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 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 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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Advertise your opportunity in the bulletin!

If you have an involvement opportunity you would like to include in our next bulletin, please email Anja Hollowell (anjahollowell@mcpin.org).

Please include 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
Involvement Opportunities

JOIN THE STEERING COMMITTEE FOR THE ‘TREATMENT OF PANIC DISORDER IN ADOLESCENTS’ (PANDA) STUDY

Location: London, Reading or Oxford

Renumeration: £30/hour

Travel expenses: included

Deadline: Friday 21st February

The ‘Treatment of Panic Disorder in Adolescents’ (PANDA) study is looking for people to join their study steering committee. The purpose of a member of the steering committee is to check how the trial is going and make sure that is being well conducted. It is to help them think about how to engage young people in the study and ensure the study works as well as it possibly can. This role involves meeting a total of 4 times – around twice a year for a couple of hours each time. There are 4 clinical researchers on the committee as well, who all work with young people and families.

They are looking for:

• Young people/young adults with lived experience of having panic disorder
• Parents/carers who have supported a young person with panic disorder

The next meeting is Friday 6th March 11am–12.30pm (location to be decided – either London, Reading or Oxford)

Interested? Please contact Polly Waite at panda@reading.ac.uk

SleepWell Lived Experience Advisory Panel (LEAP)

Location: London/Oxford

Renumeration: £80 per LEAP meeting

Travel expenses: all reasonable travel reimbursed

Deadline: Friday 6th March, 5pm **DEADLINE EXTENDED**

We are looking for five people aged 14-25 with experience of (or signs of) of psychosis-like experiences 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 (who are also at risk of developing psychosis) with sleep problems, 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 issues. 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). If you’re unsure about whether your experiences might be relevant to this, please do get in touch with Rachel.
JOIN A STEERING MEETING FOR A RESEARCH PROJECT ABOUT THE MENTAL HEALTH OF LGBTQ+ YOUNG PEOPLE

Location: McPin offices, London SE1 4YR
Renumeration: £80
Travel expenses: included
Deadline: Friday 28th February

A researcher from University College London is looking for people to take part in a steering meeting for some research she is doing about the mental health of LGBTQ+ young people. A previous study from these researchers showed that young people who identified as LGBQ+ at 16 years old experienced more mental health problems than heterosexual people from as young as 10 years of age. The researchers now want to find out why LGBTQ+ young people experience more mental health issues so that they can find ways that can help.

Be a member of the Project Advisory Group for this research. Drawing from your lived experience as an LGBTQ+ young person, you would get to help shape and advise on the project to ensure that it is appropriate, effective and applicable for those with this experience.

We are looking for:
- People who identify as LGBTQ+
- Aged 14-24
- Contribute to one or more meetings (number will depend on funding), first one in late March/early April

Interested? Please 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
Postgraduate Opportunities

**MHRUK PhD Scholarship: Understanding pathways to self-harm and suicide ideation in high risk young people: an unmissable opportunity for suicide prevention**

The University of Nottingham are looking for a PhD candidate for a research project looking at the pathway between self-harm and suicide in adolescents. This project will involve both quantitative and qualitative research and will involve working with high-risk communities.

This PhD is funded by Mental Health Research UK

**Deadline** to apply is **1st March 2020** (European and UK applicants only)

**Interested?** For more information, please [click here](#)

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**PhD Studentship: The mental health and well-being of researchers in academia**

Applications are invited for a fully funded, full time PhD studentship based at the Division of Psychiatry, UCL and the McPin Foundation.

The PhD topic is to explore the mental health and well-being of researchers working in academic settings.

This studentship is jointly funded by the UBEL Doctoral Training Partnership and the McPin Foundation.

**Deadline** to apply is **2nd March 2020**

**Interested?** For more information, please [click here](#)

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**MHRUK PhD Scholarship: Neural mechanisms of positive symptoms in first-episode and prodromal psychosis**

The Institute of Psychiatry, Psychology and Neuroscience at King’s College London is looking for a PhD candidate for a project investigating the neural mechanisms of psychosis using neuroimaging, neuropsychology and neuroscience techniques.

