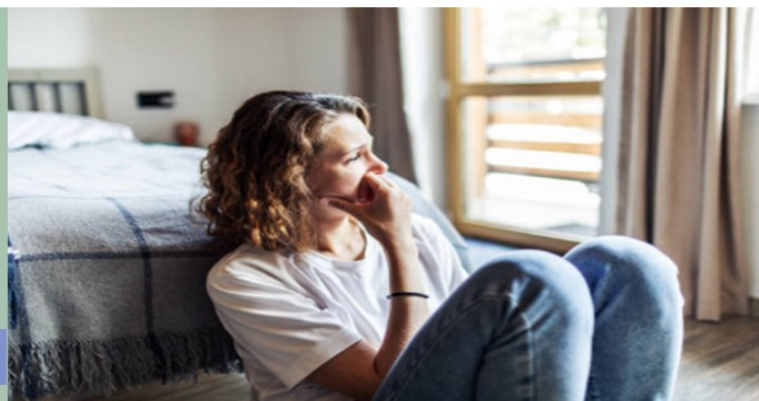
Humber Teaching NHS Foundation Trust alongside Imperial College London are undertaking research to understand how often young people and adults feel lonely or socially isolated. If you are 16 years or over, you can take part by completing a brief survey and potentially an interview which is available in several languages



[@LonelinessStudy](#)



[Measuring Loneliness \(INTERACT\) Website](#)



You can access the survey using the QR code below, or by opening the weblink below on your smartphone, tablet or personal computer.

The [short \(<10min\) anonymized survey](#) is available in several languages and can be accessed by typing this link into your internet browser:



bit.ly/4iRPWVu

Imperial College London

Applied Research Collaboration Northwest London

SCARU
Self-Care Academic Research Unit

Hull City Council

NHS
Humber Teaching NHS Foundation Trust

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Unprecedented Boost for Clinical Research Trials Under UK's 10-Year Health Plan

The UK government has unveiled a transformative initiative to accelerate clinical research as part of its 10-Year Health Plan. Millions of patients will gain easier access to cutting-edge clinical trials through the NHS App, which will soon offer automatic trial matching based on individual health data. The plan aims to slash clinical trial set-up times from 250 to under 150 days by March 2026, marking the most ambitious reduction in British history.

A £100 million public-private investment will establish 20 new Clinical Research Delivery Centres (CRDCs) across the UK, bringing trials into community settings and improving access for underserved populations. These hubs will focus on conditions like cancer, obesity, and infectious diseases, and are expected to boost economic growth and NHS innovation.

Additionally, a new joint regulatory approach between MHRA and NICE will allow faster approval of medicines - cutting wait times by 3–6 months - through parallel decision-making and streamlined processes.

This comprehensive strategy positions the UK to reclaim its global leadership in life sciences, improve patient outcomes, and make the NHS more sustainable and inclusive.

Research in our Community

In August the research team were pleased to attend the Market Weighton Health and Wellbeing Event 2025. The event was organised by the Market Weighton Patient Participation Group (PPG), Market Weighton Practice, and Phil Anastasi, Senior Patient and Carer Experience Lead for Addictions, Community Services and Primary Care Division.



As well as research, many of the other services that the Practice offers were represented, alongside other health and wellbeing services that are available to the local community.

Poster Presentation: Forensic Physio Pilot

Natalie Seals, Physiotherapy Lead, will be presenting a poster on The Forensic Physio Pilot at the Humber Centre at the Chartered Society of Physiotherapy annual conference 20-22 Nov 2025.

This pilot demonstrated the significant value of physiotherapy within a low-to-medium secure forensic inpatient unit. Patients in these settings experience high levels of physical health inequality, with life expectancy reduced by around 20 years due to preventable conditions.

A one-year pilot, following an initial student placement, delivered 78 assessments and 199 treatment sessions, alongside staff training, health promotion, and MDT contributions. Patient feedback confirmed improved pain management, mobility, and quality of life, while acute hospital trips were reduced by 50%, improving environmental and resource sustainability. The success of the pilot secured funding for a permanent Band 7 physiotherapist, embedding physiotherapy into the MDT two days per week. This work has enhanced local patient care and influenced emerging national practice in forensic inpatient physiotherapy.

Community Research

The research team remain committed to expanding research opportunities across the Trust. We are working more than ever with community services colleagues and academic researchers to help support and deliver more community based research.

Why not get in touch with us and find out more ?



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