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Hub Update

Change is in the air

As you may already have heard, our Hub Lead, Professor Ian Goodyer, will be stepping down from his role as Hub Lead at the end of September. Ian has been the driving force from the beginning and has been a pillar of support during the setting up of the Hub. Fortunately he has agreed to remain on the Hub's Steering Committee. We would like to thank him for all his input and wish him well for the future. From October, our new Hub Lead will be Professor Peter Jones. Many of you will already know Peter as the Head of Psychiatry at the University of Cambridge or from elsewhere. He has been a founding member of the Hub and will be a great asset to us as our new Hub Lead. Welcome Peter!

Another major change is that over the next few months we will be changing our name to better

reflect the inclusion of Suffolk as a linked clinical site in our remit.

Out goes:

Cambridgeshire & Norfolk Hub

In comes:

East Anglia Hub

(Norfolk, Suffolk & Cambridgeshire)

Please bear with us during this time of change as it is very likely that you will probably encounter both our old and our new names over the next few months whilst our systems change.

Amanda Howe, our Primary Care Lead would also like to invite interested individuals to our Mental Health in Primary Care 'mini-launch' on the 14th July at the UEA (see p.2).

Finally, a couple of our adopted projects have assumed new acronyms or names for their studies (see p. 3-5)

UK-MHRN Update

News from the UK-MHRN is that from 1st June Dr Jonathan Bindman took up his post as Associate Director for Service User / Carer involvement and at the administrative centre Rachel Parker took up her post as Manager. Welcome Jonathan and Rachel. A further appointment has also been made in that Michelle Tuohy will take up her post as UK-MHRN Contracts Manager on the 3rd October.

Changes are also happening at SURGE in that the hosting centre will move at the end of July to the Sainsbury Centre. Dr Jan Wallcroft will be based there with 2 research workers and administrative support. Sarah Gibson will re-

main in post, part-time, during this hand-over period until the end of October. As mentioned above, Jonathan Bindman will be the Associate Director with Peter Beresford as Chair of the Advisory Group.

The UK-MHRN National Scientific Conference's final programme has now been finalised and will be made available on the UK-MHRN's website in the near future (www.mhrn.info).

The UK-MHRN have also held talks with industry in that in the near future we will be able to adopt commercially funded projects under specific guidelines. These guidelines are still in discussion and we will inform you what they will be once they have been finalised.

UK-MHRN

Aims:

- To organise and deliver large-scale research projects to inform policy and practice as it develops, and to help services implement change.
- To broaden the scope and capacity of research, including full involvement of service users and carers in commissioning and delivering research.
- To help identify the research needs of mental health (particularly in health and social care), working with frontline staff, service users and carers.
- To develop research capacity through a range of initiatives at a local, regional and national level.

Benefits:

- Provides instant access to a number of clinical and academic centres.
- Brings together research and providers of mental health and social care services.
- Offers a broad scope, covering all mental health disciplines .
- Offers support and guidance on research governance issues, data protection and ethical matters.
- Co-ordinates the management of all subcontracts to individual centres.

UK-MHRN Research Groups

Early intervention in psychosis	Professor Max Birchwood
Evaluation of Treatment Interventions in Adults with Learning Disability	Nick Bouras
Depression/Anti-depressant treatment	Professor Tony Kendrick
MHRN Rehabilitation and Recovery Research Group	Helen Killaspy
Physical and Metabolic consequences of Severe Mental Illness (SMI)	David Osborn
Patient-professional Treatment Partnerships in Mental Health	Robert Peveler
Early intervention in psychosis	Professor Dave Richards
Self help	Professor Dave Richards
TASC: Theory and Analysis of Social Capital in Mental Health Research	Justine Schneider
Employment and Mental Health	Graham Thornicroft
Personality Disorder Research Group	Peter Tyrer
Long-term effect of psychotropic medication in children	Ian Wong

UK-MHRN Scoping groups

Older age	Professor Sube Banerjee	Children's mental health	Professor Eric Taylor
Social care	Professor Peter Huxley	Carers	Rethink

Job Opportunity: Hub Social Care Lead

The main responsibility of the Social Care Lead is to develop effective connections between the Mental Health Research Network Hub, mental health services provided by local authorities and voluntary organisations, and local research workers. The aim is to improve access to social care services for projects adopted in the UK-MHRN and running within the Hub. The post-holder will work to increase the involvement of social care services in the UK-MHRN and to develop their capacity for research.