This PhD scholarship is funded by Mental Health Research UK

**Deadline** to apply is **23rd February 2020** (UK applicants only)

**Interested?** For more information, please [click here](#)
YOUNG PERSON CO-RESEARCHERS

Location: Home-based, with travel around the UK
Salary: £14.10/hour plus travel expenses
Contract: May 2020 - March 2021 (approx. 2 days/month research work)
Deadline: 9:00 16th March 2020

This is an opportunity to join an ambitious and friendly team to support the Blueprint mental health research project. The Blueprint project is exploring services available to children and young people in England & Wales who are experiencing common mental health problems.

Under the supervision of a senior researcher, you will visit mental health services in England & Wales to work with University Researchers in carrying out interviews & focus groups with service users, parents/carers and service providers. Two days of paid training will be provided for this role in April 2020.

You will draw on your own experiences of mental health problems to inform the research as appropriate.

This post will be home-based and the post holder will be required to work remotely. You will need access to a computer and a reliable Internet connection. Some travelling in England and Wales will be required, including occasional visits to our London office and to University of Manchester or Cardiff University. All reasonable travel expenses will be reimbursed. This post is open to applicants aged 18-24 only.

Interested? For more information, click here for the vacancy or here for the project page, or email us at contact@mcpin.org

RESEARCH ASSISTANT AT KING’S COLLEGE LONDON FOR THE MENTAL HEALTH AND JUSTICE PROJECT

Location: Denmark Hill, London
Renumeration: £32,676 per annum (pro-rata), inclusive of London allowance
Contract: Part-time 40% FTE, fixed-term for 12 months
Deadline: 16th February 2020

The Mental Health, Ethics and Law research group at the King’s College London Institute of Psychiatry Psychology and Neuroscience are looking for a part-time research assistant to join their team.

This research group leads the Mental Health and Justice project, which is a programme of research, funded by the Wellcome Trust, that is looking at the questions that arise when mental healthcare and the principles of human rights meet.

The Mental Health and Justice Programme has been running for over three years; it is now looking at developing a new 10-year research strategy. The postholder will assist with the development of this strategy, alongside the development team. This will involve assisting with a series of 12 events that the team is putting on: preparing briefing documents, liaising with relevant team members, writing meeting reports.

Click here to find out more about Mental Health and Justice

Interested? For more information about the job, or to apply, click here.
gameChange: from LEAP to trial

How did you find out about the McPin Foundation?

I became a member of the Lived Experience Advisory Panel (LEAP), for the gameChange trial in the Summer of 2018 after responding to an advert in an involvement bulletin. At that point, I was early on in my mental health recovery, so when McPin advertised for people with lived experience of bipolar affective disorder and psychosis - I ticked both boxes. I had spent my career working as a scientist but had been out of work for over a year. So at that point I was really keen to get back involved in the world of research.

This time however, instead of assessing and reporting on data, I would be looking at research from a different perspective. Being a LEAP member meant I could draw from my experience of mental health in order to help co-design an intervention. This intervention is called gameChange, a virtual reality (VR) programme designed to help people manage the social issues associated with psychosis. Experiencing psychosis is distressing, it made me want to withdraw from others. I rarely left the house due to a huge and crippling amount of fear and anxiety. The gameChange intervention is trying to help people overcome the anxiety surrounding social situations and therefore withdraw from them less. I felt really motivated to help others to manage the social impact of psychosis, so I responded to the advertisement and became a LEAP member with McPin.

Describe your experiences with McPin and what you have gained from these experiences

Being on the LEAP was daunting at first. At that point in my life, I barely left my home. So, the day trip to Birmingham, where the LEAP meets, was very scary for me to do on my own. I received a lot of support from McPin: they booked my ticket, so all I had to do was turn up to the station on time.

