



Megaphone Online

April 2023

the voice of Health Sciences' staff and students

Department hosts visit from Leader of the Labour party

The Department played host to the Leader of the Labour party, Sir Keir Starmer and Wes Streeting, Secretary of State for Health and Social Care on a visit to York in April.

Sir Keir and Mr Streeting met with the Vice Chancellor, Charlie Jeffrey, as well as Professor Kate Flemming (Health Sciences) and Professor Una Macleod (Hull York Medical School). Sir Keir and Wes visited the clinical simulation unit to witness some of our CPD Electrocardiogram (ECG) Interpretation module students carry out a cardiac resuscitation scenario whilst also engaging with the questions arising from Sir Keir and Wes.

There was also an opportunity for a discussion with colleagues from HYMS and the local and regional NHS and voluntary sector during the visit.



Professor Kate Flemming, Head of Department, Health Sciences said: "It was great to be able to host the visit by Sir Keir and Wes and involve senior members of our local and regional health care systems in a discussion about issues that are facing us as providers of nursing, midwifery and medical education. It was also good to show the collaborative working that goes on between us all within the region."

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Health Sciences students do the department proud at LibInspo 2023

David Brown, Academic Liaison Librarian for Health Sciences writes: “LibInspo, the Library’s innovation competition, recently concluded, with two students from Health Sciences pitching their ideas in the final event.”



“LibInspo invites students to submit ideas to the Library for new services or facilities which you’d like to see the Library introduce.”

“This year we received 53 submissions, which included 9 submissions from Health Sciences - that’s an amazing number and we’d like to thank all of the students who took the time to send us your ideas. Two Health Sciences students were shortlisted for the final event held in March, where they pitched their ideas to a live audience and a panel of judges from across the University.”



“Ioana Triboi (pictured left), a Nursing Associate apprentice, was our first speaker with her idea for an outdoor study space on the lawn in front of the Library. Ioana did a fantastic job launching the event - no easy task - and impressed the judges with her passion and enthusiasm for the idea. Did you know that 20 minutes outside is the equivalent to 1 cup of coffee? You do now thanks to Ioana’s well-researched and expertly-crafted pitch.”

“The competition was closed by Simrah Rubani (pictured right), a Stage 3 BSc Nursing student. Simrah pitched her idea for a multi-faith prayer space in the Library, where she spoke from her own experiences of having to leave the Library and break her study focus to find alternative prayer space. Simrah included some really helpful research about other prayer spaces on campus, as well as some student feedback to show why a space in the Library is important.”



“Ioana and Simrah both delivered fantastic presentations and should be incredibly proud of their achievements to speak so confidently and capably in front of an audience of senior staff at the University. Ioana was ‘highly commended’ by the judges as one of the runners-up. Whilst neither Ioana nor Simrah won the competition, they should be far from disappointed. Their amazing ideas influenced a lot of senior managers in the Library and beyond, which has already sparked numerous conversations about how we might take their suggestions forward. Here’s hoping we can make them a reality.”

“The winning idea was from Samuel Harris, a Stage 1 Psychology student, who pitched a sensory room in the Library. We’ll now work with Samuel to set up the sensory room and hopefully as many of the other ideas from the competition as possible.”

“Do you have a great idea for the Library? LibInspo will be back in 2025, but you don’t have to wait until then. Tell us in the meantime and we’ll try to make it happen!”

Student Connect - Match. Chat. Meet.

There is still time to make new friends and connections this term - apply to Student Connect before 12 noon on Friday 12 May! Student Connect is the easy way to make new friends and expand your uni network.

Student Connect matches you with other students so that you can make new connections. During term time, you can sign up for Student Connect to be matched with others on your course or in your college. You can choose to be matched with one person or, if you'd prefer, a small group.

Outside of term time, Holiday Connect helps you meet people who are staying at uni for the vacation.

Current matches have enjoyed meeting for coffee and walks, but there are many ways in which you can explore new interests and activities together over the summer!

If you feel like you struggle in social situations, there is an option to state this on the application form and your college will offer support, so please don't let this prevent you from applying.

For more information, check out the [Student Connect web page](#) or contact us at: student-connect@york.ac.uk.