The post is for one half day per week or equivalent, to be worked flexibly. Remuneration negotiable (dependent on experience and qualifications) This post is for three years (with review with the Hub lead after one year). The post-holder is accountable to the Hub Lead and Hub Management Committee

Closing date **July 19th 2005** with interviews on the 16th September in Cambridge.

Further details can be found by typing in **Social Care Lead** on: www.jobs.cambs.nhs.uk

Primary Care—Update

Primary Care Mental Health

Sharing the Midlands Experience

Amanda Howe, our Primary Care Lead, with the School of Medicine, Health Policy and Practice (UEA) and the Hub are delighted to be hosting a lunchtime seminar on:

14th July 2005

School of Medicine, Health Policy and Practice

Room 0.02

1-2 PM

The guest speaker will be **Dr Helen Lester**, Reader in Primary Care Mental Health at The University of Birmingham. A GP by training, Helen currently holds a National Primary Care Career Scientist post.

Her clinical work has always focussed on providing care for potentially vulnerable communities, including homeless people and people with serious mental illness.

Helen now leads the Mental Health Research Team and is the Principal Investigator on a range of studies, including an evaluation of the primary care mental health workers and of the development and effectiveness of early intervention teams of young people with a first episode of psychosis.

Her main research activities include primary care mental health policy and the links between policy and practice, user involvement in primary care and the role of primary care in supporting young people with serious mental illness.

The seminar will be followed by a discussion 2-2.30 PM

Refreshments will be available

All are welcome

We look forward to seeing you there!

RSVP

Angela Rowe: a.rowe@uea.ac.uk

or Marijcke Veltman: mwmv2@cam.ac.uk

SURGE—Update

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SURGE is continuing its work in supporting mental health service users and people from universities and NHS trusts as they work together on mental health research. There have been a number of important developments in SURGE's work over the past few months:

Following an extensive review of the literature, contributions from SURGE partners and visits to case sites, the SURGE Good Practice Guidance for service user involvement in research projects and programmes within the MHRN have been produced. This Guidance is now available and may be downloaded from: www.mhrn.info/surge.html. A brief scoping exercise has also been carried out to generate an understanding of service user activity

within and around MHRN Hubs and to gather information on related support and development needs around the MHRN. This Field Report identified the following needs for development: spaces to meet, talk and develop; information, advice and guidance; financial support; training and development

Finally, SURGE is currently collecting information on role descriptions, working arrangements, funding, training and payment of service users across the network. Our thanks go to all those in the East Anglia Hub who completed this questionnaire for us. This information will be used to help further development Good Practice in Service User involvement around the UK- MHRN.

Hub User/Carer Co-ordinator - Update

Helen Phillips reports:

As you may have read in the last Newsletter, the East Anglia Hub has created a post of part time User/Carer Co-ordinator and I took up this role in May.

My first priority is to meet with as many groups and individuals as I can across the Hub area so that I can find out what initiatives have already been developed to involve service users and carers in all aspects of research activity. This is proving extremely helpful, as

have been my contacts with SURGE.

If I have not yet contacted you or your organisation, and you would find it helpful to meet, please do not hesitate to get in touch with me. Once I have completed this phase, I should be in a better position to start producing information, for example leaflets and a glossary of research terms, and possibly to co-ordinate training and support events across the Hub. **Any ideas or suggestions would be most welcome.**

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Norfolk & Waveney Service User/Survivor Research Forum (NorSurf)

Norfolk & Waveney Service User/Survivor Research Forum met for the first time on the 29th April 2005. A few weeks before an 'Awareness Day' on service user/survivor research involvement took place. The objective of the day was to introduce and explore some of the issues surrounding service user/survivor research involvement and to act as the spring board for the creation of a research forum. The day was organised with help from SURGE, especially Sarah Gibson. It was arranged around a series of presentations and ending in a 'workshop' session to discuss the creation of a research forum.

Currently the forum is known as NorSurf. It as now met three times and as adopted a set of aims. These are:

- To make Research more accessible to mental health service users and survivors.
- To develop good practice guidelines for mental health service users/survivors involvement in local research projects.
- To educate researchers on the involvement of mental health service users/survivors in research projects.
- To find out, and take forward, mental health service users/survivors research priorities.
- To be a contact point for research projects wanting mental service user/survivor involvement. This is to include contact through the PPIRes project.
- To identify, and offer opportunities for, research training to mental health service users/survivors.