The LEAP meets in Birmingham because it is the central point for members of the team, who travel from all over the country. I met with a friendly group of people from McPin and some other LEAP members at the train station and we walked together to the meeting. That was also quite a huge achievement for me, as it was busy in the station and I had no idea how to tackle my way through the crowds and find the destination. After withdrawing from the world, you become hypersensitive to every little noise and

The coach in the gameChange VR environment. The LEAP chose the six environments that you can go into in the VR. This image shows how you choose an environment when you’re in the VR: by grasping a green bubble. The virtual coach, Nic, guides you through the VR scenarios.

About the author: Eva

Eva is a member of the gameChange LEAP. Look out for a blog from her coming later this year on the McPin website. In it, she will talk more about her experiences of going from LEAP member to staff member in the gameChange project.
change in the environment. So meeting in such a busy place was a big challenge for me.

At the start of the project, we would meet every other month and within that time we became familiar with each other. The team included service users, people from the McPin team, artists, and various health professionals and researchers. The increasing familiarity with other members of the group made it easy for us to meet together and share our ideas and design the gameChange trial.

**What was the best thing about being in the LEAP?**

Being part of the LEAP was a huge step forward in my recovery. I learned to see the value of my own experience. I also met some incredible and inspirational people in various stages of recovery. I enjoyed hearing other service users’ input, and their suggestions were often quite creative. I also felt it became easier over time to feel comfortable enough to share my own thoughts and experiences.

I have enjoyed being on the LEAP so much, because I always feel motivated and inspired after our meetings. Seeing the value of my own experiences with mental ill-health helped tremendously with my recovery. Eventually I reached a point where I felt able to manage part-time employment.

I have been employed as a part-time peer researcher to help deliver the gameChange intervention in the clinical trial, which launched nationally in the early summer of 2019. Having peer researchers deliver the gameChange intervention was something we discussed at length in our meetings. So, it’s amazing to see the effect that our input has had on the project and to be a part of it.

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**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.
What is the blueprint study?

The Blueprint project is exploring services available to children and young people in England & Wales who are experiencing common mental health problems. These are commonly occurring problems that generally do not require admission to hospital and include issues such as anxiety, depression, self-harm, obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD).

During the three year study, the researchers will identify ways to make services for children, young people and their families more effective and accessible. They will then develop one or more models – or ‘blueprints’ – of services for this population. This will take into account how services are accessed, navigated and used by children and young people and their families. You can read more detail about the Blueprint project here.

Why is this study important?

The mental health of children and young people is a national and international priority, with around one in eight children and young people in the UK experiencing a mental health problem that requires professional support.

More children and young people with mental health difficulties are asking for help (or their parents, carers or teachers are) but it is often difficult to access support due to reasons such as:

- A lack of mental health services;
- Long waiting lists;
- The varying services available in different regions across the country;
- Insufficient support and resources for the child or young person’s specific mental health condition.

Who is carrying out this research?

The study has been funded by National Institute for Health Research (NIHR) as part of its Health Services and Delivery Research Programme. It is a collaboration between The University of Manchester, Cardiff University, Greater Manchester Mental Health NHS Foundation Trust and Common Room, an organisation led by young people with lived experience of mental illness. You can read more about the research team here. The project is also supported by an Advisory Group which includes young people with lived experience of common mental health problems, parents, professionals working in children’s mental health, education and social care, service managers and service commissioners and academics specialising in children’s mental health.

What is McPin’s involvement in this research?

Our young people’s coordinator, Rachel Temple, and a young people’s network member have a position on the project steering group, which oversees the study’s progress and helps to make important decisions. We will also be employing young co-researchers who will be supporting data collection and analysis (see page 6 of this bulletin).
McPin Foundation News

McPin have a new office with a wellbeing corner

Clare and Odette worked hard to get us settled into our new office at the start of 2020. We haven’t changed address, just moved within the same building but we love our new space. We now have a lovely “wellbeing corner” where we can go to have a break, do some colouring in or enjoy a chat. Clare, our operations manager, wrote a blog last year with 7 tips for improving wellbeing at work. Read her blog [here](#).

