About

In these bulletins, we advertise involvement opportunities and events within the McPin Foundation. We also advertise opportunities for people to get involved in mental health research with other organisations. We also include details of post-graduate education and employment opportunities in mental health research. From time to time we advertise opportunities for people to take part in studies as participants.

If you have an involvement opportunity you would like to include in our next bulletin, please email us at anjahollowell@mcpin.org. If you would like to receive future bulletins direct to your inbox, please sign up here.

We also advertise involvement opportunities on social media, so to be kept up-to-date please do follow us on Twitter and Facebook.

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Involvement Opportunities

SleepWell Lived Experience Advisory Panel (LEAP)

Location: London/Oxford
Renumeration: £80 per LEAP meeting
Travel expenses: all reasonable travel reimbursed
Deadline: Thursday 14th November, 5pm

We are looking for five people aged 14-25 with experience of (or signs of) of psychosis to join our Sleep Well Lived Experience Advisory Panel (LEAP). We are especially interested in people who also have had problems sleeping. The Sleep Well project is about helping young people who are at high risk of developing psychosis to improve their sleep. By testing a sleep intervention, the project hopes to show that successfully helping young people with sleep problems, (who are also at risk of developing psychosis) helps to then prevent psychosis from happening altogether. As a LEAP member you will draw from your lived experience to directly shape this research project, so that it is effective, appropriate and relevant for people experiencing these problems. You’ll get to directly contribute in different ways such as recruiting people to the study and designing interview questions.

Interested? Take a look at the project page for information about the project and how to apply.
Any questions? Contact Rachel Temple (racheltemple@mcpin.org).

SINAPPS Lived Experience Advisory Panel (LEAP)

Location: London
Renumeration: £100 per meeting
Travel expenses: all reasonable travel reimbursed
Deadline: Wednesday 13th November, 9am

We are looking for two people with experience of autoimmune encephalitis, psychosis, or an autoimmune disease such as Lupus or Arthritis to join our Lived Experience Advisory Panel (LEAP). The LEAP is a group of people that provide advice to a research study called SINAPPS. In this study, the team want to investigate a possible new way of helping people with psychosis that have been tested as having a particular kind of antibody in their system—the same kind which causes antibody mediated encephalitis. We hope that the study will lead to a new way of helping some people who have psychosis due to their immune system not functioning properly.

Interested? Take a look near the bottom of the project page for information about the project and how to apply. Any questions? Contact Rachel Temple (racheltemple@mcpin.org).
WE HAVE EXTENDED THE DEADLINE FOR THIS OPPORTUNITY (ORIGINALLY 14TH OCTOBER).

We are looking for people living in London and the surrounding regions to support and develop a virtual reality therapy to help people with depression in user development workshops. We need people who would say that depression is the main mental health issue that they experience.

We will also be forming a Lived Experience Advisory Panel (LEAP) for this project, with about 6 people. This group will provide input on a more regular basis, and about elements of the study other than the actual virtual reality environment, such as how to deliver a virtual reality therapy to people in healthcare situations and what to put in information leaflets about the therapy. This group will be formed after some workshops have taken place; you can express your interest in joining this group in your application form.

Interested? Take a look at the project page for information about the project and how to apply.
Any questions? Contact Anja Hollowell (anjahollowell@mcpin.org).

Would you like to advertise your involvement opportunity in our quarterly Involvement Bulletin?

Email: anjahollowell@mcpin.org including the following information:

- Some background information about your opportunity
- Where the opportunity is taking place
- Payment amount and whether travel expenses are reimbursed
- The deadline to express interest or apply
Job Opportunities

Research Manager
The McPin Foundation | £35,500 | Closes: 9am, Monday 21st October

Can you inspire and lead a team? Bring your experience and expertise to further develop our organisation? Support a team of peer researchers to develop their own research and evaluation skills and appropriately use their lived experience in their work? The McPin Foundation are looking for a new Research Manager. This is a key role within the charity, managing a team of researchers to develop peer research methodologies and contributing to how we deliver on our mission to ‘transform mental health research’.

