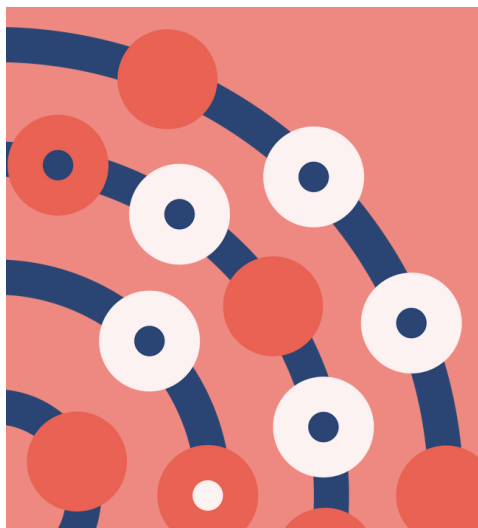
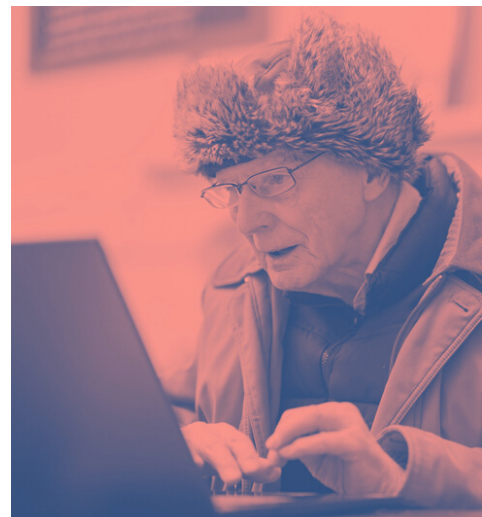


NIHR | Applied Research Collaboration
East of England

NIHR ARC EAST OF ENGLAND SHOWCASE 2023

*Hear about our impact across our key research areas
and how we engage with our communities. Open to all.*



WEDNESDAY 20 SEPTEMBER

ONLINE / REGISTER [HERE](#)

10:00 - 12:00

14:00 - 16:00



Morning Schedule



10:00 - 10:10 | Welcome and introductions by Professor Wendy Wills, Director, NIHR ARC East of England and Director, CRIPACC, University of Hertfordshire

Session 1 | Living well in the East of England



10:10 - 10:15 | Introduction to the session by Dr Adam Wagner, Theme Lead, Health Economics and Prioritisation at NIHR ARC East of England and Associate Professor, University of East Anglia



10:15 - 10:25 | Carer Support Nurse pilot by Professor Morag Farquhar, Deputy Theme Lead, Palliative and End-of-Life Care at NIHR ARC East of England and Professor, University of East Anglia and Karen Murphy, Carer Support Nurse, East Coast Community Healthcare



10:25 - 10:35 | Regional inequalities in health by Godsfavour Illori, PhD, Health Economics and Prioritisation at NIHR ARC East of England and University of East Anglia

10:35 - 10:45 | Panel discussion chaired by Dr Adam Wagner, Professor Morag Farquhar, Karen Murphy and Godsfavour Illori

Session 2 | Working with young people in the region



10:45 - 10:50 | Introduction to the session by Dr Louca-Mai Brady, Researcher, Mental Health Over the Life Course at NIHR ARC East of England, Senior Research Fellow, University of Hertfordshire and Group Facilitator, Hertfordshire YPAG



10:50 - 11:00 | Working on Worries implementation project by Dr Tim Clarke, Researcher, Mental Health Over the Life Course at NIHR ARC East of England and Research Clinical Psychologist, Norfolk and Suffolk NHS Foundation Trust



11:00 - 11:10 | FAIR treatment by Dr Alisa Anokhina, Researcher, Population Evidence and Data Science at NIHR ARC East of England and Senior Study Manager, Cambridgeshire and Peterborough NHS Foundation Trust

11:10 - 11:20 | Panel discussion chaired by Dr Louca-Mai Brady, Dr Tim Clarke and Dr Alisa Anokhina

Morning Schedule

Session 3 | Getting research into everyday practice



11:20 - 11:25 | Introduction to the session by Dr Sarah Robinson, Implementation Lead at NIHR ARC East of England and Director of Delivery, Eastern Academic Health Science Network (AHSN)



11:25 - 11:35 | Case study of implementing the opioid deprescribing project by Sophie Knight, Principal Advisor and Amy Chapman, Advisor, Eastern Academic Health Science Network (AHSN)



11:35 - 11:45 | Learning from the Beyond Words project by Professor Julia Jones, Researcher, Inclusive Involvement in Research for Practice Led Health and Social Care at NIHR ARC East of England and Professor, University of Hertfordshire

11:45 - 11:55 | Panel discussion chaired by Dr Sarah Robinson, Sophie Knight, Amy Chapman and Professor Julia Jones

11:55 - 12:00 | Closing the morning session by Professor Wendy Wills, Director, NIHR ARC East of England and Director, CRIPACC, University of Hertfordshire

More information about the morning session projects

- Carer Support Nurse Pilot ([project](#) / [blog](#))
- Regional inequalities in health ([project](#))
- Working on Worries implementation project ([project](#) / [blog](#))
- FAIR treatment ([project](#) / [blog](#))
- Implementing the opioid deprescribing project ([project](#))
- Beyond Words ([project](#) / [blog](#))
- For more information about [NIHR ARC East of England](#)

We look forward to seeing you at the afternoon session commencing at 14:00.