Teaching News

Associate Professor receives prestigious award

Congratulations to Dr Helen Bedford, Associate Professor of Midwifery in the Department has been awarded the prestigious national honour from the Royal College of Midwives (RCM) Fellowship for her contributions to midwifery education. Rebecca Davies, President of the RCM, said: 'Helen has shone as a leader in midwifery education. She has achieved so much throughout her career, and we in the profession are grateful for the work she has done and what she has achieved for women. She thoroughly deserves the Fellowship'.

Helen said: "I feel very honoured to be awarded Fellowship of the Royal College of Midwives. High quality midwifery education is vital to provide safe and personalised care for everyone using maternity services. I aim to use my Fellowship alongside my ongoing engagement with students, colleagues from practice and education and service users to support compassion and innovation."

Professor Kate Flemming, Head of Department said: "Huge congratulations to Helen on this honour which is richly deserved and acknowledges Helen's contribution to Midwifery education and practice."



New book on Palliative and End of Life care published



Congratulations to Professor Kate Flemming and Dr Beth Hardy who write: "We are delighted to announce that our new book 'Palliative and End of Life Nursing Care' has been published. We were approached by Sage publications to write a pre-registration nursing textbook exploring palliative and end of life care in autumn 2020; the book forms part of Sage's Transforming Nursing Practice series. From the outset we were determined to develop a book that addressed 'real world' issues to student nurses when caring for people with life limiting conditions and their families. As a result, Beth invited pre-registration students who had an interest in palliative care to become part of a student advisory group and, over the course of writing the text, seven of the Department's students were involved in regular meetings, reviewing text and as a sounding board for ideas. Their insight and experiences from practice were invaluable in guiding our writing. We would like to express our sincere thanks to Betty Owino, Dee Duncan-Cottingham, Kate Grainger, Kheira Haffiane, Nisha Reynolds, Lizzie Cunningham and Natasha Toblin."

"The book provides students with key information needed to deliver effective and safe end of life care for patients and their families. Crucially, it also creates opportunities for them to reflect on their own perspectives on death and dying and explore the impact of this on their practice. The book is fully mapped to the NMC standards of proficiency for registered nurses (2018) and aims to help students to develop a holistic understanding of the fundamental principles and practice of palliative and end of life care. Throughout there are activities which encourage reflection on students' own perspectives of death and dying and to consider the impact of these on their practice."

More details on the book are available from Sage's website - <https://uk.sagepub.com/en-gb/eur/palliative-and-end-of-life-nursing-care/book277662>

Teaching News

National appointment for Associate Professor

Congratulations to Dr Mike Parker, Associate Professor, who takes up a place on the Advanced Life Support (ALS) National Subcommittee for Resuscitation Council UK.

Dr Parker, has been appointed to the Advanced Life Support (ALS) National Subcommittee for Resuscitation Council UK. There were over 100 applicants for the post, but the board unanimously appointed Mike at their board meeting earlier this month.

Mike is a National ALS and EPALS [European Paediatric Advanced Life Support] Course Instructor and Course Director and also an instructor on the Generic Instructor Course.

The Resuscitation Council UK (RCUK) is the UK's authoritative body for resuscitation standards and training and publication of the national Resuscitation Guidelines.

RCUK's courses are aligned with these guidelines to ensure they are up to date with the best evidence-based clinical and teaching practices.

The role of the subcommittee is to:

- Ensure ALS courses are quality assured
- Influence the ALS course content and training materials
- Write and revise national clinical guidelines in response to new science and evidence and ensure parity with international guidelines
- Write the ALS course manual and resuscitation algorithms used in clinical practice and teaching
- Respond to queries from RCUK candidates, instructors, course directors and course centres
- Validate new course centres.

In his new role, Mike will also be working with the European Resuscitation Council (ERC) and International Liaison Committee on Resuscitation (ILCOR).



Senior Lecturer interviewed for Look North

BBC Look North recently featured an interview with Dr Keith Ford, Senior Lecturer in Mental Health Nursing, in an interview about Seasonal Affective Disorder.

To watch the interview click on the image or visit https://youtu.be/m7Wkl_HRSZU



Trailblazing University of York researchers appointed prestigious NIHR Senior Investigators

The pioneering work of three leading University of York researchers has been recognised by the National Institute for Health and Care Research (NIHR). Professor Catherine Hewitt, co-director of the York Trials Unit, Professor Yvonne Birks, Associate Dean (Research) Faculty of Social Sciences, and Professor Simon Gilbody, Director of the Mental Health and Addictions Research Group (MHARG) were each awarded the prestigious NIHR Senior Investigator status.

