



Network News - June

Welcome to Network News, our update from the Emerging Minds Network.

It's hard to believe that we're already half way through the year already! We have lots of updates and opportunities to share with you ...

Funded cross-sector placement

**MENTAL
HEALTH
INNOVATIONS**

shout
85258
here for you 24/7

We have an exciting opportunity for an early career researcher to do a 3 month funded cross sector placement, this time in partnership with [Mental Health Innovations](#) and [Shout 85258](#).

For more information and how to apply, visit the link below:

<https://emergingminds.org.uk/early-career-researchers/>

The deadline for applications is **9am on Thursday 8 July 2021**

You can also find out more about previous cross-sector placements from these blogs written by researchers who have participated in the past:

<https://emergingminds.org.uk/cross-sector-placements/>

Dr Suzi Sapiets also blogged for the Mental Elf as part of her Emerging Minds funded placement with the Embracing Complexity coalition:

<https://www.nationalelfservice.net/learning-disabilities/autistic-spectrum-disorder/embracecomplexity-neurodevelopmental-conditions-and-mental-health-research/>



Interested in mental health research focused on early years or young adults?

Can you help drive positive change by helping to coordinate a new special interest research group?

To find out more about special interest research groups: <https://www.youtube.com/watch?v=WNFVg7WBoQo>

More information and how to apply can be found here: <https://emergingminds.org.uk/emerging-minds-special-interest-research-groups/>

Deadline for applications: **Thursday 1 July 2021**

First CoRAY resource published!



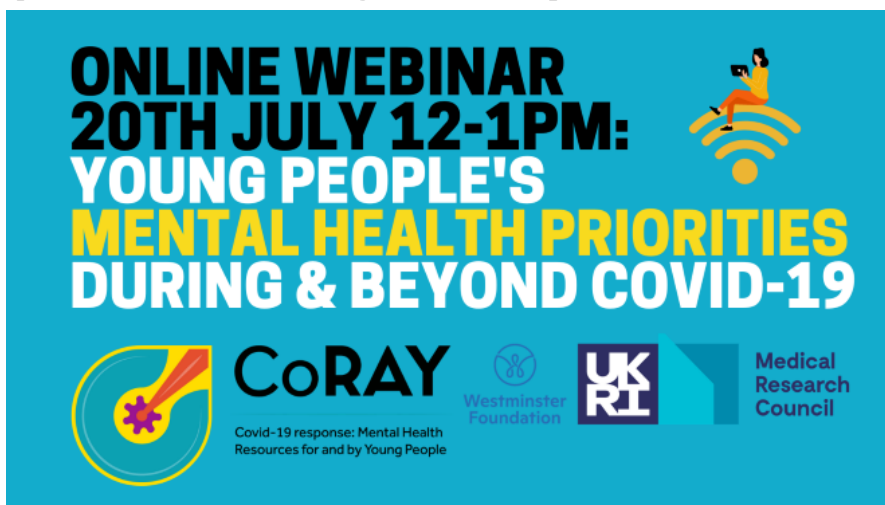
As part of CoRAY, [BBC Bitesize](#) commissioned [Fully Focused Productions](#) to create a 4 minute film to support young people aged 11 – 16 years who are feeling flat, bored and/or finding it hard to get motivated as we live through the COVID-19 pandemic.

The short film was created by a young team of performers and producers at Fully Focused and shares the experience of 4 young people and shares practical steps for dealing with these issues.

The film is hosted on the BBC Bitesize website: <https://www.bbc.co.uk/bitesize/articles/ztrx7yc>

It's based on the [evidence informed briefing produced by researchers and clinicians](#) as part of the CoRAY project and addresses priorities identified through a rapid synthesis of the evidence and [priority setting with young people](#).

CoRAY webinar: Young people's mental health priorities during and beyond COVID-19



Join the CoRAY team to hear what young people and the latest research says about how the mental health and wellbeing of young people aged 11 - 16 years has been affected by the pandemic.

In this webinar we will share an up-to-date summary of the evidence base on how young people's mental health and wellbeing has been affected by the pandemic and you will hear from young people about what they are concerned about this summer.

