



Research Week 2022 PROGRAMME

learning and development events based around the theme of
equality, diversity and inclusion in applied research
#arckssresearchweek2022

Monday 20 June

10.00-11.30 ARC KSS Public & Community Involvement & Engagement (PCIE) Team – in conversation

virtual session

Join the Public & Community Involvement & Engagement (PCIE) Team in conversation with a panel of clinicians, researchers and public members talking about their experiences of the barriers and facilitators to Equality, Diversity and Inclusion (EDI) in Public Involvement and Engagement in Research. There will be an opportunity for the audience to join in a question and answer session.

[Read more about ARC KSS PCIE](#)

13.00-13.45 Research insight talks –

virtual session

Applied Research in Primary and Community Health Services and Digital Innovation

Professor Harm Van Marwijk, ARC KSS Theme Lead for Primary and Community Health Services presentation focuses on the care needs assessment in multimorbidity/frailty.

[Speaker bio](#)

Ayse Aslan is a PhD student in the Department of Health Sciences at the University of Surrey and part of the ARC KSS Digital Innovation theme. Ayse will present on her project which investigates the role of families and/or carers in increasing technology acceptance and use in elderly people.

[Speaker bio](#)

14.00-15.15 Inclusive Research - Why and How?

virtual session

Join Jan Walmsley, a specialist in inclusive research/co-production with people with learning disabilities and Danielle Garratt, co-researcher and Emily Barratt from Brighton and Hove Speak Out, as they highlight the importance and practicalities of researching inclusively. There will be time to bring your questions and hear about activity in the region to promote research with people with learning disabilities.

[Speaker bio - Jan Walmsley](#)
[Brighton and Hove Speak Out](#)

Tuesday 21 June

10.00-12.30 How we work post-Covid, confidence and connection

virtual session

The interactive webinar will include:

- Time to reflect on the past two years and the positive coping strategies which individuals have used not only to survive but thrive during this turbulent period.

- An exploration of what it means to have purpose in life and to find your 'North Star', how to go about identifying what this is and to recognise when you have arrived and the benefits to having real purpose in life.
- A consideration of career identity and motivation in your life at this time as we emerge from the pandemic, but are surrounded by global chaos.
- How am I coping with my working life? a reassessment of my connections, relationships, hybrid working and confidence levels.

Speaker bio – Lis Merrick

Following a successful career in Human Resources with senior posts for Merrill Lynch, European Investment Banking and The Thomas Cook Group, Lis moved into a consultancy career in mentoring and coaching. She is currently Managing Director of Coach Mentoring Limited and was the EMCC (European Mentoring and Coaching Council) UK President - June 2015 to June 2018.

Lis was voted: "Mentoring Person of the Year 2011/12" by Coaching at Work magazine in the UK.

Her experience in mentoring programme design and development is now internationally acclaimed, with over 200 mentoring programmes to her name. Lis researches, writes and speaks about mentoring and coaching and this work also informs her practice as an executive coach and designer of programmes. Her expertise and research are predominantly in the field of designing coaching and mentoring programmes with regard to: talent management, leadership, supporting female talent, diversity and inclusion, change and transition and mentor supervision.

Lis operates as a coach and consultant on a global basis and has over 30 years' experience of working in cross-cultural environments. She lectures at Sheffield Business School on the MSc Coaching and Mentoring and on Coach Mentoring Ltd.'s own Post Graduate Certificate in Coaching and Mentoring for Leadership in Organisations, in association with Leeds Business School.

She holds an MBA and an MSc in Coaching and Mentoring from Sheffield Business School. She is a Fellow of the Chartered Institute of Personnel and Development and the Chartered Management Institute in the UK.



13.00-13.45 Research insight talks -

virtual session

Applied Research in Children and Young People's Mental Health

DisCOVery: Recovery alongside social isolation: Research into the mental health impacts of COVID-19 for young people Dr Leanne Bogen-Johnston, Post-doctoral Research Fellow, ARC KSS Starting Well – Children's Mental Health theme

DisCOVery is a longitudinal mixed-methods study, exploring the social and mental health impacts of the COVID-19 pandemic on vulnerable young people from rural and coastal areas. Data was collected for 105 young people aged 16-35 across Kent, Surrey, Sussex and Norfolk. Participants answered online surveys examining mental health, mental wellbeing, social wellbeing and COVID-19 pandemic specific questions. Interviews were also conducted with twenty-five participants and explored mental and physical health, wellbeing, social life and work life within the context of the COVID-19 crisis.

Findings from the study will be presented. In addition, an overview of current and future research which has resulted from Discovery will also be discussed.