- To provide support to mental health service users/survivors interested and/or involved in research projects.
- To link local mental health service users/survivors research involvement to the regional and national level.
- To help disseminate and implement research findings.
- Provide mental health service users/survivors the means to share experiences and ideas about research.

NorSurf members sit on the Trust's research forum, which aims to provide strategic leadership for the Trust's research programme and whose membership also includes clinicians, academics from the local university and service managers. They also sit on the Trust's service user/survivor training forum.

In the future NorSurf plans to commission a local service user/survivor research group – INFORM - to carry out a Delphi study into research priorities of service users/survivors and to develop an audit tool for service user/survivor involvement in research projects. For the time being the aim is to build on the foundations that have been successfully laid down over the past three months. In particular, the aim is to increase membership and awareness of the forum amongst service users/survivors and the local research community.

NorSurf Contact details:

Ray George, Post-Graduate Centre, Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

Tel: 01603-421184

Email: ray.george@nwmhp.nhs.uk

Local Research Centres / Researchers for Hub Hosted Projects

(to date and with apologies to anyone inadvertently missed off or added in error to the list)

ADAPT	Cambridge:	Ian Goodyer, Paul Wilkinson
BALANCE	Bury St. Edmunds:	Albert Michael
	Cambridge:	Ed Bullmore, Fiona Blake, Jonathon Dowson, Neil Hunt, Nigel Hymas, Rajini Ramana
	Great Yarmouth:	Larry Ayuba, Paul Veltman
	Norwich:	Chris Michel, Iain Macmilan
	Peterborough:	Jesus Perez
BECCA	Norwich:	Shirley Reynolds, Ian Harvey, Fiona Poland, Miranda Mugford, Lee Shepstone, David Price, Kim Shutt, Sandra Picken, Mariamma Thalanany, Tom Arie, Ionne Hammond, Suan Vaughan, Ian Southam, Sandra Pilkington, Anne Biggar, Rachel Tresize, Mary Moore
GAN	Cambridge:	Tony Jaffa, Jane Shapleske
PsyGRID	Cambridge:	Peter Jones, Ed Bullmore, Tim Croudace
ROOTS	Cambridge:	Ian Goodyer, Valerie Dunn, Diane Bamber, Rachel Brand, Gillian Barker, Amber Steele, Betty Tzeng, Stefania di Biasi, Margaret Bellamy, Liz Blower, Janet Edwards, Shiona Morrison
ISREP (aka SR-CBT)	Bury St. Edmunds:	Albert Michael
	Cambridge:	Peter Jones, Michelle Painter, Carolyn Crane
	Norwich:	David Fowler, Joanne Hodgskins
National EDEN (aka SuperEDEN)	Cambridge:	Peter Jones, Tim Croudace, Sandi Secher, Kim Masson, Uschi Werners
	Norwich:	David Fowler

CN-Hub hosted projects

New projects:

NACHBID

Neuroleptics in Adults with Aggressive Challenging Behaviour and Intellectual Disability

NACHBID is a multi-centre three-arm parallel design, double blind, randomised controlled trial of placebo, haloperidol and risperidone. The trial currently recruits patients with intellectual disability and aggressive challenging behaviour in the United Kingdom.

The sample group include people with intellectual disability in community settings e.g. family homes, supported housing and NHS residential facilities, with living situation stratified at randomisation. Target Population: All referrals to community services with mild, moderate or severe learning disability showing aggressive challenging behaviour in the absence of a diagnosis of a psychotic disorder.

We include patients who have not taken antipsychotic drugs by depot injection in the past three months or oral antipsychotic drugs in the past week but may have received it in the past. Patients are excluded for the following reasons 1) taking continuous antipsychotic medication (depot or oral); 2) have a clinical diagnosis of schizophrenia or another psychotic disorder; 3) are under mental health legislation or 4) have participated in any therapeutic or non-therapeutic research study during the last three months.

The trial utilises block randomisation with even distribution of each drug in every block, thus no gross disparity. Assessments are implemented at baseline, four weeks, twelve weeks and six months. The patients are requested to take the trial drug for a minimum of twelve weeks. All patients have the option of other treatments as usual during this period with the exception of any other anti-psychotic drugs. The preferred rescue medication is lorazepam.

This trial is recruiting patients until December 2005.