To register for this Zoom event, visit the link here:

https://zoom.us/webinar/register/WN_ZWJkDO5RreceCaAfi9S4w

To find out more about our CoRAY project, check out the CoRAY homepage:

<https://emergingminds.org.uk/co-ray-project/>

Research Showcase

Wellbeing recovery: what should summer support programmes look like for schoolchildren this year?

This month, we are highlighting this rapid, evidence-based response from a team of 13 academics led by [Dr Maria Loades](#) from the [University of Bath](#).

This paper seeks an answer to the question, 'How should this summer's holiday support programmes for school-age children in the UK be designed and structured?'

A particularly strong theme emerging from the International Public Policy Observatory roundtable on 11 February 2021 was the need to use the 2021 summer holiday not simply for children to catch up academically, but to give them a chance to recover in other ways: emotionally, physically and socially.

The evidence presented in this paper underscores that message: its authors conclude that this summer should not be filled with extra lessons. Rather, children, parents and teachers

need time and space to recover, reconnect, and re-build confidence following the complex challenges of the past year.

The paper presents five key considerations to underpin the design of any recovery plan for during the summer holidays and also offers suggestions for what this could mean in practice.

To access the full paper, visit the link below:

<https://covidandsociety.com/wellbeing-recovery-what-should-summer-support-look-like-schoolchildren-2021/>

Opportunities

Emerging Minds Special Interest Research Group News



Rethinking Education

Rethinking Education: Launch & Relationship Building Event - 19 July 4- 5.30pm

This year has been an extraordinary time for children and young people, especially in terms of their education.

The Rethinking Education: Lessons from Lockdown Special Interest Research Group aims to bring together all those with the desire to learn from these experiences.

Join them as they launch the group with the first of 3 meetings:

- **Launch & Relationship Building -19 July 4-5.30pm**
- Setting Research Priorities (September)
- Catalysing New Research (November)

The new group will identify opportunities for collaborative research, capturing learning from lived experience, to ensure wellbeing is an intrinsic part of all education provision within a system that enhances the life chances of all.

Join them at: <https://www.eventbrite.co.uk/e/rethinking-education-launch-relationship-building-event-tickets-161089614373>

Contact info@rethinkingeducation.org.uk for further details.



Deadline approaching: Racism and youth mental health: online kick-off meeting for anyone with research interests in this area

Wednesday 30 June from 12pm-2pm

If you would like to take part, register as a member of the special interest research group by emailing CORC@annafreud.org

Join young people, parents/carers, community organisations, researchers and policymakers to foster research in the area of racism and youth mental health, improve our understanding and create change for young people and their families.

In this kick-off meeting, the main purpose is to get to know each other. This is an opportunity for you to raise awareness about work you are doing in this area and to create opportunities to learn about the work others are doing. The group also hopes it will be a chance to build collaborations for network members. They will outline their plans for the network for this year. They welcome hearing your views about how you can shape these plans together.

Anyone with research interests in this area is welcome. They are particularly keen to involve young people in the group, to ensure their voices have an impact on the research being conducted.

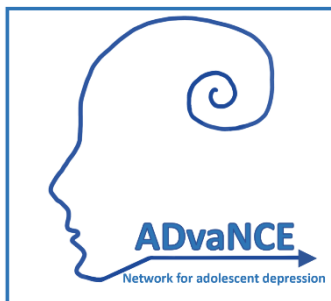
If you are interested, get in touch via email CORC@annafreud.org **by the end of the day on Monday 28 June**

Adolescent depression: online workshop for anyone with research interests in this area

Thu, 8 July 2021, 9.30 – 11am.

Interested? Sign up here:

<https://www.eventbrite.co.uk/e/advance-online-workshop-tickets-157931067073>



What are the best early interventions (treatments and therapies) for depression? And how early should they be used in order to achieve the best outcomes?

The workshop will include talks by leading clinicians and researchers in the field, focussed group discussions, and survey data to inform our understanding of young people's perspectives.

Opportunities

ACAMH awards 2021 - Call for nominations - Deadline approaching!



The Association for Child & Adolescent Mental Health (ACAMH) awards aim to recognise high-quality work in evidence-based science, both in research and practice, in the field of child and adolescent mental health.

After a very successful awards event in 2020, they are looking forward to 2021 and are calling for nominations.

