



# Emerging Minds

## Network News: January 2022

Dear friend,

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



### This month...

We have so much to share with you, including:

- Progress on our Voices, Power and Attitudes research challenge including **the start of three research projects** funded by the network, and a **correspondence in *The Lancet Psychiatry***
- **New resources** from the CoRAY project, and an invite to **our Open Lab** in February hosted by CoRAY and the McPin Foundation
- Updates from our **Special Interest Research Groups**, including opportunities to get involved with surveys and leadership
- **Opportunities, Vacancies** and **Further Reading** from beyond the Emerging Minds Network



## Emerging Minds News

---



### Research Challenge Progress: Voices, Power & Attitudes

#### Open Lab

In December we hosted our third [Open Lab meeting](#) on the theme of 'Racism and children & young people's mental health in the UK'. It was an opportunity for the [successful applicants](#) from our second funding call which, focused on the [Voices, Power & Attitudes challenge](#), to explain more about their upcoming research. A recording of the presentations made by Dr Shioma-lei Craythorne, Dr Verity Jones, and Dr Yasmin Ahmadzadeh is available now – and we'd love you to [check it out on our website](#).

#### Publication in *The Lancet Psychiatry*

We are also thrilled to share a correspondence published in the January edition of *The Lancet Psychiatry*, entitled 'How does racism affect the mental health and wellbeing of children and young people in the UK?'.

The piece was co-authored by Nikki Adebisi and Jawwad Mustafa, advisors to the network, and Fiyory T Ghezze, who supported preparations for the Voices, Power & Attitudes funding call during a summer internship last year. The trio highlight the lack of research into both the effects of racism on mental health in general, and particularly amongst children and young people. You can [read the piece on The Lancet's website](#).



### CoRAY Voices Podcast: Facing Change and Uncertainty

As part of the **CoRAY project**, a group of young people from the northeast recently worked with **Headliners (UK)** to co-produce this new CoRAY Voices Podcast based on the [evidence-informed briefing produced by researchers and clinicians](#).

In the podcast, they interview Professor Jacqui Rodgers about how feelings of change and uncertainty during the Pandemic have affected young people's mental health, and how to support young people experiencing them.

The podcast has been split into two episodes and both are [available to listen to on our website](#).



## Open Lab: February

**Date: 28 February, 1-2pm**

### 'Who benefits and how? Young people's involvement in mental health research.'

At our next Open Lab meeting [the CoRAY team](#) and co-researchers from [the McPin Foundation](#) will present findings from their qualitative study into the experiences of young people who have been involved in mental health research.

The team will discuss the implications of these findings for future studies, and will outline some brief guidelines for researchers seeking to involve young people in the research process. The co-researchers, who have played a pivotal role in conducting interviews and collaborating on thematic analysis, will also offer their reflections on their experiences of co-production throughout the study.

To register for this Zoom event, [visit our website](#).



## GROW Programme

We are celebrating the kick off of our new GROW researcher development programme. A cohort of 19 early career researchers was selected for the programme and they met together for the first time last week.

We received 35 excellent applications from early career researchers with a fantastic range of expertise and interests. It was extremely difficult for our reviewers to select just 19 participants for this programme. We are very much looking forward to working with our 2022 cohort.

- Emily Lloyd, Programme Lead

In this first workshop, participants had the opportunity to speed-network with each other, hear more about what to expect from the programme, and explored how to make time for professional development, how to nurture their own professional network and explore their own personal strengths.

Find out more about the programme [on our website](#).

---

**!Save the Date!**  
**Emerging Minds Conference**  
**Early July 2022**



## Special Interest Research Groups (SIRGs)

---



### Spotlight on a SIRG

#### **PAWS: Parents' and Carers' Wellbeing and Support**

[PAWS](#) is a national network of parents, experts, young people and clinicians all focusing on the wellbeing and support for parents and carers of young people with mental health problems.

PAWS currently has some great opportunities to **get involved**:

1. **Take part in [this short survey](#)**. What are YOUR priorities for research in this area?
2. **Join the PAWS literature review working group**. What interventions have been tried and how effective have they been? Training and co-authorship on offer.
3. **Join the PAWS leadership team**. Commit to a friendly 1-hour meeting per month to help lead the SIRG as a Priority Setting Activity Lead, Social Media and Communications Lead or Extending Reach Lead.

To get involved with PAWS head to [@pawsresearch on Twitter](#) or email [faith.martin@coventry.ac.uk](mailto:faith.martin@coventry.ac.uk).

---



### Rethinking Education: Survey

**! Last Chance !** What do YOU think are the most important research questions for understanding young people's experiences of education during the pandemic?

