

8th Humber Research Conference

Wed 19 Nov 2025, 09:30-15:30

Doors open 09:00 if registered to attend in person at MKM Stadium, Hull.
If you have registered to join the conference online, you will be sent a link to join the live event a few days before.

Contact us: HNF-TR.ResearchTeam@nhs.net

Programme

Morning session

09:00	Registration (for those attending in person) and opportunity to look at research stands
09:30	Welcome Michele Moran, Chief Executive, Humber Teaching NHS Foundation Trust
	Chair (morning): Michele Moran, Chief Executive, Humber Teaching NHS Foundation Trust
09:40	Keynote Speech: How do we Create Health: From community to mitochondrium - Dr William Bird (MBE), GP, CEO and Founder of Intelligent Health & Honorary Professor at The University of Exeter.
10:10	Exploring Nature's Impact on Health: Insights and learning from the Growing Green and Blue Health Project - Anthony Hurd, Programme Manager for Growing Green and Blue Health, HEY Smile Foundation.
10:30	The Hidden Epidemic: What 200,000 Voices Tell Us About Loneliness - Dr Austen El-Osta, Director, Self-Care Academic Research Unit (SCARU), Imperial College London and AOs Alaa, Department of Primary Care & Public Health, Imperial College London
10:55	Break and opportunity to look at research stands
11:20	Polish my Research - How to engage with Eastern European communities: Common obstacles and how to overcome them - Karolina Klepanska-Czerwinska, Research Nurse, Yorkshire and Humber Regional Research Delivery Network (RRDN)
11:40	Supporting conversations about parent-infant relationships: research overview and early insights from the SPIRE study - Claire Marshall, Specialist Perinatal Mental Health Nurse/Clinical Lead Perinatal Mental Health Liaison Team, and Melanie Lowe, Perinatal Peer Support Worker, Humber Teaching NHS Foundation Trust, and Dr Sarah Blower, Associate Prof of Child Development & Family Wellbeing, University of York
12:05	Family Interventions in Dementia Mental Health Environments (FIND ME) – Prof Emma Wolverson, Professor of Ageing, University of West London and Dementia Research Lead, Dementia UK
12:30	A week in the life of our Research Team - Rachael Cooney, Assistant Research Practitioner, Humber Teaching NHS Foundation Trust Help us ensure more people benefit from research - Cathryn Hart, Assistant Director Research & Development, Humber Teaching NHS Foundation Trust

12:55	Lunch and opportunity to look at research stands
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Afternoon session

	Chair (afternoon): Dr Kwame Opoku-Fofie, Medical Director & Executive Lead for Research, Humber Teaching NHS Foundation Trust
13:55	The Centre for Addiction and Mental Health Research - An update on our research collaborative – Prof Tom Phillips, Professor of Nursing in Addiction and Director, Centre for Addiction & Mental Health Research (CAMHR), University of Hull
14:20	Digital lives, health outcomes: Shaping the next generation of evidence using data donation - Dr David Zendle, Director, Smart Data Donation Service and Prof Florian Block, Professor in Digital Creativity, University of York
14:40	Young people's experiences of violence against women and girls in the UK - Heidi Fewings, Children's Prevention and Early Intervention Lead, Humber Teaching NHS Foundation Trust
15:00	Introduction to two ageing research projects: digital exclusion and osteoporosis - Caroline Brundle, Senior Research Fellow, and Anne Heaven, Research Programme Manager, Academic Unit for Ageing and Stroke Research, Bradford Teaching Hospitals NHS Foundation Trust
15:20	Conference Round Up - Rt Hon Caroline Flint, Trust Chair, Humber Teaching NHS Foundation Trust
15:30	Close