



Network News - November

Welcome to [Network News](#), our update from the Emerging Minds Network.

We hope everyone is staying safe as we head into the colder weather, we have lots of new and exciting opportunities to share - read on to find out more!

Co-RAY webinar

Date: 2 December 2020: 1–2.15pm

Our new Co-RAY project focuses on:

- Making sense of what research says about how the mental health of young people aged 11 – 16 years has been affected by the pandemic.
- Supporting young people themselves to develop and share resources that will be helpful for other young people (particularly those aged 11 – 16 years old).



Join us at this meeting to hear more about our findings so far and hear what young people aged 11 – 16 years old have said are their priorities for mental health support during COVID-19.

We'll be discussing what resources might be helpful to support young people and invite participants to share what resources they have already developed or plan to develop.

[Click here to find out more and register in advance for the meeting](#)

After registering, you will receive a confirmation email with details of how to join on the day.

Co-SPACE Update

Our latest [report](#) from our Co-SPACE study focuses on parent/carer reports of their children's mental health symptoms at monthly intervals from March to October 2020 (by which time UK schools had reopened for the new academic year).

- Over the course of the first national lockdown (between March and June), behavioural and restless/ attentional difficulties increased, while most children were not attending school.
- Behavioural, emotional, and restless/ attentional difficulties have generally decreased from July (i.e. when home school demands typically reduced), throughout the summer holidays, and as many children returned to school in September.

To find out more and read the other reports, please visit cospaceoxford.org/findings



Voices, Power & Attitudes Research Challenge

Our [Voices, Power & Attitudes Research Challenge](#) focuses on:

- Getting a better understanding of what research already tells us about the effects of societal attitudes like racism, societal structures and how being heard/ and or involved in social action affects children and young people's mental health and where the gaps in research are.

We will be:

- Facilitating meetings in January that bring together researchers, organisations and young people, parents and carers to talk about their experiences and what areas they feel more focus needs to be put on.
- Carrying out a rapid scoping review on these research questions which will shape our [funding call](#) in early 2021 on this topic.

In this project we have welcomed our new intern Fiyory T Ghezze, she will be helping us over the next



few months gather the existing research and plan the meetings.

If you have any ideas please do email Fiyory at info@emergingminds.org.uk , we would love to hear your experience and what areas you feel research could focus on more.

In case you missed the recent event 'Mental health research is racist, so what are we going to do about it?', it is now available on the Mental Elf YouTube channel

: <https://www.youtube.com/watch?v=2EkWLGqmUo4>

This was a great webinar that will be useful for everyone to watch and listen to and would be very relevant listening if you are interested in the Voices, Power & Attitudes research challenge.

Interview: Cathy Creswell

Professor Cathy Creswell, Director of the Emerging Minds Network, was [interviewed in the Guardian](#) this week discussing our recent research about child and young adult mental health during the coronavirus pandemic.



Early Career Researchers Webinar Series

In partnership with some of our sister mental health research networks, we are running a [webinar series](#) with advice for anyone who considers themselves as Early Career Researchers (ECRs).



This is a free 2 part series bringing together researchers to provide proactive advice on applying to and securing mental health research funding.

Event 1 - Mon 30 November 2020 1-4pm

This session focuses on funding. Hear from the perspective both of network funded ECRs and funders on what makes a successful application, have your funding questions addressed by a funding representative and take part in an exciting competition!

Event 2 - Mon 7 December 2020 1-4pm

The second event focuses on networking and career development. You will have the chance to attend a series of "salon-style" breakout rooms where you will be able to ask all kinds of career and funding advice to senior researchers and PI's with a variety of research interests and backgrounds.

Want to sign up?

[Visit our website for how to join in](#)

Opportunities for researchers, practitioners, young people and families



Communications Vacancy

The McPin Foundation is looking for someone with digital skills and an interest in mental health research to join the Mental Health Research Networks Coordination Team:

Senior Digital Communications Co-ordinator

Type: Fixed term for 2 years

Location: Working remotely

Salary: £31,500 per annum FTE

Hours: 37.5 hours a week

For more information and how to reply, visit this link:

<https://mcpin.org/get-involved/vacancies>



The University of
Nottingham

Young People Advisory Group

Would you like to influence the next generation of research in Digital Mental Health?

We are looking for young people, 16-25 years of age, to become members of a national **Youth People Advisory Group**.

This advisory board will be chaired by a young person and mentorship and support will be available. No previous experience required.

Your time will be compensated, and your opinion will shape a funding proposal titled: 'Adolescents Mental Health in the Digital World'.

If you would like to hear more, please contact Dr Elvira Perez at Nottingham University
elvira.perez@nottingham.ac.uk



Embedding Evidence & Research to Improve Children & Young People's Mental Health Services

The NIHR are looking for clinicians, managers, commissioners or policy makers to assist in a short survey to inform a research application relating to how they can better implement, research, evidence and knowledge to improve children and young people's mental health services.

The survey is expected to take no longer than 5 minutes to complete

Click the link below to participate

[Link](#)



Save the date: What the UK thinks about the Early Years

This year, [The Royal Foundation](#) and Ipsos MORI conducted an extensive body of research to hear what the nation has to say about the importance of the early years. We welcome you to join us as we share the results.

Wednesday 25 November 2020

[Register here to attend](#)

CAMHS around the Campfire



As part of ACAMH's vision to share best evidence and improve practice, they are launching 'CAMHS around the Campfire', a free live online journal club, run with André Tomlin, the [Mental Elf](#).

The first meeting launches in December 2020 and then will be a regular event through 2021.

For further details on topics and how to join, visit this [link](#)



ECoWeB Trial Launch

The EcoWeB Trial team have just launched a controlled trial of different variants of self-help apps for young people (aged 16-22 years). Study details are at www.mymoodcoach.com

The trial will use a free app to help young people learn about their emotions, improve their well-being, help others, earn rewards and support cutting-edge science

To watch the introductory video, click this [link](#)



Young Person Survey - Digital Technology and Mental Wellbeing

Aged between 14 and 24 years and using social media, apps, or other digital technology to help with your mental wellbeing?

Researchers at the University of Bristol are keen to hear from young people on how they use digital technology to support mental wellbeing and thoughts about talking with doctors or other mental health professionals about online experiences.

To complete this anonymous survey, visit [here](#)

Participants under 16 will need their parent/ responsible adult to agree to them taking part by clicking a box at the start of the survey.

All completed responses will be entered for a £50 prize draw.



VAMHN Small Grant Competition Launch

The UKRI Violence, Abuse and Mental Health Network have launched their second funding call for small projects up to £25k, on the theme of violence, abuse and mental health.

Applications are welcomed from a broad range of disciplines and the network expect the meaningful involvement of survivors and of third sector organisations within all applications.

Applications are now open and close at **5pm** on **11 December 2020**.

Full details on how to apply, including FAQs and call specifications, can be found [here](#).

Information on projects funded via the first funding can be found [here](#).

Emerging Minds is part of the Cross-Disciplinary Mental Health Network Plus initiative supported by UK Research and Innovation.

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