Rethinking Education held a workshop to ask young people, parents and carers, educators, mental health professionals, and researchers. They narrowed the list down to 30 priorities and want YOU to help rank them.

[Take the quick survey here.](#)

Rethinking Education is a SIRG working to ensure that wellbeing is an intrinsic part of all education provision. You can find out more about them [on our website](#).

Eating Disorders Health  
Integration Team  
12345

## EDHIT: New eating disorder support app launched

Bristol Health Partners' Eating Disorders Health Integration Team (EDHIT) and Expert Self Care, have co-produced [a new eating disorder app that you can download now](#). It enables people with disordered eating, and those close to them, to find reliable evidence-informed information, self-care tips and links to support. "A young person with lived experience of an eating disorder helped design the app and write the content. Her careful edits helped us give a voice to the app that feels supportive and understanding, and that resonates with diverse users - both young and old."

- Knut Shroeder, Expert Self Care

The [EDHIT SIRG](#) will be providing feedback on the app over the coming months. If you are interested in getting involved, email [helloedhit@gmail.com](mailto:helloedhit@gmail.com). The group is keen to hear from any young people with experience of an eating disorder, and particularly young people of colour, boys and young men, and those who identify as LGBTQ+ or disabled, as these groups are often underrepresented in research.



## Research Showcase

### How and why children seek help in non-face-to-face settings: A review of the research literature through an intersectional lens

Bringing together evidence from 32 journal articles and industry publications, this new report commissioned by NSPCC Learning, investigates how, when, and why children and young people are seeking help in non-face-to-face settings, such as online or via telephone, in increasing numbers.

It is authored by Jahnine Davis and Nicholas Marsh [from the organisation Listen Up](#), which specialises in embedding intersectionality and systematic thinking into policy and research.

The report considers the extent to which identity, including the intersections of ethnicity, gender, sexuality and disability and other characteristics feature in remote help-seeking, and includes case studies and reflective questions for individuals and organisations to consider how their services can better support the needs of children and young people.

You can [read the report on the NSPCC website](#).



## News From Beyond The Network

### Opportunities



#### Funding Opportunity: Digital Society Network Plus Project

**Deadline: 1 March, 4pm**

The successful project will develop a research agenda that explores people's relationships with technology and how technologies influence relationships. Applications are encouraged to explore the themes around 'harnessing technology' and 'power and behaviour'.

[Find out more and apply via the UKRI website.](#)



#### Funding Opportunity: The Kavli Trust

**Deadline: 15 March**

The Kavli Trust is offering 20million Norwegian Kroner for research projects [addressing ten evidence gaps in child and adolescent mental health](#). In the first stage of the process, eligible applicants submit short pre-proposals (appr. 8.000 characters) and after review, around 10 applicants will be invited to submit full proposals.

[Find out more and apply via the Kavli Trust website.](#)



#### Funding Guidance: Charity Funders of Mental Health Research



#### Webinar: Inclusion for all? Mental health, children & young people

**Deadline: 1 March 2022, 4pm**

Where can I find out about potential charity funding for my study?

If you aren't a well-established researcher, it can be very difficult to know where to start. Even if you are, mental health remains an underfunded area with far fewer charities with either open or themed calls compared to other health conditions. But there are starting points.

The [Mental Health Research Incubator](#) have worked with Vanessa Pinfold, Chair of the Alliance for Mental Health Funders and Director of the McPin Foundation, on a guide to help mental health researchers navigate a tricky and sparse funding landscape. [Find out more on the Incubator website.](#)

**Date: 10 February, 11.45-1pm**

A webinar organised by the [Working Together Partnership](#) focusing on how health & care providers and patients & service users can best work effectively together. For patients, carers and the public, as well as health and care staff who provide services, carry out research or are involved in education.

[Register here via Eventbrite.](#)



## **Masterclass: Essential Guide to Grant Applications**

**Date: 15 - 17 February 2022**

A free online masterclass hosted by the National Institute for Health Research (NIHR) on writing a convincing funding application with a good structure, flow and argument.

The three-day masterclass is for anyone thinking of applying for a research grant – either from NIHR or from other open, competitive, peer reviewed sources of funding.

If you have an idea for a health or social care research proposal but require help with writing a grant application, then EGGA is for you!

[Register here via Eventbrite.](#)



## **Webinar: Non-academic career pathways for Early Career Researchers**

**Date: 23 February, 12-1.30pm**

The sixth event in a lunchtime series from the [Violence, Abuse & Mental Health Network](#) aimed at Early Career Researchers.

Speakers will share their advice and expertise on alternative career pathways for researchers including transitioning from a PhD or postdoc into to the private sector, and opportunities within the charity sector.