We are looking for someone with excellent research skills, preferably in a health services context, having significant line management experience, and a confident communicator ensuring research is used to implement changes in practice. Overseeing staff and team development, conducting analysis, synthesis and write up of research or evaluation projects are also crucial in this role. You will be passionate about mental health and mental health research, and particularly about engaging collaboratively with people with lived experience of mental health problems. We hope you will bring your experiences of patient and public involvement in research, and develop them further in our charity.

To find out more about this opportunity and how to apply, please click here.

Peer Impact and Engagement Officer
The McPin Foundation| £27,500 (pro rata 0.8 FTE) | Closes: 5pm, Monday 28th October

The McPin Foundation are seeking to recruit a Peer Impact and Engagement Officer to work as part of the Network Coordination Team. The officer would work closely with the Mental Health Networks Coordinator, Elaine Fox, Professor of Psychology and Affective Neuroscience at the University of Oxford but would be based at the McPin office in Borough. Other team members include an early career researcher and two media professionals.

We are looking for candidates who are excited at the prospect of working in a truly interdisciplinary way, and who are willing to engage with the concept of mental health through multiple different lenses. The post will suit someone with excellent people skills who is looking to gain further experience in the field of mental health research and translation but who is also interested in communications and engagement. The candidate will be encouraged and supported to draw on personal experiences of managing mental health problems within the post – this is what the ‘peer’ in the job title refers to.

To find out more about this opportunity and how to apply, please click here.
MY JOURNEY WORKING WITH MCPIN

When did you start working for McPin?
I was offered the role of Peer Research Assistant on the Life Stories Project back in 2016, shortly after I graduated from my MA course. I immediately felt at home with McPin, the other staff have been supportive and helped me to develop my skills as a researcher. After the first year my job title was changed to Peer Researcher rather than assistant.

What Projects are you currently working on?
I have worked on the life stories project for around three years and we are coming towards completion of the scheme now. I really hoped that ‘Life Stories’ would continue to be rolled out to other boroughs in London and further. Qualitative research is so valuable and the problems and strengths that were highlighted by the research are so important if improvements are to be made with psychiatric services. Many of the service users and carers that we interviewed had been through difficult or traumatic services similar to those I had encountered. Some of the issues that were difficult for people who shared their story appear to be things that many people go through at some point in their life. The difference is, some people cope where others struggle to do so. Several of the people we interviewed had been through so much struggle and trauma that a breakdown seemed almost inevitable.

Insecure housing and homelessness were a major problem that recurred throughout some of the stories we heard. Being able to access services to get the help needed in the first instance was also a recurrent issue. Recreational drug use before the onset of psychosis was another problem that was talked about by some of the storytellers. We have been given a small amount of funding to develop some resources for this.

I have also been doing some work on researching the WorkWell project which gives people with disabilities help and guidance to get back into work. We are interviewing people who have accessed the scheme and staff working on it.

What have you found challenging?
I had minimal researcher skills when I started this job, my only previous experience had been searching for and referencing quotations for assignments whilst doing my degree in Education Studies and MA in Creative Writing. Research goes much further than these basic skills. I have often found the language used in psychiatry difficult to access and somewhat unnecessary. Some of the specialist language used in research is also complex. However, whenever I have needed to ask other staff to explain unfamiliar language, they have always done so without making me feel stupid or inferior for not already knowing.

About the Author
I have for many years had a phobia of public speaking and identified this as one of the things I would like to improve at while working at McPin. The management have gone out of their way to help me with this, from performing at poetry events to talking in front of a large audience of psychiatrists and social workers. They have never put unnecessary pressure on me but have given help and encouragement. I have found that wellbeing of staff is at the centre of McPin’s work.

What have you enjoyed?
Several times I have been on the interview panel to recruit new staff members to join the McPin team. It is a great feeling to know that my opinions in this area matter as much as they do with the research projects I am involved with.