NIHR Senior Investigators are recognised as the most prominent and successful researchers working in health and social care. Their research impact and leadership was judged as internationally outstanding when they were appointed in a highly competitive process. The three professors join the body of UK Senior Investigators, comprising the 200 most outstanding leaders of patient and people-based research within the UK health research community.

Catherine Hewitt (pictured right) is Professor of Medical Statistics, Co-Director of York Trials Unit and Deputy Head of Department (Research) in the Department of Health Sciences. Her pioneering work focuses on the ways in which statistical science can be harnessed to help us understand ‘what works’.



Yvonne Birks is Professor of Applied Social Care Research and Director of the Curiosity Partnership based in the School for Business and Society. Her social care research portfolio largely concentrates on social care for older people with a strong practice-facing and co-production element.

Simon Gilbody (pictured right) is Professor of Psychological Medicine and Psychiatric Epidemiology, based in Hull York Medical School and the Department of Health Sciences. His work focuses on rigorous epidemiological studies and clinical trials to treat and prevent the epidemic of mental ill health and loneliness in the population. Simon is elected to serve a second 5-year term as NIHR Senior Investigator.



Professor Charlie Jeffery, Vice-Chancellor of the University of York, said: ‘We are extremely proud to see the work of our research leaders recognised in this way, it is a brilliant accolade for their work. “York’s research has helped transform the NHS and social care, so to see our internationally regarded programme of research and trials celebrated, is wonderful. The University of York exists for public good and our NIHR Senior Investigators demonstrate how we do this.”

All three Professors undertook their Doctorates in York and have gone on to become distinguished in their field, with their research being highly cited and published in some of the world’s highest-impact journals. Professor Hewitt and Professor Gilbody have worked together for over 15 years. Their collaboration bore fruit during the COVID pandemic when their BASIL COVID-19 trials produced research that has shown how the psychological impacts of lockdown and social isolation can be tackled at scale. Their research programme is international, and they are key collaborators in the NIHR IMPACT Global Health Programme which is led by York in partnership with Pakistan and Afghanistan.

Professor Birks is an Executive Director for the NIHR School for Social Care research. She also directs the Curiosity Partnership; a regional capacity-building network to facilitate the understanding, use and production of research in adult social care.

Children and young people with profound learning disabilities to benefit from Intensive Interaction research

The National Institute for Health and Care Research has awarded £1.8m to examine the effectiveness of a commonly used communication approach with people with Profound and Multiple Learning Disabilities (PMLD).

The 'INTERACT trial' will be managed and delivered by a multidisciplinary team of researchers from across the country, including academics from the University of York.

The funding will enable researchers to conduct a large-scale randomised controlled trial (RCT) to understand the impact of 'Intensive Interaction' – an approach used to enable more effective communication between people with PMLD and their environments. Despite the wide use of the method, there is limited evidence as to if and how it works.

Participants in the trial will include family carers and practitioners who support children and young people with PMLD. They will be trained to deliver Intensive Interaction. The team will identify their experiences of using this approach and the impact it has on their quality of life.

Professor Catherine Hewitt, Co-Director of the York Trials Unit and joint lead investigator on the project, said: "The funding will enable us to bring together expert researchers from different institutions to work with families and carers of children and young people with PMLD. By collaborating in this way we can advance this area of research and make a real difference to those young people and their families."

Dr Kerry Bell, Assistant Professor at the York Trials Unit and one of the project's co-investigators, added: "Collaborating with specialist schools and teachers to involve them in this research is important. By working together we ensure that all stakeholders have a voice in the research, leading to better-informed outcomes for the young people."

Introducing the PERISCOPE trial: PERI-operative biologic DMARD management: Stoppage or COntinuation during orthoPEdic operations

Rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis are common forms of inflammatory arthritis. They are caused by an overactive immune system and are treated with medicines that reduce pain and inflammation. Inflammatory arthritis (IA) affects around 1% of the population. Over 400,000 people in the UK have RA, and in North America seven million people are affected, often with significant impact on quality of life.

In recent years, special immune-suppressing medicines called biologics have been developed, which are very effective at controlling the arthritis disease process and symptoms but can increase the risk of some infections.