Chief Investigators: Peter Tyrer (Imperial College, London)
Funder: National Coordinating Centre for Health Technology Assessment

Local Research Centres / Researchers for each project can be found on page 3

Ongoing Projects

ADAPT

Adolescent Depression, Antidepressants & Psychotherapy Trial
Chief Investigators: Ian Goodyer (Cambridge) & Bill Deakin (Manchester).
Funder: The NHS Health Technology Assessment Programme.

BALANCE

An international randomised trial of maintenance treatment for bipolar disorder
Chief UK Investigator: John Geddes (Oxford).
Funder: The Stanley Medical Research Institute (USA).

BECCA

Befriending and the Costs of Caring
Chief Investigator: Shirley Reynolds (UEA).
Funder: The NHS Health Technology Assessment Programme.

GAN (Genetics of Anorexia Nervosa)

Anorexia Nervosa in Relatives Project
Chief UK Investigator: Janet Treasure (Institute of Psychiatry, London)
Funder: National Institutes of Health (USA)

Learning the lessons

An evaluation of pilot community services for adults with personality disorder
Chief UK Investigator: Mike Crawford (Imperial College, London)
Funder: NHS Service Delivery and Organisation R&D Programme

PsyGRID

E-Science to facilitate clinical trials and longitudinal studies in first episode psychosis
Chief Investigator: Shôn Lewis (Manchester).
Funder: The Medical Research Council.

ROOTS

How do patterns of risk predict the evolving nature of psychopathology in post-pubertal adolescents?
Chief Investigator: Ian Goodyer (Cambridge).
Funder: The Wellcome Trust.

ISREP (aka SR-CBT)

Improving Social Recovery in Early Affective and Non-Affective Psychosis: A Randomised Controlled Trial Of Social Recovery Oriented Cognitive Behaviour Therapy
Chief Investigator: David Fowler (UEA).
Funder: The Medical Research Council.

National Eden (aka SuperEDEN)

A national evaluation of early intervention in psychosis services
Chief Investigator: Max Birchwood & Helen Lester (Birmingham).
Funder: The Department of Health.

How to run a project on the Network

Application to run a project on the MHRN must be made to the MHRN Adoptions Committee. Forthcoming deadlines for applications:

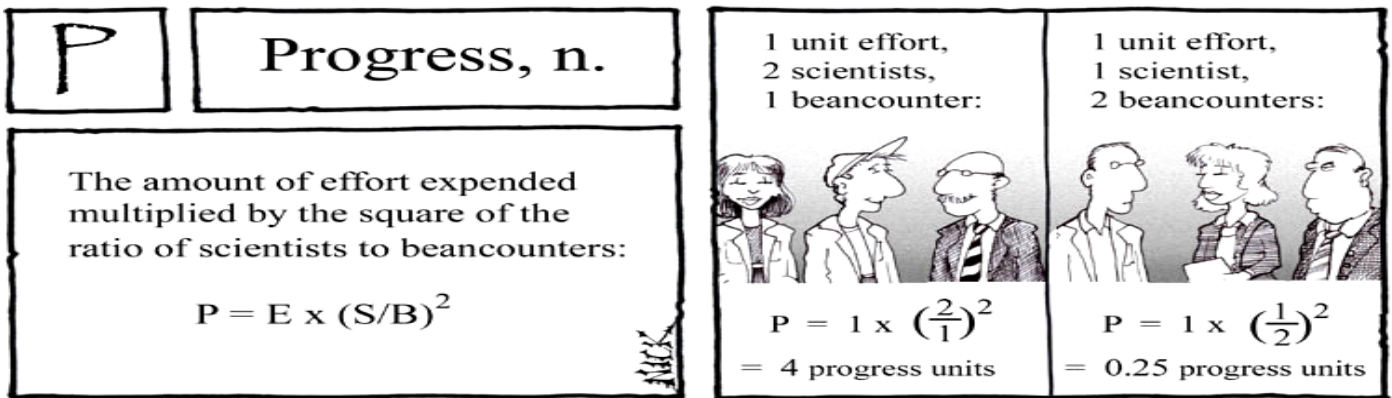
August 23rd 2005

October 24th 2005

December 29th 2005

February 21st 2006

Application forms can be downloaded from: www.mhrn.info



BALANCE TRIAL—Update

Recruitment of investigators and participants to this international randomised trial of treatment for bipolar disorder is continuing. An update on the progress of the trial was presented at a recent conference in 6th International Conference on Bipolar Disorder in Pittsburgh and psychiatrists from many countries expressed an interest in participating.

