

8th Annual Humber Research Conference

Speakers Biographies

Rt Hon Caroline Flint FRCGP (Hons), Chair, Humber Teaching NHS Foundation Trust

Chair of Humber Teaching NHS FT since September 2021 Caroline also chairs the Government's Committee on Fuel Poverty. She regularly appears on Good Morning Britain and SKY Politics Hub. Caroline is Honorary Fellow of the Royal College of General Practitioners, served on the UK Commission on Covid Commemoration, and is an advisory committee member of Britain's leading public services thinktank Re:State. She supports the National Association for Children of Alcoholics (NACOA) winning Celebrity Mastermind for them with her specialist subject "Alien" the movie.

Caroline was MP for Don Valley 1997- 2019. at Home Office, Health, Work and Pensions, Communities and Local Government and Foreign and Commonwealth Office. Secretary of State for Communities and Local Government and Energy & Climate Change. on the Public Accounts Committee and the Intelligence and Security Committee.

Michele Moran, Chief Executive, Humber Teaching NHS Foundation Trust

Michele is a Nurse, Midwife and Health Visitor by background and has more than 35 years' experience of front-line roles in NHS management and care.

Michele is an experienced Chief Executive and has extensive experience across most sectors in the NHS, with substantial experience in integrating systems and is an advocate for integrated care, speaking at many national conferences on collaboration in care.

Michele was previous Chair of the Yorkshire and Humber Clinical Research Network, a Non-Executive at DHU Healthcare and an IMAS partner.

Michele is committed to putting Patients at the heart of everything that we do and supporting staff health and wellbeing.

Michele supports the Mental Health/Learning Disabilities and Autism Collaborative, alongside leading the design of the collaboratives in Humber Coast and Vale and is the Mental Health, Learning Disabilities and Autism partner representative on the Humber and North Yorkshire Integrated Care Board.

Dr Kwame-Fofie, Medical Director, Humber Teaching NHS Foundation Trust

Kwame has nearly three decades of experience as a medical doctor and more than 15 years in management and leadership roles. He joined the Trust in 2006 as a consultant psychiatrist and has since held a range of influential leadership and management positions, including Clinical Lead, Clinical Director, Associate Medical Director and Acting Executive Medical Director.

Highly respected for his clinical expertise, Kwame is a passionate advocate for delivering high-quality patient care. He has been instrumental in driving service development and innovation, collaborating with multidisciplinary teams and service users to implement meaningful change.

With a strong commitment to education, Kwame is an Honorary Senior Clinical Tutor at Hull York Medical School, where he shares his knowledge and experience with the next generation of healthcare professionals.

Dr William Bird (MBE), GP, CEO and Founder of Intelligent Health & Honorary Professor at The University of Exeter

Dr William Bird MBE is passionate about getting people active. As a family GP in the 1990s, he pioneered the concept of social prescribing by setting up the first Health Walk scheme, closely followed by the first Green Gym. He quickly found that companionship and contact with nature were major driving forces in keeping people active. William is now a global authority on health and activity, and is an advisor to the World Health Organisation, the Office for Health Improvement and Disparities and Sport England. Recognising William's contribution to health and physical activity, William was awarded an MBE in the 2010 Queen's New Year Honours and an Honorary Professorship at the University of Exeter in 2021. In 2022, Dr Bird was officially appointed as the Chair of Active Essex, the Active Partnership for Essex.

In 2010, he set up Intelligent Health, an organisation that has a mission to build healthier, active and more connected communities. Intelligent Health's flagship programme is Beat the Street, which sees communities transformed into a giant game where players achieve points and prizes by walking, wheeling and cycling around their local area. Beat the Street has had almost 2 million participants worldwide to date and is backed by research which demonstrates sustained physical activity behaviour change. The transformational tool is a widely acclaimed programme that has been recognised by the Department for Culture, Media and Sport, Department of Health and Social Care and the Department for Transport.

Anthony Hurd, Programme Manager for Growing Green and Blue Health, HEY Smile Foundation

Anthony is passionate about helping people connect with nature to improve their health and wellbeing. As Programme Manager for Growing Green and Blue Health at HEY Smile Foundation, he leads work that helps communities and organisations use the outdoors to support healthier, happier lives. From 2021 to 2025, Anthony led the Humber and North Yorkshire Green Social Prescribing programme, part of a national project exploring how time in nature can be used to tackle and prevent mental ill health. Before joining Smile, he spent 15 years in environmental conservation, inspiring a wide range of people to engage with their local environments and wildlife.

Dr Austen El-Osta, Director of the Self-Care Academic Research Unit (SCARU) at Imperial College London

Dr Austen El-Osta's research explores how self-care, social connection & health literacy influence population wellbeing and health system sustainability. He leads several large national studies, including the Measuring Loneliness in the UK (INTERACT) study — the largest global study on loneliness and social connection. He advises international partners on public health innovation, digital health & personalised care. His work bridges research, policy & practice to promote equitable, self-driven health across communities.