People with inflammatory arthritis often need orthopaedic surgery (e.g. joint replacement) to relieve pain and improve function due to the damage caused by arthritis. The potential for increased risk for surgical site infections is a particular concern for patients undergoing orthopaedic surgery as these can be associated with long-term pain and need for further surgery. Currently, biologics are usually stopped before any planned operation to try and reduce the risk of infection and other complications such as slow wound healing. However, stopping biologics increases the risk of the painful and debilitating flares and delay recovery from surgery. Flares are often treated with steroids, which can increase the infection risk and delay wound healing. There are no randomised trials to support current guidance of stopping biologics before surgery.

Funded by the National Institute for Health Research (NIHR), researchers from York Trials Unit (YTU) and the University of Leeds (UoL) will be researching the continuation or stoppage of bDMARDs, during planned orthopaedic operations in patients with IA to determine the clinical effectiveness, cost effectiveness and acceptability.

What does the trial involve?

PERISCOPE is a multi-centre, superiority RCT with an internal pilot, economic evaluation and nested qualitative study. The study will involve 394 people with inflammatory arthritis on biologics from several centres across the UK who require orthopaedic surgery. Participants will be randomly allocated to either stopping or continuing their biologics before undergoing orthopaedic surgery. The trial will involve regular patient assessments for the first 12 weeks following surgery. This will give a complete picture during the recovery period after the operation.

PROMIS-29, a quality of life questionnaire, will be the main study outcome. The trial will also assess participant's health and wellbeing, any complications (infections, flares), disease activity, medications, and how often people seek care and who with periodically over the next 12 months. The trial will compare the effectiveness and costs of the two interventions and interviews will be held with participants and clinicians to understand their views and experiences.

Personalised care needed for mental illness and physical health conditions

People with severe mental illness can struggle to self-manage long-term physical conditions and need personalised support, a new study suggests.

In a new study at the University of York, service users, carers and professionals described the impact of mental and physical symptoms on each other, with severe mental illness often being prioritised over physical health.

The study calls for services that bring together support for physical and mental health conditions, as well as personalised support that could include flexible appointments, longer consultations to discuss both physical and mental health conditions, and proactive follow-up to help them manage their medication and health.

Dr Claire Carswell, from the Department of Health Sciences, said: “People with severe mental illness can often have symptoms that means they de-prioritise other physical health issues, so we need a better understanding of how the two aspects of their health interact with each other.

“We know that people with severe mental illness have worse physical health than the general population, and their needs are complex, which means a 10 minute appointment with a GP, or encouraging self-management is unlikely to benefit them.”

People with severe mental illnesses, such as schizophrenia, have higher rates of physical illnesses that include lung conditions, diabetes and heart disease.

Programmes aimed at helping the general population self-manage physical conditions do not address the difficulties experienced by people with severe mental illness.

The team used their findings to develop an app to help people with severe mental illness self-manage their type 2 diabetes. The intervention includes a workbook to include those who are reluctant to use technology. It will now be evaluated in a UK-wide trial.

Dr Carswell said: “Many people are reluctant to engage with services because of previous distressing healthcare experiences, so a more proactive approach is needed for their care.”

“It is clear we need a shift in thinking to allow people with severe mental illness more support, flexibility with appointments and follow-ups with the patient to see how they are managing their longer-term health. If we do not see these changes, then health inequalities will continue to increase for this vulnerable group of people.”

Growing divide in regional health inequalities exposed

A new report has found a worrying pattern of lower life expectancy, higher infant mortality and worse health and wellbeing in the North of England.

Health Equity North: 2023 provides a snapshot of the health issues facing the North and adds to a growing body of evidence highlighting the urgent need to address regional health inequalities and improve productivity in the region.

Co-authored by the University of York's Professor Kate Pickett, the report reveals a worsening health divide between the North and the rest of England following analysis of the latest available data on life expectancy, infant mortality rates and self-assessed health, disability, and unpaid care.

The report marks the launch of Health Equity North (HEN), a new virtual institute focused on place-based solutions to public health problems and health inequalities across the North of England.

The North does significantly worse in all these areas, which also impacts productivity with above average rates of economic inactivity due to ill health or disability.

