

# Research Newsletter

Issue 4 2025 (December)



## Foreword by Cathryn Hart, Assistant Director Research and Development

As we reach the end of the year it's a wonderful time to celebrate our achievements and to look to the future. In 2025 we have taken part in exciting research across all of our clinical divisions, and 40% of studies involved new treatment interventions. This means our communities are being offered the chance to potentially benefit from treatments they wouldn't have had access to if it wasn't for us taking part in high quality national research studies.



It was an honour to Chair our 8<sup>th</sup> Trust Research Conference in November at the MKM Stadium; a chance to share the great research taking place in Humber and the innovative studies we're involved in at a national level. It was also wonderful to hear from some of the people with lived experience who have taken part in research and the positive impact it has had on them. You can hear more about the work of our research team and the impact it has here –

[A week in the life of our Research Team](#)

In 2026 I'm really looking forward to the exciting new research opportunities we will be bringing to our region and to sharing more of our successes. Please give the gift of research at this festive time and complete this 2 minute survey to help us combat loneliness and social isolation in our region - [click here](#) or scan the QR code



Festive wishes and all the very best for 2026.

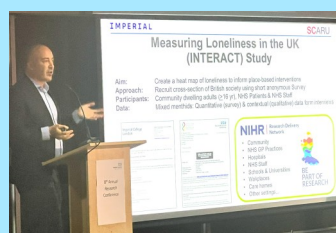
## Research Conference Highlights

This year we held our 8th Annual conference as a hybrid event on 19th November. Almost 400 people registered for the event from many different professional backgrounds and organisations. The day started with a welcome from Dr Kwame Opoku-Fofie, Executive Medical Director, followed by our keynote speaker Dr William Bird, (MBE), GP and CEO/ Founder of Intelligent Health.



**Dr William Bird**

Other speakers also included Trust staff from various professions and specialities, people with lived experience, and national experts who are working with us on research



**Dr Austen El-Osta**



**Rachael Cooney**

95% of those who completed the online evaluation form rated the conference overall as excellent or good.

*'It was a well-organised and well-run conference with an absolutely top-notch range of speakers. I don't know how you booked such consistently interesting and engaging presenters for the whole day. Thank you to all your team and contributors - you should be very proud of yourselves'*

You can now watch the conference highlights on YouTube by clicking on this [link](#)

## New study - CONIFAS2

An exciting new feasibility study being led by our Trust. CONIFAS2 is exploring whether a "nature activity box" could be used by children with ADHD and their families, alongside their usual ADHD support, to support wellbeing and quality of life. The CONIFAS activity box was developed through co-production with children, parents/guardians, and clinicians, and contains simple outdoor tasks (e.g. treasure hunts, mindful activities in green spaces) designed to be fun, flexible, and fit into busy family lives. It's designed to be used with the support of NHS staff in Neurodiversity services.



The main focus of this feasibility is whether the intervention is acceptable and practical; answering questions such as whether families are willing to use it, find it enjoyable and manageable, and whether it can be delivered effectively through NHS neurodiversity services. If successful, the next step would be a larger trial testing whether nature-based activities improve ADHD symptoms, quality of life and wellbeing.

For more information see this blog post by our Chief Investigator, Dr Hannah Armitt: [Testing a nature-based family activity intervention for children with attention deficit hyperactivity disorder | Research Communities by Springer Nature](#)

## Studies we need your help with please

### CognoSpeak

Cogno Speak

A study led by the University of Sheffield investigating whether 1) people with diagnosed memory difficulties, and 2) healthy volunteers (people without diagnosed memory difficulties) can speak with a computer generated doctor online. The 'computer doctor' asks questions around memory, concentration and attention, and then there are some online questionnaires to complete afterwards.

Research has shown that people with memory difficulties use speech and language in a slightly different way to healthy volunteers, so we need these two groups of people to compare their speech and language against each other. The differences detected in speech and language might be suggestive of memory disorders that require further assessment.

The more people that speak with the computer doctor, the more it learns and the more refined it becomes in detecting those differences. It's hoped that technology like this can be used in the future as a diagnostic tool and therefore people with memory difficulties can be diagnosed much quicker.

## Recent Publications involving our Trust

Armitt H, M Bottomley-Wise R, Pervin J et al. Forest



school INterventions for Children's Health: a feasibility cluster randomised controlled trial to compare Forest School versus usual indoor classroom-based curriculum activity with KS2 children: the FINCH protocol, NIHR Open Res 2025, 5:82 (<https://doi.org/10.3310/nihropenres.14053.1>)

[The FINCH Study: Forest School... - The Research Room - Apple Podcasts](#)



## Research Community of Practice Session

Our next Trust Research Community of Practice session will take place online

**Wed 21 January, 1.30-2.30pm**

Look out for your invitation from our Communications Team.