A number of psychiatrists from Trusts in the East Anglia Hub are already participating in the trial with support from the BALANCE team based in Oxford. We are hoping that the recent adoption of BALANCE by the UK-MHRN will increase the number of participants from this Hub. The Clinical Studies Officers (CSOs), Barbara Lee and Emma Leggett, will be able to provide additional support to

participating psychiatrists to recruit and follow up participants. BALANCE is open to patients who are just beginning treatment to prevent relapse and to those currently taking treatment but who are experiencing some mood instability or side-effects.

The MHRN is trying to arrange two meetings for current investigators and other psychiatrists who are interested in the trial. The meetings will include an update on the trial and outline the role of the CSOs.

Please contact Marijke Veltman (see contact details on p. 7) if you would like to attend one of these meetings in September. One is due to be held in Norwich and one in Cambridge.

ISREP (aka SR-CBT) TRIAL—Update

Peter Jones wrote the following ... to update you on this study that aims to investigate whether CBT can improve social recovery as measured by hours in paid work or other structured activities.

This is a rather more severe test of CBT as an adjunct to anti-psychotics in psychosis than work to date that has concentrated in scores on symptom rating scales. The study is what the MRC call a "platform study", a pilot study designed to assess feasibility and the likely effect size that might be tested definitively in a national study in the future.

We have started recruiting with Carolyn Crane having contacted teams throughout Cambridgeshire, Joanne Hodgekins in Norfolk, and Michelle Painter beginning to supervise the therapy. The project has been adopted by the UK-MHRN so we also have Barbara

Lee and Emma Leggett, the Clinical Studies Officers, helping with recruitment. This will allow us to expand into Bury and possible other sites in Norfolk and Suffolk. We had originally intended to recruit from early intervention teams. However, there is still patchy coverage and uncertain funding in these teams. **We have, therefore, sought and received ethical approval to expand recruitment to include anybody with schizophrenia or affective psychosis within 8 years of onset.** People with residual positive symptoms and a complex of negative and depressive features of schizophrenia are obvious candidates. People with bi-polar disorder or psychotic depression are also included, particularly if you feel their symptoms are holding them back from a good vocational outcome.

Please refer! The team will be in regular contact. If all of us who treats people with affective and non-affective psychosis refers two or three patients by the end of the year we shall be home and dry.

ESRC Research Methods—Database of Researchers

This is a database of researchers and their areas of expertise. It will be shared between the [ESRC Research Methods Programme](#), [National Centre for Research Methods](#), and the [Cabinet Office](#) and as well as other Government departments. It will be used as a resource for government departments seeking to procure research services.

You can submit or change your details if they've already been submitted and authorised Government departments can search the database.

If you would like to receive information on the events and activities of the Research Methods Programme and the National Centre for Research Methods, please join their [register of interest](#).

www.ccsr.ac.uk/methods/researchers

CN-Hub Research Development Fund (RDF)

The second of the Hub RDF development days took place in Cambridge. It was the first meeting of the [Child and Adolescent Eating Disorder Research Consortium](#) and was held on Friday May 13th at Wolfson College, Cambridge.

Tony Jaffa reports:

The attendance was excellent with 35 researchers and would be researchers from the NHS and independent sectors. The academic content of the day was organised by Tony Jaffa, consultant psychiatrist at the Phoenix Centre for teenagers with eating disorders (Cambridgeshire and Peterborough Mental Health Partnership NHS Trust) and associate lecturer, University of Cambridge, and Bryan Lask, Professor of Child and Adolescent Psychiatry, St George's Hospital Medical School and Medical Adviser Huntercombe Hospitals. We were also delighted to have the input of Professor Ian Goodyer, Cambridgeshire and Norfolk UK-MHRN Hub Lead.

Marijcke Veltman, Hub Research Coordinator, opened the meeting by telling us about the UK-MHRN, what it does and what it can offer. Much of the rest of the day consisted of a series of 9 presentations of proposals for multi-site research collaborations.

These were well received and followed by lively discussion with the audience. In particular it was helpful for presenters to hear feedback from both senior academics but also from others whose active participation would be required for the success of any collaboration. The final part of the day was spent in discussion of the future functioning and structure of the consortium.

We agreed that we wished to continue the work of the Consortium and that the main emphasis should be on the establishment and support of multi-site research collaborations in the field of Child and Adolescent Eating Disorders. We agreed that the consortium would provide opportunities for established research centres to build up the relationships necessary for such large scale projects and would allow less established researchers to develop their skills and interests.