I enjoyed helping to plan the Life Stories project, doing the interviews and writing up sections of the report.

Future hopes?
I am working towards achieving a scholarship to take my PhD in creative writing. I have made a start on writing about living with a diagnosis of mental ill health. Also, I am working on getting a book of poetry published.

Public speaking
I’m hoping to get to the stage where I can make better eye contact and use more body language when giving presentations. I also intend to get over the nervous feeling I get every time I present to an audience.

Would you like to contribute to ‘Your Experiences in Research’?
We invite people with lived experience of mental health problems to either:

- Write a short article (no more than 300 words) by hand or on the computer (we can transcribe handwritten pieces into computerised text for you if required)
- Produce a drawing or piece of art by hand or computer

The content must be on the topic of mental health research or your experience of involvement in mental health research, for example working on a lived experience advisory panel or patient advisory group.

It is completely optional if you would like us to include your name with your work in the bulletin, or if you would like it to be anonymous.

Interested? Contact Anja Hollowell by email: anjahollowell@mcpin.org or phone: 020 7922 7874.

A £40 Amazon voucher will be offered to you as a thank you for your contribution.
Spotlight Study: SleepWell

What is this study?
Researchers from Oxford University have developed a sleep intervention for young people at ultra-high risk of developing psychosis. This study aims to work out what the important factors would be to determine whether the sleep intervention is successful.

The sleep intervention has already been tested in a small study with 12 young people. You can read more about the research by clicking here. The results are highly promising and so a much larger study is planned to test if the sleep treatment really works. In order to do this, a preparatory trial is needed to test the study procedures and develop the treatment further.

For this preparatory trial, forty young people, who are at the highest risk of developing psychosis, will be invited to take part in the study. Half of the group will receive the sleep treatment and the other half will continue with their usual treatment. Across 9 months the young people will then be measured for changes in sleep, psychotic experiences and wellbeing levels. At the end, the young people will be interviewed about how acceptable they found the treatment.

Why is this research important?
In the UK there are an estimated 320,000 young people aged 15-24 at high risk of psychosis. NHS mental health services see those who are at the highest risk. Around 20% of these help-seeking young people will go on to develop psychosis within 12 months. The development of psychosis has multiple major consequences on psychological wellbeing, physical health, relationships, education, and employment. It is therefore vital that we find ways to prevent psychosis in the first place. One factor that has been proven to cause psychosis is sleep problems, which is why this study aims to test a new sleep treatment.

How are McPin and people affected by mental health problems involved?
The McPin Foundation will be facilitating the service user involvement for this study in the form of a Young People’s Lived Experience Advisory Panel (LEAP) of around five people. The LEAP will advise and shape the project to ensure that it is effective, appropriate and directly relevant to those with sleep problems and at high risk of psychosis. Some of the ways in which they will be involved include advising on recruitment methods and designing interview questions for the qualitative aspect of the research.

What is the current status of the project?
We are now recruiting people with experience of sleep problems and psychosis to form the Lived Experience Advisory Panel! The study is due to begin in late 2019.

Click below for...
-Information about the role
-Application form
-FAQ

The SleepWell study is funded by the National Institute of Health Research (NIHR).

Where can I find more information?
For more information about the public involvement within this project, you can contact by email: rachelt@mcpin.org or phone: 0207 922 7874 for further information.
McPin is on Instagram!

We are excited to announce that the McPin Foundation is now on Instagram: mcpinfoundation

Our current focus is the #iamPublicMentalHealth campaign.

Laura Fischer and the team of peer researchers on the NIHR Public Mental Health programme will be reaching and engaging with people to find out what really matters to the public.

David Bowman is running the Great South Run to raise money for McPin!

In 2017, David Bowman started doing 5km runs with Parkrun. Now, on 20th October, he will be running the 10 mile Great South Run race to raise money for McPin! We’re rooting for you David!