Our year in numbers

Our annual infographic, which shows key figures and statistics about our work, has been released.

We’re really excited to be working with more people than ever before. We only hope to grow further in the years to come!

See the infographic [here](#).

Two new members of staff

We have two new members of staff in the McPin offices!

**Zoë Catchpole** is the Peer Impact and Engagement Officer for the UK Research and Innovation-funded Mental Health Networks. She is working with Elaine Fox at the University of Oxford to help maximise the impact of these research networks.

**Tanya Mackay** is the new Research Manager at McPin. She is working on a number of projects, including Women Side by Side and Compassionate Neighbours.

It’s great to have them on the team!

Applications now open for Transforming Mental Health Research Service User and Carer Involvement in Mental Health Research Awards 2020

Are service users and carers involved in your mental health research? Apply now for these awards, which are a collaboration between McPin, the National Institute for Health Research and MQ.

The deadline for applications is **2nd March 2020**

For more information, [click here](#).
Events

Social Power and Mental Health: Evolving Research Through Lived Experience

Date: 25th & 26th March 2020
Location: CRASSH, Alison Richard Building, 7 West Road, Cambridge, CB3 9DT
Price: £45/£30 student

This co-produced conference seeks to create dialogue between two forms of expertise. It will bring together people with lived experience of mental health challenges and researchers, with the aim of starting conversations between these two groups of experts. Interested? For more information, click here.

Fresh Voices Winter Talk: Pitfalls in Advisory Groups

Date: 18th February 12:30-14:00
Location: Institute of Education, UCL, London WC1H 0AL
Price: Free

Thomas Kabir, the head of public involvement at McPin, and a member of our Young People’s Advisory Group, will be speaking at the Fresh Voices termly talk at UCL. They will be talking about the Right People, Right Questions priority setting partnership project. This project identified the top 10 priority research questions relating to young peoples mental health. Interested? For more information, click here.

Mental Health Question Time: Should Culture be Prescribed on the NHS?

Date: 18:00-20:00, 19th February 2020
Location: Harrie Massey Lecture Theatre, 25 Gordon Street, London WC1H 0AY
Price: Free

There has been a lot of recent interest in how the arts and sport might help people with their mental health. But is there enough evidence to justify the NHS paying for this? And what would this evidence look like, anyway? This panel will discuss how culture might complement and enhance our mental health care, and what it would take to convince the NHS to fund it. Laura Fischer, a Public Involvement Coordinator and Researcher at McPin will be one of the four panellists at this event. Interested? For more information, click here.
WHAT HELPS YOU IN YOUR COMMUNITY — INTERVIEW

Location: London or Video call (whichever is convenient for you)
Renumeration: None
Travel expenses: included
Deadline: No specific deadline. If you’re interested please get in touch ASAP

This is an opportunity to take part in an interview with a researcher about what your community offers you, such as arts, music or drama groups; sports events, allotments, libraries and museums.

We want to find ways to help community groups, and places such as museums and libraries, support more people with lived experience of mental health problems, and remove barriers to taking part. In the interview, we would like to ask you about why you do, or don’t, take part in these community groups, and what would help you to do so.

We are looking for people who:

• Aged 18+
• Have lived experience of mental health problems
• Live anywhere in the UK

Interested? Please contact Louise Baxter (l.baxter@ucl.ac.uk or 020 7679 8347) for more information or to arrange an interview.

Would you like to advertise your participation 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
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• The deadline to express interest or apply
Our involvement panels

We continue to run Lived Experience Advisory Panels (LEAPs) for university-based research projects. These are panels made up of people with relevant expertise from experience linked to the research topic being studied; there were 103 members this year.

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Our supporters

- Newsletter: 1,799
- Involvement bulletin: 861
- Facebook likes: 618
- Twitter followers: 4,684
- Young people's mental health research network: 131

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