Follow us on Instagram @ResearchHumber



Please help us by completing these surveys

## How often do you feel lonely or isolated?

We want to hear from you

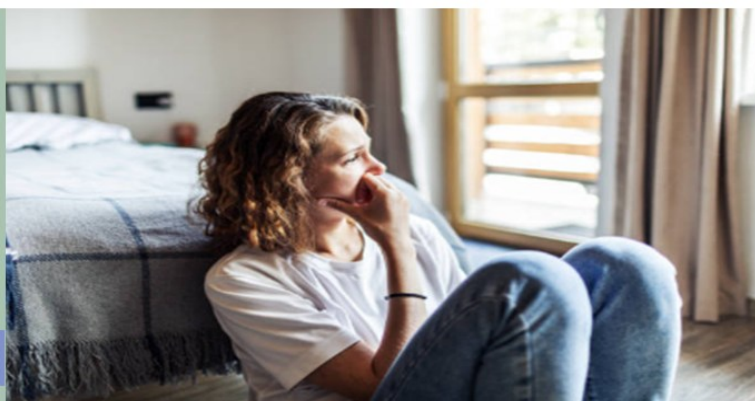
Humber Teaching NHS Foundation Trust alongside Imperial College London are undertaking research to understand how often young people and adults feel lonely or socially isolated. If you are 16 years or over, you can take part by completing a brief survey and potentially an interview which is available 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](https://bit.ly/4iRPWVu)

Imperial College  
London

Applied Research Collaboration  
Northwest London

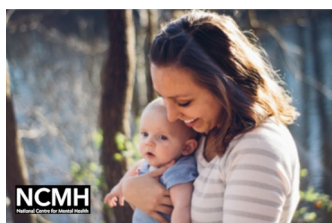
SCARU  
Self-Care Academic Research Unit

Hull  
City Council

NHS  
Humber Teaching  
NHS Foundation Trust

## National Centre for Mental Health (NCMH) study on Life experiences and maternal mental health

Are you currently pregnant or have you given birth in the last 12 months?



The National Centre for Mental Health works to improve diagnosis, treatment and support for people affected by mental illness. Help make a difference by taking part in this national maternal wellbeing and mental health survey.



This study aims to capture the effects that life events have on experiences of pregnancy.

Take part by visiting: [www.bit.ly/maternalHTS](https://www.bit.ly/maternalHTS)

Please share this link widely.

## National Centre for Mental Health (NCMH) Trauma study

Are you aged 18 or over and have experienced or witnessed some form of trauma, either during childhood or as an adult (e.g. accidents, serious illness, abuse, assault).

This national survey is trying to understand the impact of trauma on mental health, to help improve support. It will take around 15 minutes to complete, depending on how you answer the questions. You don't need to answer any questions you don't want to.



Take part online by visiting: [Bit.ly/TSHumber](https://Bit.ly/TSHumber)

Please share this link widely.

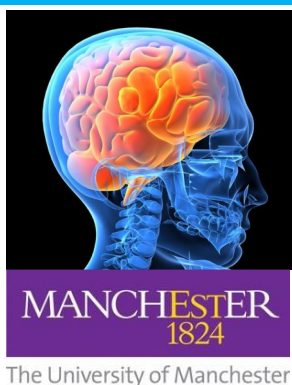
Follow us on  @ResearchHumber

## New Stroke study coming soon

### The functional role of thalamus in memory

This study is led by Dr Alexandros Kafkos from the University of Manchester and will be delivered in our Trust under the lead of Louise Shelley, Specialist Speech and Language Therapist.

We will be looking to recruit patients with a possible thalamic stroke to have an MRI scan at the University of Manchester. Tests will be carried out on brain function and memory, including tests of familiarity and recollection for different types of stimuli, such as scenes, objects and words. The study will also involve 'healthy volunteers' to determine how the various thalamic structures function in the different types of memory. This study is expected to run for 3 years.



The University of Manchester

## Congratulations

Congratulations to Dr Jessica Baggley, Trust Clinical Psychologist, for successfully completing the certified NIHR Associate Principal Investigator Scheme.



*Well done Jess!*

## Goodbye Rachael

Our Research Team would like to say a fond farewell to Rachael Cooney, Assistant Research Practitioner.



We would like to say a special thank you to her for all the hard work and dedication she put into producing 'A week in the life of our Research Team' video which was shown at our conference in November - [A week in the life of our Research Team](#)

*All the very best and good luck in your future endeavours Rachael!*

## Research is everyone's business

Since 2021 our Trust general practices have supported research engagement and the recruitment of thousands of patients living in our communities.

*A big thank you goes to all of our general practice teams!*



Pictured are colleagues from King Street Medical Centre letting everyone know that research is everyone's business!

## Incorporating Patient Reflections into Learning for Quality

During 2025 eligible patients registered with King Street Medical Centre, were invited to take part in a research project undertaken by researchers at the Hull York Medical School.

This important study gave patients and clinicians the opportunity to be directly involved in improving the way cancer diagnosis is communicated and experienced.



## Christmas message from our Research Team



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