Over 20,000 people will be doing the Great South Run this year. David will be running the route in Southsea which starts and ends on Clarence Escapade.

Click here for his fundraising page, or here to read his blog about it.

National Gallery Audio Tour

The McPin Young People’s Network have been working with Dr Helen Fisher on an audio tour project for the National Gallery. The mental health themed guided tour was launched on World Mental Health Day on 10th October.

“When I was given the opportunity of being a part of creating this audio tour, I took it with open arms. As the meetings went on we undertook a variety of tasks to map out the tour. This involved discussing the paintings and the emotions they evoked in us in relation to our own experiences. The overall experience is one that enriched my mental health and knowledge of art.”

- Niamh Elam, member of The McPin Foundation’s Young People’s Network

Read more about it here
Mental Health Research in the News

World Mental Health Day

This year, the World Mental Health Federation chose “suicide prevention” as the theme for world mental health day. This theme hits home in light of new statistics about current UK suicide rates, showing that they have risen. The Office for National Statistics reported 6507 deaths in 2018, which is 686 more than in 2017 and is the first increase since 2013. Three quarters of registered suicides were found to be males; in particular, males aged between 45-49 years. These statistics emphasise the severity of the current rate of suicide, and that the issue does not discriminate in terms of who it affects. Suicide is a global issue affecting everyone. More needs to be done to understand why this is happening, although raising awareness about the issue is certainly a start.

The Mental Elf Blog: screen time and mental health in young people

On the Mental Elf blog, Lucinda Powell discusses some recent research by Amy Orben and Andrew Przybylski, which looked into the association between screen use and mental health in adolescents. They found not much connection between the two, or very weak links if there were any. The blog discusses a big strength of this research: that it has quite robust research methods. However it also points out that the data that this research was based on is quite old (from 2012), and that screen use has changed quite a lot since then. More research, with more recent data, is needed to investigate this further.

Read the blog here and the research article here.

It’s OCD awareness month!

This week (14th—18th October) was OCD awareness week, which starts off OCD awareness month, or #OCDtober! Follow @OCDUK and @ocdaction on twitter and the hashtag #OCDtober for more information and updates.

The purpose of this campaign is to shed some light on what it’s really like to experience OCD. It is often misunderstood as being neat and tidy. In reality, OCD can manifest in many different ways, including the experience of intrusive thoughts and having to repeatedly complete physical and mental compulsions, which can take hours. The aim of the campaign is to raise awareness of just how debilitating OCD can be.
Research studies looking for participants

**BRIGHTMIND is looking for volunteer participants for a Transcranial Magnetic Stimulation study**

Researchers at the Institute of Mental Health are looking for people with treatment-resistant depression (depression that has been resistant to antidepressant medication) to take part in their study. They are investigating whether a treatment using Transcranial Magnetic Stimulation (TMS) helps with the symptoms of depression.

For more information about TMS and this study, see their website [here](#).

If you’re interested in taking part in the trial you must be:

- aged over 18 years
- living with depression that has been resistant to anti-depressant treatment

Interested? Contact Lucy Webster on 07990664053 or email [Lucy.Webster@nottshc.nhs.uk](mailto:Lucy.Webster@nottshc.nhs.uk)

**Consultation opportunity for selective mutism research (unpaid)**

Researcher Gino Hipolito is developing an online programme to support parents and education staff to improve the speaking and reduce anxiety for young children with selective mutism (SM).

He is looking for young people and adults with SM, parents of children with SM, teachers, speech and language therapists, and psychological therapists to talk about their views on his project. This initial consultation work is unpaid and would be done by phone or email.

At a later date, there may be opportunities to be involved with a focus group for this study, which will be a paid opportunity. Keep an eye out on twitter (@GinoSHipolito) for this.

Interested? Email Gino Hipolito ([gino.hipolito@nhs.net](mailto:gino.hipolito@nhs.net)) for more information

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- Payment amount and whether travel expenses are reimbursed
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