

ARC East of England Fellowship Programme 2022



Meet the fellows 2022 - 2023

ARC FELLOWS



Adele Pacini

Adele Pacini is a clinical psychologist who works on the East and West Suffolk CCG Equity in Mind-funded online mindfulness project via Gatehouse Charity ([project website](#)). She completed her Clinical Psychology training at the University of East Anglia in 2012 and prior to this obtained a PhD in Psychology from the University of Cambridge. During her NIHR ARC fellowship year, Adele will complete a systematic review on yoga for adolescents experiencing low mood and depression, with the aim of providing a practice level framework that can guide implementation in schools.

[\[Full bio\]](#)



Ed Stanton

I'm a Mental Health Nurse and Psychological Wellbeing Practitioner currently working as a Clinical Research Nurse in Cambridgeshire and Peterborough NHS Foundation Trust (CPFT). I've worked in mental health services for older adults since qualifying in 2011, and have a special interest in supporting people affected by dementia. Prior to training as a nurse, I studied Industrial Design and Technology (or Product Design). I'm very interested in the potential of design and technology to support clinical practice and improve the experiences of people who access healthcare services. [\[Full bio\]](#)



Darryl De Souza

My name is Darryl De Souza and I have recently obtained a Therapy Deputy Manager post in Princess Alexander Hospital, Harlow. Before this, I was the Clinical Lead for Therapy within the Early Intervention Team (EIT) in Addenbrooke's Hospital, Cambridge. I am a physiotherapist with over 15 years of experience across a variety of clinical backgrounds within the acute setting. My previous research achievements include posters for conferences, quality improvement projects and contributing towards a published research paper. EIT is a multidisciplinary team that specialises in frailty management and admission avoidance. In therapy, our focus is to manage patients post-injury and facilitate discharges with community support.

[\[Full bio\]](#)



Loveday Newman

Loveday Newman is a clinical psychologist working in the Older People's Mental Health team in Cambridge. She completed her undergraduate studies in psychology at Cardiff University before working as a research assistant and assistant psychologist in Cambridge and London. She undertook her Masters and Doctorate in Clinical Psychology at University College London (UCL). She has a particular interest in social isolation and loneliness amongst older people. Her NIHR ARC fellowship will focus on developing a framework for targeting loneliness amongst older people with complex mental health problems. [\[Full bio\]](#)



Anna Rae Eaton

I am a psychiatry registrar in Cambridge, specialising in child and adolescent mental health. I have a particular interest in evolutionary psychiatry and the dynamic maturational model of attachment and adaptation. I intend to explore information processing and communication around danger in family systems in the context of childhood mental illness with view to enhancing parent/carer support and interventions. [\[Full bio\]](#)

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Dr Samira Ajmal

I completed my graduation in medicine and post-graduation in Paediatrics in India and came to UK in 2005. After few initial hospital placements, I was appointed as a Community Paediatrician in Bedford in 2008. In the last 12 years, I have been the lead doctor for children in care. Over last several years, I have taken every opportunity to further my skills and enable my professional development. I have recently completed my post graduate certificate from University of Buckingham in teaching and supervision. During my career I have been engaged in quality improvement projects, teaching, training and supervision. [\[Full bio\]](#)

SCRIPT FELLOWS



Toby Connell

I grew up in Derby and moved to Norfolk in 2010 to complete my MA in Social Work at the University of East Anglia. Since qualifying, I have worked in a number of social services teams within Norfolk County Council, predominantly working with older people and people with physical disabilities. Prior to my current role as a Quality Assurance Officer, I spent five years as a social worker within the Norfolk and Norwich University Hospital, overseeing and supporting discharge arrangements for Norfolk residents. My experience in this role led to my interest in researching the lived experiences of older people adapting to life in the community after leaving hospital. [\[Full bio\]](#)



Chris Metcalf

I have worked in social care for 29 years, originally within learning disability and mental health services working in residential and respite care, day services, and outreach services, located in Hertfordshire and Bedfordshire. Following a relocation to Norfolk, for the past 17 years I have worked in the Assistive Technology team within Norfolk County Council. Initially as part of a small team of practitioners tasked to set up the fledgling service, then as an assessor, installer, and trainer. In 2014 I took over the management of the team, first as practitioner manager, and (as the service has grown) subsequently as County Manager. [\[Full bio\]](#)