[Register for the event here via Eventbrite](#) or [watch previous webinar recordings on the VAMHN website.](#)



## Survey: The role of PE and play in promoting physical activity in primary school children

**Date: 27 January 2022,  
10.30am - 12.30pm**

A PhD research study (led by our fantastic previous Emerging Minds Intern Fiyory) on how parents and teachers feel about young children's physical activity level and the delivery of PE in primary schools.

Two questionnaires are available:

1. Parents of children aged 4-11 years can [take this survey](#).
2. Primary school teachers or teaching assistants involved in PE lessons for children aged 4-11 years can [take this survey](#).

Questionnaires should take 20 minutes to complete, and participants can enter a prize draw to win a £50 voucher.

Study conducted by Fiyory Ghezae, who can be contacted at [19156513@brookes.ac.uk](mailto:19156513@brookes.ac.uk).

## Focus Groups: Enhancing CAMHS Referrals Project

Do you have experience of the referral process for Child and Adolescent Mental Health Services (CAMHS) in England?

Members of the public are invited to join focus groups to discuss the current challenges in making referrals to CAMHS services, and solutions to support more successful referrals.

You can help if you are at least 16 years old and have any of the following:

- experience of being referred to CAMHS
- experience of someone you care for being referred to CAMHS
- experience of trying to make a referral to CAMHS
- experience working as a professional referring someone to CAMHS.

Focus groups will run on Thursdays and Fridays from the end of January until the end of March. Fees and expenses paid.

For further details or to apply, contact the team by 15th March 2022: [GM.Digital@manchester.ac.uk](mailto:GM.Digital@manchester.ac.uk).



## Vacancies



### Researcher in Public Mental Health, Sussex

**Deadline: 3 February**

Working with Dr Daniel Michelson & Dr Clio Berry, the post-holder will support a new project working with young people and other community stakeholders to co-design a low-cost, scalable psychosocial intervention for young women aged 16-24 years who are 'not in education, employment, or training' (NEET).

[Find out more and apply via the Sussex University website.](#)



### Funded PhD studentship, University of Sussex

**Deadline: 9 February**

This PhD project will explore the transition from primary to secondary school as a key life experience that may influence body image, as well as investigating opportunities for early intervention at this life stage.

[Find out more and apply via the Sussex University website.](#)



**Child Emotion Lab**

at the Waisman Center University of Wisconsin-Madison

### 2x post-doc fellowships, University of Wisconsin

**Deadline: rolling submissions from 17 January onwards**

The posts are not tied to any planned projects or grants, so scholars will be free to design projects based on their own interests relevant to child and adolescent development.

The lab focuses on mechanisms of emotional development in typically developing and at-risk children, using interdisciplinary approaches. They collaborate with diverse families in research and value representation, an inclusive, supportive community, & meaningful science.

[Find out more here on Twitter](#), or to apply send a cover letter/CV to Anna Bechner at [ambechner@wisc.edu](mailto:ambechner@wisc.edu).

## Further Reading



### Restart Youth!

This report from **No5 Young People**, and funded by the Belgrave Trust, provides an on the ground local snapshot of the voices of young people and is reflective of the national picture into how covid and the lockdowns are impacting young people and how their long-term needs can be met.

Its findings provide simple and actionable solutions to the increasingly serious mental health challenges faced by young people, especially in relation to loneliness, gang membership and knife crime.

The young people who took part highlighted space, safety, support, confidentiality and community as key to prevention and early intervention.

[Read the report on No5's website.](#)

### Feeling Torn: Mother's exhaustion in a pandemic world

In this ECR Development Network article **Zoe Ryan**, a fourth year PhD student at the University of Reading, shares her experiences of a mother's exhaustion in a pandemic world.

"I am worried, as a mother and as a psychologist, about how exhausted we all are, and how we now find the time we need to process and recover from this strange time."

Zoe highlights emerging evidence from studies such as [Co-Space \(Oxford University\)](#) that levels of stress and depression amongst parents and carers elevated during each lockdown, and at their highest during the last lockdown.

[Read the article on the ECR Developmental Network website.](#)



### Time for Action: Investing in comprehensive mental health support for children and young people

This new report from the **Centre for Mental Health** and **Children & Young People's Mental Health Coalition** highlights the historic underinvestment in children and young people's mental health, and the postcode lottery of support which has resulted. Public spending on children's mental health lags behind investment in adult mental health

services and there is wide variation in the amount spent per child in different areas. The report calls for a comprehensive mental health investment strategy for 0-25 year olds.

[Read the report on the CYPMHC website.](#)

---



Contact us: [info@emergingminds.org.uk](mailto:info@emergingminds.org.uk)

[Unsubscribe](#)

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