Aos Alaa, Research Officer, Department of Primary Care & Public Health, Imperial College London

Aos is a Research Officer at Imperial College London Self-Care Academic Research UNIT (SCARU) with six years of experience in academia in public health and social care. Aos's aim is

to spearhead projects, including NIHR Portfolio studies, in self-care to promote health & wellbeing.

Karolina Klepanska-Czerwinska, Research Nurse, Yorkshire and Humber Regional Research Delivery Network (RRDN)

Karolina is a registered nurse with over a decade of experience working within the NHS. She completed her initial education in Poland, graduating from university in 2012, and obtained her nursing degree in 2014.

For the past three years, Karolina has been working with the National Institute for Health and Care Research (NIHR) as a research nurse. In this role, she has focused on engaging Eastern European communities and addressing barriers to research participation. She is passionate about making health research more inclusive and accessible, and she works closely with study teams to support outreach to underserved and vulnerable populations.

Claire Marshall, Specialist Perinatal Mental Health Nurse and Clinical Lead, Perinatal Mental Health Liaison Team, Humber Teaching NHS Foundation Trust

Claire Marshall is a Specialist Perinatal Mental Health Nurse and Clinical Lead with the Perinatal Mental Health Liaison Team, Humber Teaching NHS Foundation Trust, and works alongside the organisations Research Team. Claire has been involved in research and clinical developments for women experiencing trauma, fear and distress in their reproductive journey for many years. Supporting parent/infant relationships is a key focus of the work and Claire supports the Best Start to Life programmes across the region, highlighting the critical 1001 first days of life (from conception to age 2 years). Claire collaborates with the University of York, the University of Hull and partners on research relating to perinatal and infant mental health research, including the SPIRE study.

Dr Sarah Blower, Associate Professor of Child Development and Family Wellbeing, University of York

Dr. Sarah Blower is an Associate Professor and Research Psychologist in the Department of Health Sciences at the University of York. She specializes in the design, implementation, and evaluation of complex interventions aimed at improving the health, development, and wellbeing of babies, children and their families. Dr. Blower leads the Family Wellbeing Team at York and plays a key role in the Born in Bradford Better Start cohort study (BiBBS) and the Yorkshire and Humber Applied Research Collaboration (YHARC) where she leads the 'Best Start' workstream. Her research is explicitly focused on prevention and early intervention to reduce health inequalities in early childhood. Dr Blower also has a strong interest in research capacity building and is programme lead for the MSc in Health Research at York.

Melanie Lowe, Perinatal Peer Support Worker, Humber Teaching NHS Foundation Trust

Melanie Lowe is a Perinatal Peer Support Worker specialising in maternal mental health and parent-infant relationships. Drawing on both professional training and lived experience, she supports women with emotional wellbeing, practical guidance, and the development of secure early relationships. Melanie collaborates with the University of Hull and partner organisations on

research focusing on perinatal and infant mental health and is committed to co-production and service improvement that ensures families are listened to, respected, and empowered.

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

Emma Wolverson is a Clinical Psychologist and a Professor of Ageing and Dementia at the University of West London. Emma's research focuses on times when people with dementia and their families need more support, such as during a mental health crisis or at end of life. Emma did her clinical training at Hull University and worked for Humber NHS Foundation Trust for 17 years.

Rachael Cooney, Assistant Research Practitioner, Humber Teaching NHS Foundation Trust

Rachael Cooney is an Assistant Research Practitioner at Humber Teaching NHS Foundation Trust, where she supports studies in mental health, dementia, child development, and community care. She is committed to making research more inclusive and accessible, using creative approaches to engagement and communication. Rachael is helping to increase the research team's use of digital and social media to reach out to more of our local communities, and her background in education and early help services has strengthened her focus on co-production, participation, and inclusion.

Cathryn Hart, Assistant Director Research & Development Humber Teaching NHS Foundation Trust

Cathryn has worked in various research posts, mainly health-related, since graduating in 1993. Starting her career at the Office of National Statistics (formerly OPCS), she then moved to academic public health research at Glasgow University in 1995 where she coordinated various externally funded research studies, before moving to York Teaching Hospital NHS Foundation Trust in 2002 to coordinate trials and, as part of a formal Research Alliance, provide research advice, training and governance services to health professionals across a number of acute and primary care trusts in North Yorkshire.

In 2008 Cathryn moved to Humber Teaching NHS Foundation Trust, initially managing a £2m NIHR funded programme of dementia research, then in 2014 becoming Head of R&D, alongside managing a portfolio of dementia studies and in 2016 was appointed as Assistant Director. Cathryn also works closely with the NIHR Yorkshire and Humber Regional Research Delivery Network (RRDN), of which the Trust is a stakeholder.

