



## Network News - January

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

As we are back in national lockdown here in the UK, we want to send you all our very best wishes. In this edition, you will find reminders about the virtual events that we have upcoming and also signposts to our resources for families and those supporting children and young people that might be particularly helpful at this time.

### The mental health of children and families during the pandemic

We would also like to remind everyone that our [CO-SPACE study](#) is still going on. We are trying to understand how best to protect the mental health of children and families during the pandemic, and [our findings](#) are informing policy-makers and other organisations.

To find out more and take part, please visit our website [cospaceoxford.org/about](https://cospaceoxford.org/about)



## Resources & Podcasts

With so many families and children adjusting to remote learning and lockdown restrictions again, we wanted to share some of the resources that we put together from early last year.



On our website, we have a page of [Resources for Families & Supporters](#) which is well worth a visit for anyone looking for advice on how to support children and young people during the pandemic.

We wanted to also draw your attention to a few posts which might be of particular use at the moment:

- [Top Tips to Support Children & Young People with Worries & Anxiety in the context of COVID-19](#)
- [Parent/carer resource on how to support children & young people with their worries and anxiety](#) - evidence-based and available in multiple languages!
- [Links Round-up - our recommended resources from across the web on how to support children & young people during the pandemic](#)
- [Podcast - Living through lockdown](#) - Discussion of the impact of social isolation on mental health and practical suggestions for how young people can cope during lockdown
- [Podcast - Practical parenting during the pandemic](#) - practical advice and a young person's perspective on how the pandemic has impacted young people
- [Podcast - Let us play! Children's mental health during COVID-19](#) - advice about the role of play in children's well-being
- [Podcast - Teen sleep during COVID-19](#) - research on the role of sleep in mental being
- [Podcast - Autism in quarantine](#) - experts advise on how best to support young people with autism during the pandemic
- [Podcast: Advice on how to support children & young people with worries and anxiety](#) - features expert advice on topics such as managing worries and the role of play in child well-being

Our [podcast page](#) features a full list of our past topics - well worth a listen!

## **Register - Conference 1-3 March 2021**

We are delighted to be working with the Policy Institute and the Centre for Society & Mental Health at Kings College London to organise a free conference from 1 – 3 March 2021 focused on '**Youth Mental Health & COVID-19 - What do we know and what should we do?**'



[Click here to visit our website to find out more and to register](#)

## **What do we need to know to make a change on racism and children & young people's mental health?**

Do you work with or support children and young people affected by racism?

What do we need to know to make a difference on racism & mental health in the UK?



[Join us on \*\*Thurs 21 Jan, 10am-12midday\*\*](#)

We will have contributions from Prof Kam Bhui, University of Oxford & Kadra Abdinisir from the Centre for Mental Health. Fiyory Ghezze from the University of Oxford who has been undertaking a rapid scoping review of research. Our advisors Adenike Adebisi and Jawwad Mustafa will be sharing priorities identified by young people. Additionally, we will be sharing details of the upcoming Emerging Minds funding call and how you can get involved

[Click here to book for our Priority Setting Workshop for Stakeholders - Thursday 21 January 2021 10am-12 midday](#)

## How can we best support 11-16 year olds during COVID-19?



In case you missed it in our last newsletter, we just wanted to share again [the recordings and resources from our webinar](#) discussing the priorities for supporting 11-16 year olds with their mental health right now. This is part of the Co-RAY project which is funded by the Medical Research Council to work with young people to develop resources for young people in the context of COVID-19.

We are also delighted to share some powerful artwork from young artists Freya & Ronni from Fully Focused Productions in response to the discussions.

[Click here to see their visual representations of the session](#)

The next stage of the Co-RAY project is to work with a range of partners including Headliners (UK), Fully Focused Productions, BBC Bitesize and the University of Reading design school to coproduce evidence based resources with and for young people.

Contact us at [coray@psych.ox.ac.uk](mailto:coray@psych.ox.ac.uk) to get involved.

# Opportunities for researchers, practitioners, young people and families

## Call for new members of ESRC Strategic Advisory Network (SAN)



Economic  
and Social  
Research Council

The Economic and Social Research Council (ESRC) is seeking to recruit up to 19 new members from across ESRC's stakeholder groups for the Strategic Advisory Network (SAN), to provide credible advice and strategic insight into ESRC policy and programme development.

[Click this link for more information on how to apply and to download the application form](#)

**Closing Date for Applications is 19 January 2021**

## Early Career Researcher (ECR) Lunchtime series



Violence Abuse & Mental  
Health Network

The VAMHN Network will be running their ECR Lunchtime Series across 2021 targeting early career researchers including PhD students. Topic will include how to engage with policy, advice on publishing and apply for grants.

[Click here for the full programme on their website](#)

First event - "How to engage with the media"

**27 January 2021 12-1.30pm**

[Click here to book via Eventbrite](#)

## 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 more than 5 minutes to complete. Click the link below to participate

[Link](#)



## 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 next meeting on **28 January 2021** at **5pm** will be on **Voice Hearing in Adolescence**.

[Click here for more details and how to join](#)



## How should mental health professionals talk to young people about their technology use during consultations? Clinicians' views.

Discussing young people's online activities can be important when exploring mental health and assessing risk. However, there is uncertainty among some clinicians about how best to do this. At the University of Bristol, they are conducting Delphi research to develop guidance for clinicians, consisting of a panel of clinicians and a panel of young people.

They are keen to hear from a range of clinicians working in young people's services who will agree to complete their online questionnaires.

For further details about the study, please contact:  
Dr Lucy Biddle: [lucy.biddle@bristol.ac.uk](mailto:lucy.biddle@bristol.ac.uk) or Dr Jane Derges: [jane.derges@bristol.ac.uk](mailto:jane.derges@bristol.ac.uk)

[Click this SurveyMonkey link to participate](#)

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