Please see all details here:

<https://www.acamh.org/blog/2021-acamh-awards/>

You can find the details of 2020 winners here -

<https://www.acamh.org/blog/results-of-the-acamh-awards-2020/>

Deadline for nominations - Monday 28 June 5pm

Tell us what you think about online therapy for mental health!



University of
Nottingham
UK | CHINA | MALAYSIA

The University of Nottingham is inviting young people aged 11-19, parents and carers to tell them what you think about using online therapy to help with low mood or depression.

If you are aged 11-19 years and are interested in sharing your thoughts about using online therapy for low mood and depression, please complete this short survey. It should take about 5 minutes and will help with understanding how to deliver online therapy for young people in the UK.

As a thank you there is a chance to win a £25 voucher. Please click this link for more information, or to take part: <https://nottingham.onlinesurveys.ac.uk/sparx-consent-form-ypc>

If you are a young person (aged 11-19 years) or a parent or carer of a young person, who has experience of low mood, depression or using digital therapies, then the University of Nottingham also want to speak with you! This

will be to discuss a fantasy-style game called [SPARX](#) which aims to improve mood.

They want to know if SPARX is attractive to young people, and whether any changes should be made for its use in the UK. These conversations will be held in small online groups with other young people, or small online groups of parents and carers (one-to-one meetings can be organised if preferred). All those who take part will receive a £10 voucher for their time. If you're interested or want to know more, please email Camilla.Babbage@nottingham.ac.uk.

Loneliness in Emerging Adulthood - opportunities for collaboration

The Loneliness and Social Isolation in Mental Health Research Network (LSIMHRN) recently held their workshop, *'Addressing loneliness in emerging adulthood (16-25 years): What do we know and what do we need to know?'*

The recording from this event is available here: <https://www.ucl.ac.uk/psychiatry/research/epidemiology-and-applied-clinical-research-department/loneliness-and-social-isolation-34>

There are various different ways you can get involved:

You can [join the LSIMHRN Slack workspace](#) and then the dedicated [#young_people](#) channel

To support future funding bids for research on loneliness in emerging adults, the LSIMHRN have also created the following resources:

- A [live document of potential sources of funding](#) - further additions and relevant calls are warmly welcomed
- A summary of [ideas for future research from the survey](#) the LSIMHRN ran in the lead up to the workshop
- A summary of [key points raised in the discussions](#) during the workshop

Funding Opportunities

Funding for Early Career Researchers (ECRs) or researchers under-represented in research



What Works for Children's Social Care has a new grant called Spark Awards (£25,000 for 12 months) for ECRs (within 4 years of PhD award) or for researchers who are under-represented in research (the details of this are in the guidance, but includes care experienced researchers,

researchers from ethnic minority backgrounds, and disabled researchers).

How to apply:

To submit your idea, please complete the application form below by **Thursday 15 July 2021, 12pm**.

To download supporting documentation and application forms and to read more details, please visit the link below:

<https://whatworks-csc.org.uk/funding/>

Useful Resources

KeepCool: Resources for young people

The logo for 'KEEP COOL' features the word 'KEEP' in a bold, black, sans-serif font above the word 'COOL'. 'COOL' is rendered in a larger, outlined, sans-serif font.

KeepCool is a series of educational videos designed to help young people learn about and cope with strong emotions. It has been created by young people for young people, and it is backed by science.

KeepCool is also a platform for young people to share their experiences. We are learning what emotions feel like for young people, when they experience them, and how they deal with them.

KeepCool also has input from experienced NHS psychologists and psychiatrists to make sure that the coping advice is in line with the best clinical evidence, so that it can be helpful to as many young people as possible.

KeepCool lives on social media, which means we can connect quickly from anywhere share ideas and learn from each other.

The team behind KeepCool have shared a blog with Emerging Minds about how they developed their project. Read about it here:

<https://emergingminds.org.uk/collaborating-with-young-people-on-the-creation-of-educational-materials-aimed-at-helping-them-deal-with-negative-emotions/>

To find out more and view their resources, head to their website:

<https://www.kcl.ac.uk/research/keepcool>

Update from the other networks: Round-up

Mental Health Research Matters have shared their third round-up of recent events and opportunities within our partner mental health research networks.

You can read more about on-going funding calls and other opportunities here:

<https://mentalhealthresearchmatters.org.uk/the-round-up-june-2021/>