Sophie Tooke

I qualified as an occupational therapist in 2020 from the University of East Anglia. I have had experience working within the NHS as a community occupational therapist in a rehabilitation team. I currently work within adult social care in a reablement service, which is very rewarding. This team is part of Norfolk First Support (NFS) and in January 2021 the new occupational therapy team was recruited to join NFS. The purpose of this team is to support individuals to regain as much independence as possible to prevent, reduce or delay their need for ongoing support and also empower individuals to be in control over their health and wellbeing. [\[Full bio\]](#)



Tom Swinson

Tom qualified as an occupational therapist in 2018. Upon qualifying, he worked in community mental health before taking up a position in Hertfordshire County Council's East Herts and Broxbourne Adult Disability Team, where he works with individuals with physical and/or learning disabilities. Prior to Tom's occupational therapy career, he had undertaken a BSc degree in Psychology and an MSc in Memory and its Disorders. He then worked in care, and following this, as an NHS R&D researcher for several years, predominantly focusing on psychosocial interventions for people with dementia. The outputs of some of Tom's research involvement can be found on his [ResearchGate page](#). [\[Full bio\]](#)

MENTAL HEALTH FELLOWS



Kate Roberts

Kate Roberts is a Clinical Psychologist at the Queen Elizabeth Hospital King's Lynn, where she has worked since completing her doctorate at the University of East Anglia in 2019. In this role, Kate primarily works with children and adults living with chronic pain. Kate has been involved in research and service development throughout her career. She has particular interests in the relationship between physical health and psychological wellbeing, and using research to improve clinical services. For her Mental Health Fellowship, Kate will be reviewing the literature investigating interventions involving peer interaction (such as groups and peer mentorship) for children and adolescents experiencing chronic pain, with a view to guiding service development. [\[Full bio\]](#)



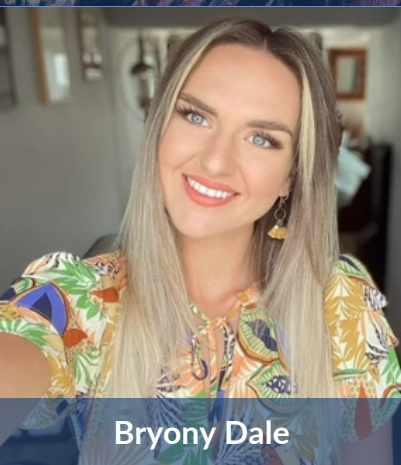
Deborah Sheppard

I started my career as a teacher and have worked in Hertfordshire for more than a decade supporting schools on mental health prevention and early intervention through various NHS and Local Authority roles. I worked at the Child Outcomes Research Consortium, part of the CAMHS Evidence Based Practice Unit, supporting organisations to embed the use of routine outcome monitoring. I became the Senior CAMHS Commissioning Manager for Hertfordshire in 2018 and have been seconded into the new role of Programme Manager for Children Looked After and Care Leaver Mental Health for the last year. [\[Full bio\]](#)



Memory Tigere

I am a Senior Lecturer and Field Tutor for BSc Mental Health Nursing at the University of Hertfordshire. Currently, I teach on both BSc (Hons) and MSc programmes. I am a dual registered practitioner with a BSc (hons) in Mental Health Nursing and an MSc in Specialist Community Public Health Nursing. I also have a PG Cert in Teaching and Learning in Higher Education. My area of interest is infant maternal health. I have worked as a specialist health visitor for infant maternal mental health in BEH; a clinical lead nurse for perinatal mental health in NCL and adult safeguarding advisor at North Middlesex Hospital. [\[Full bio\]](#)



Bryony Dale

My name is Bryony, and I currently work for Essex Partnership University Trust as the service user network manager and facilitator for personality disorders and complex needs. So far in my career, I have completed an undergraduate degree in Psychology, and a Masters in Clinical Psychology, and now I am excited to dedicate the next 18 months to my ARC mental health research Fellowship. In my professional role, and the motivation behind my research proposal, I am passionate about positively impacting the experiences of the people that use our services who are living with a personality disorder, providing a platform for meaningful coproduction, service development and innovative support. [\[Full bio\]](#)