Prof Tom Phillips, Professor of Nursing in Addictions and Director, Centre for Addiction and Mental Health Research, University of Hull

As Director of the Centre for Addiction and Mental Health Research (CAMHR) Prof Phillips leads the £11m NIHR funded Mental Health Research the University of Hull. This is a formal partnership of world leading academics from the Department of Addictions, Institute of Psychiatry, Psychology and Neuroscience at King's College London, the Institute of Mental Health Research at the University of York, and from the Faculty of Health Sciences and Data

Science at the University of Hull. The partnership formally collaborates with academics from the University of Kent, Humber Teaching NHS Foundation Trust and Hull University Teaching Hospitals NHS Trust. Prof Phillips also practices as a clinician within the Alcohol Care Team based at Hull Royal Infirmary and is the Yorkshire & Humber Research Delivery Network Research Specialty Lead for Mental Health. He holds the position of Visiting Professor at the Institute Psychiatry, Psychology and Neuroscience, King's College London and is a member of a number of expert advisory groups.

Dr David Zendle, Director, Smart Data Donation Service, University of York

David Zendle is a data scientist and an expert on the impact of technology on wellbeing. He directs the Smart Data Donation Service, a new piece of UKRI research infrastructure. He is the author of several key references on the topic of video games including the world's most highly cited paper on the topic of monetisation-related harm in modern video games. He has provided oral testimony on this topic to a variety of government investigations across the globe, including select committees in both the Lords and Commons; the Australian Senate; and the Federal Trade Commission in the USA.

Prof Florian Block, Professor in Digital Creativity, University of York

Florian Block is a Professor in Digital Creativity at the University of York's School of Arts and Creative Technologies. With over 15 years of experience in leading research projects across industry, education and academia, Florian has directed major initiatives at the intersection of data, AI and public engagement, specifically in the context of science education, video games and interactive entertainment. He is currently serving as Co-Director of the Smart Data Donation Service (SDSS), a key infrastructure investment by Smart Data Research UK. The SDSS will empower citizens to access, understand and donate data collected about them by digital platforms for ethically assured research.

Heidi Fewings, Children's Prevention and Early Intervention Lead, Humber Teaching NHS Foundation Trust

Heidi is an experienced healthcare professional with over 25 years of expertise as an NMC-registered adult nurse, Specialist Public Health Nurse, and teacher.

Currently serving as the Children's Prevention and Early Intervention Lead, Heidi is passionate about ensuring services working with children, young people, and families provide accessible, engaging, and timely support for key public health priorities. Her creativity and enthusiasm drive innovative approaches to service transformation, always seeking fresh ways to inspire and empower young people while shaping meaningful change across multiple sectors.

Heidi is passionate about youth engagement because young people bring fresh ideas and energy that drive meaningful change. By amplifying their voices and creating accessible opportunities, we empower them to shape their communities and build confidence for the future.

She is currently focused on strengthening the public health offering and raising awareness of Violence Against Girls and Women, championing education and preventative initiatives that equip young people with knowledge and resilience. Heidi thrives on collaboration and is dedicated to making public health messaging not just informative but impactful and accessible for children and young people.

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

Caroline is a senior research fellow at the Academic Unit for Ageing and Stroke Research (ASR) at Bradford Institute for Health Research. Caroline is project manager for the INCLUDE Study: development of methods to identify digitally excluded older people, and tailoring of interventions to meet their digital needs. Prior to this she worked as an Ageing and Stroke Researcher on several of the Unit's studies, including the CARE75+ (Community Ageing Research) cohort study and the PROSPER (Personalised Care Planning for Older People with Frailty) Programme.

Before joining ASR in August 2014, Caroline worked at the University of Manchester on projects investigating support needs of cancer patients and carers, treatments for adolescent depression, falls in older people with visual impairment and discharge from inpatient care at end of life. research career has also included roles in a housing association and a social research consultancy.

Anne Heaven, Research Programme Manager - Personalised Care Planning for Older People with Frailty, Bradford Teaching Hospitals NHS Foundation Trust

Anne has over 30 years' experience of health and social care research having previously worked for Bradford District Care Trust, the University of Lancaster, Doncaster Health Authority and PCTs, within the private sector independently. Her post, within the Academic Unit for Ageing and Stroke Research, is as Research Programme Manager on an NIHR funded PGfAR: Personalised Care Planning for Older People with Frailty, having previously set-up and managed the Community Ageing Research Study 75+ (CARE75+).

Anne is also the Chief Investigator on a Research for Patient Benefit (RfPB) study (NIHR205378) – A qualitative exploration of older women and healthcare professional experiences to guide improvements in osteoporosis care.

Anne has an interest in public health, health inequalities and public involvement in research. She has worked on numerous mixed methods projects involving vulnerable groups and individuals such as those with HIV/AIDS, children and young people, asylum seekers, travellers, time serving offenders and older people.