[Speaker bio](#)

Plans for the TOGETHER study, a new feasibility randomised controlled trial of the 'Groups 4 Health' intervention Claire Vella, PhD student at the University of Sussex, ARC KSS Starting Well – Children's Mental Health theme

This innovative theory-driven intervention was designed by a team in Australia to support people to understand the importance of social connection for our health, and to identify and develop connections with new people or social groups. Past research has found that the intervention can help people with their feelings of loneliness, their connections with other people, their mental health and well-being. The TOGETHER study will help us start to learn important information about the feasibility, accessibility and acceptability of the intervention for young people aged 16-25 in this country.

[Speaker bio](#)

14.00-15.00 The 4th Aim: supporting each other through group reflective practice*virtual session*

Facilitated by Eleanor Levy, ARC KSS Public Advisor and Laura Davidson-Dean exploring reflective practice and how this can support challenges in research.

Those who register interest in attending will be sent a link to complete a survey. The organisers of this session will use the survey to select up to eight applicants to participate in the session and will select a topic from those proposed for the attendees to discuss. Confirmation of places will be sent by 31 May.

Speaker biosEleanor Levy

Laura Davidson-Dean – Mentoring and Coaching Consultant and ARC KSS Mentoring Trainer

Wednesday 22 June**10.00-11.30 Research Journey through the lens of a BME international nurse – inclusion in research***virtual session*

Join Cavita Chapman MBA, MSc, BSc, RMN, Head of Equality, Diversity and Inclusion at NHS England and NHS Improvement South East, to explore her research journey and how EDI in research is so important. She will discuss her own research career challenges that are common for nurses and other non-medical professions, her insights as a BME researcher in practice and how we can better build links between inclusion and research.

Speaker bio

Cavita Chapman a recognized equality and diversity champion in the system. She is currently the Head of Equality, Diversity and Inclusion for NHS England and Improvement, South East Region.

Cavita began her career in the NHS as an overseas Nurse and worked in the mental health sector. She developed deep understanding and commitment to patient-centred compassionate care and with it an understanding of the importance of treating staff with consideration, fairness and respect.

She went on to work in operational service management and transformation whilst undertaking an executive MBA from university of Sussex. Cavita, has boundless energy, enthusiasm and professional commitment to the development of the NHS workforce.

Cavita is an academically and professionally experienced leader in the system and she continues to develop innovative, life changing initiatives and programmes to improve the lives of patients and staff. She completed the NHS Leadership Nye Bevan programme in 2019 and has supported the personal and professional development of others. She provides mentorship and coaching to staff at all levels. She is currently working on a PhD around equality and talent management.

13.00-14.00 What does that mean? - Getting your message across more effectively in visual form*virtual session*

To communicate your research findings to wide audiences you need to understand how to produce dissemination materials where facts and figures have the most impact whilst reducing the amount of unnecessary information, so the important things are clear. What do you need to say and what can you do without?

This session will give you an introduction to visual forms of communicating your message, such as Infographics, and the art of making information and data beautiful — and easy to digest. Using visual graphics and styles can enable your research to reach a wider, more diverse audience. Learn how you can use infographics and visual communications in your dissemination.

Speaker bio - Nigel Hawtin

Nigel is an information and infographic designer and visual communicator based in London, with over 30 years experience. He spent 20 years as Graphics Director at New Scientist magazine before starting his own information design, training and consultancy company 8 years ago <http://www.nigelhawtin.com>

His clients range from the IPCC (latest Climate Change report) and Scientific American, to BBC Worldwide, Nature, Public Health England, Penguin books, and many university research departments around the UK, as well as EU institutions

including EMCDDA (EU Drug Dependency Agency) and EUROPOL (European Police)

As well as online, his workshops take him around the UK, Europe and as far as Singapore. He regularly writes about his work and loves to look back at what was done in the past <http://nigelhawtin.com/10-years-ago/>

10.00-17.00 For ARC KSS Post-doctoral researchers and PhD students

closed in person event at University of Sussex, Bramber House

The day will include:-

- presentations and group work on sharing project outlines, challenges and triumphs
- tips for writing and publishing
- group activity on creating links within the ARC
- what makes a good research poster – group work

Thursday 23 June

09.30-15.00 Research Week Symposium

In person event at University of Sussex, Bramber House, Conference Centre / or join virtually

Take the opportunity to network with applied health and social care researchers across ARC KSS and our partners. The day will include:

- Welcome from ARC KSS's Host Trust Chief Executive Officer, Director and Academic Career Development lead.
- Keynote speaker [Professor Alisoun Milne](#) will challenge our understanding of ageing and age-related health problems from a socially informed lens.
- Talks from ARC KSS's Public Health and Social Care themes.
- World Café of the ARC KSS themes – interact and network with our [themes](#), [Clinical Research Network \(CRN\)](#) and [Research Design Service \(RDS\)](#).
- Research Poster Competition – celebrate outstanding examples of equality, diversity and inclusion in health and social care research with the winner and runners-up of our poster competition.

Full programme and timings available [here](#) soon.

**To register for a place on any of the above sessions please visit [EventBrite](#)
<https://tinyurl.com/yc4hsdjc>**