We also acknowledged the need to involve patients, parents and the voluntary sector. We will be seeking to establish links with the main voluntary sector organisation in the field, the Eating Disorders Association.

We will be organising a further meeting for later in the year which will be an opportunity to report back on progress with current proposals, to seek further assistance with these and also to discuss new proposals.

CN-Hub Research Development Fund - It is with regret that we can not accept any further applications to the RDF until further notice.

Eastern Region Learning Disabilities Research Network (ERLDRN)

With support from the Department of Health the above network has been established across the six counties (Bedford, Cambridgeshire, Essex, Herts, Norfolk, and Suffolk) that make up the previous Eastern Region. Helen Keeley has been appointed to be the co-ordinator and will be starting her part-time post in September, 2005 based in the same

office as the UK-MHRN East Anglia Hub at Douglas House in Cambridge. Funding is available for one year in the first instance. The network has a number of aims but in essence it will bring together researchers and those working in learning disability (LD) services to undertake and disseminate research of benefit to people with LD. A management group has been established with representatives from each of the six counties (see below). Twice yearly meetings of the wider network members have already taken place to develop the operational policies and plan future research. The strength of the network is that it brings together different agencies, disciplines and user organisations thereby facilitating

partnerships to help make research possible and of high quality.

The network may, for example, facilitate research involving people with LD and rare genetic disorders, or the relationship between LD and specific health problems such as depression or epilepsy, or enable comparative studies across the region. It is proposed that special interest groups, such as research involving children with LD, may be established within the structured provided by the network. The network will only begin to feel real with the co-ordinator in place and the establishment of a web-site and a contact / e-mail database.

Please watch this space for further details.

Contact Details:

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Learning Disabilities
Developmental Psychiatry
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18b Trumpington Road
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Fax: 01223 746122

Email: ajh1008@cam.ac.uk

ERLDRN Management Committee

Frank Besag (Bedford)
Jackie Ord (Essex)
Mary McHatton (Hertfordshire)
Paul McIntosh (Suffolk)
Peter Langdon (Vice-Chairman; Norfolk)
Tony Holland (Chairman; Cambridgeshire)

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Peter.Langdon@norwich-pct.nhs.uk
ajh1008@cam.ac.uk

Hub Research Interest Groups: The regional creative drive

Mirroring the UK-MHRN Research & Scoping Groups we have established regional email-discussion groups (hosted by YAHOO) in:

- o Early intervention in Psychosis
- o Self-Help
- o Anti-depressants
- o Mental Health in the Elderly
- o Mental Health in Children
- o Social Care
- o Carers

To Join get in touch with Marijcke: mwmv2@cam.ac.uk

CN-HUB
CONTACT DETAILS

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Hub Director & Research Lead Professor Ian Goodyer
(University of Cambridge)
Hub Deputy Director & Clinical Lead Professor Shirley Reynolds
(University of East Anglia)
Primary Care Lead Professor Amanda Howe
(University of East Anglia)
Social Care Lead To be appointed

CN-Hub Consortium

- University of Cambridge
- University of East Anglia
- Cambridgeshire & Peterborough Mental Health Partnership NHS Trust
- Norfolk & Waveney Mental Health Partnership NHS Trust
- Suffolk Mental Health Partnership NHS Trust

www.mhrn-cnhub.org.uk

Keeping in touch

Full Name:

Address:

Email:

Telephone:

Fax:

Profession:

Are you a:

Service User

Carer

Clinician

Researcher

Preferred way of receiving communications from us: Email

Post

Telephone

Please indicate your broad areas of interest (tick ✓ as many as apply):

Addiction	<input type="radio"/>	In-patient care	<input type="radio"/>
Adult Mental Health	<input type="radio"/>	Out-patient care	<input type="radio"/>
Assertive Outreach	<input type="radio"/>	Community care	<input type="radio"/>
Child & Adolescent Mental Health	<input type="radio"/>	Social care	<input type="radio"/>
Forensic Mental Health	<input type="radio"/>	Primary care	<input type="radio"/>
Older People Mental Health	<input type="radio"/>	Learning Disabilities	<input type="radio"/>
Dementia	<input type="radio"/>		
Other (please specify)	<input type="radio"/>		

Please provide more specific areas of interest:

Please indicate your preferred level of involvement:

Receiving the newsletter

Hub Research Interest Groups

Research Participation

Other (please specify):

When completed please send to Marijcke Veltman at the address provided at the top of this page.