Join the event using the same Zoom link.

Afternoon Schedule



14:00 - 14:05 | Welcome and introductions by Dr Rasha De Marco, Associate Director of Research & Development at Cambridgeshire and Peterborough NHS Foundation Trust.

Session 4 | Engaging with communities



14:05 - 14:10 | Introduction to the session by Dr Elspeth Mathie, Co-Theme Lead, Inclusive Involvement in Research for Practice Led Health and Social Care at NIHR ARC East of England and Reader, University of Hertfordshire



14:10 - 14:20 | Engaging with Traveller and Roma communities by Professor Ewen Speed, Researcher, Inclusive Involvement in Research for Practice Led Health and Social Care at NIHR ARC East of England and Professor, University of Essex and Sherrie Smith, Director of GATEssex- Gypsies and Travellers Essex



14:20 - 14:30 | Evaluating cultural interventions by Dr Claire Thompson, Theme Lead, Prevention and Early Detection in Health and Social Care at NIHR ARC East of England and Reader, University of Hertfordshire and Sadia Begum, Researcher, NIHR ARC East of England and Senior Research Assistant, University of Hertfordshire



14:30 - 14:40 | Reflecting on how we work with communities by Dr Bryony Porter, Public and Community Involvement, Engagement and Participation (PCIEP) Lead at NIHR ARC East of England and Members of the PCIEP Co-Ordinating Group and Debbie Drew, NIHR ARC East of England Public Contributor and PCIEP member

14:40 - 14:50 | Panel discussion chaired by Professor Fiona Poland (Co-Theme Lead, Inclusive Involvement in Research for Practice Led Health and Social Care), Professor Ewen Speed, Sherrie Smith, Dr Claire Thompson, Sadia Begum, Dr Bryony Porter and Debbie Drew.

Session 5 | Increasing skills for undertaking research in the region



14:50 - 14:55 | Introduction to the session by Dr Christine Hill, Deputy Director and Fellowship Programme Lead at NIHR ARC East of England



14:55 - 15:05 | My experience of NIHR ARC East of England fellowship by Deborah Sheppard, Programme Manager, Children Looked After & Carers Leavers' Mental Health, Hertfordshire County Council



15:05 - 15:15 | How the ARC East of England fellowship programme shaped my career by Dr Allison Bentley, Researcher, Palliative and End-of-Life Care, NIHR ARC East of England and Research Associate, University of Cambridge

15:15 - 15:25 | Panel discussion chaired by Dr Christine Hill, Deborah Sheppard and Dr Allison Bentley

Afternoon Schedule

Session 6 | The journey of our research



15:25 - 15:30 | Introduction to the session by Professor Kathryn Almack, Theme Lead, Ageing and Multi-Morbidity at NIHR ARC East of England and Professor, University of Hertfordshire



15:30 - 15:40 | The journey of DACHA study by Professor Claire Goodman, Researcher, Ageing and Multi-Morbidity and ARC Care Home Network Lead at NIHR ARC East of England and Professor, University of Hertfordshire



15:40 - 15:50 | Optimising digital health tools for sleep and fatigue by Dr Chiara Lombardo, Researcher, Mental Health Over the Life Course at NIHR ARC East of England and Senior Research Associate, University of East Anglia

15:50 - 16:00 | Panel discussion chaired by Professor Kathryn Almack, Professor Claire Goodman and Dr Chiara Lombardo

16:00 | Closing the event by Professor Wendy Wills, Director, NIHR ARC East of England and Director, CRIPACC, University of Hertfordshire

More information about the afternoon session projects

- Engaging with Traveller and Roma communities ([project](#))
- Evaluation of The British Islamic Medical Association (BIMA) intervention for bowel cancer screening in the Muslim community ([project](#) / [blog](#))
- Public and Patient Involvement at NIHR ARC East of England ([more information](#))
- NIHR ARC East of England Fellowship programme ([more information](#))
- DACHA study ([project](#))
- Optimising digital health tools for sleep and fatigue ([follow on ARC project](#))
- For more information about [NIHR ARC East of England](#)

[Thank you for joining us at NIHR ARC East of England Showcase 2023](#)