The key findings include:

- People born in the North can expect to live at least one year less than the English average
- The North East of England has the lowest life expectancy - around three years less than the best performing regions
- Across the North there is an average of 4 deaths per 1,000 live births compared to 3 deaths per 1,000 live births in London and the South East - this equated to an extra 144 infant deaths in the North in 2021
- Of the 72 local authorities in the North of England, 52 (72%) have lower levels of very good or good health than the national average
- The North has higher rates of bad/very bad health with 6.9% of people in the North East, 6.4% in North West, and 5.9% in Yorkshire and the Humber reporting bad/very bad health - compared to the English average of 5.3%
- The North has the highest rates of people who report that their day-to-day activities are limited a lot by a disability: North East (9.8%), North West (9.1%), Yorkshire and the Humber (8.2%) – compared to the English average of 7.5%
- The five local authorities with the highest levels of people who report a disability limits their day-to-day activities a lot are located in the North: Knowsley (North West; 13%), Liverpool (North West; 12.7%), Blackpool (North West; 12%), Manchester (North West; 11.4%), and Hartlepool (North East; 11.3%)
- The North has higher rates of economic inactivity due to ill health or disability: 5.7% in the North East, 5.3% in the North West, 4.7% in Yorkshire and the Humber – compared to the English average of 4.1%
- The top five local authorities with the highest levels of economic inactivity due to long-term sickness or disability are in the North
- More people in the North state that they provide unpaid care - in the North East 10.1%, the North West 9.7%, and Yorkshire and the Humber is 9.3%, compared to the English average of 8.9%.

HEN brings together leading academics who have a unique understanding of their regional communities enabling the creation of research and policy solutions of local benefit. The institute will produce annual updates of health in the North to help and challenge local and national policymakers in their efforts to reduce regional inequalities.

Research News

Professor Kate Pickett, HEN Academic Director, Professor of Epidemiology, University of York, and co-author of the report, said: “The North’s health burden not only impacts the wellbeing of everyone within the region, it also has a direct impact on economic health. Good health is important for productivity and it’s time for targeted measures to be put in place to address the social determinants of health. Only then will health and prosperity of the North have the opportunity to thrive.”

Recommendations

Professor Pickett and her co-authors have made a series of recommendations to help improve health and productivity in the North:

1. Local government, Integrated Care Systems and combined mayoral authorities should work with researchers to identify areas of greatest health need within their authorities where they can most effectively implement evidence-based policies to tackle the social determinants of health.
2. Central government should commit to policies and interventions to improve health across the North and take a cross-governmental approach, across the Department for Levelling Up Housing and Communities, the Department of Health and Social Care, Department for Work and Pensions and the Department for Science Innovation and Technology.
3. Long-term increases in public health funding to local authorities and the Integrated Care Systems in the North need to be made and ring-fenced and achievements reported to Parliament.
4. Prioritise the development of an integrated, national health inequalities strategy with an explicit focus on addressing the social determinants of health:
 - reducing poverty
 - improving housing
 - increasing energy security
 - creating better jobs
 - improving early child development and education
 - creating healthy and sustainable places in which to live and work
 - improving efforts at prevention
5. Research funders should give increased priority to research that helps to address health inequalities including a place-based focus on prevention.
6. Provide universal access to occupational health for the country’s workforce with a specific focus on increasing access and supporting employers in areas with the worst health outcomes.
7. Increase NHS and local authority resources and service provision for mental health in the North. Increase the existing NHS health inequalities weighting within the NHS funding formula.
8. Embed Equality Impact Assessments in all policy processes relating to socioeconomic deprivation at national, regional, and local levels.
9. Integrated Care Systems should commission more health promotion, condition management and prevention services that promote the health and well-being of the workforce in the North.
10. Local public health and health inequalities budgets in the NHS should be safeguarded so that action to relieve acute NHS backlogs does not undermine efforts to tackle the root causes of ill-health and boost health resilience.

To find out more about Health Equity North and to read the full report, visit: www.healthequitynorth.co.uk

‘Safety concerns’ key to Covid-19 vaccination hesitancy in pregnancy

Pregnant women were hesitant to get the Covid-19 vaccine as a result of mixed public messaging and concerns over safety, according to the results of a study which analysed social media posts.

The study, led by the University of York, focused on the posts of more than 1,000 pregnant women worldwide who had a due date between December 2020 and July 2022 and who refused the Covid-19 vaccine.

The study, funded by the National Library of Medicine in the US, showed there was a general feeling of confusion about whether pregnant women should have the vaccine or not, likely made worse by changing guidance for the vaccine during the early days of the pandemic.

Dr Su Golder, from the Department of Health Sciences who led the study, said: “The most common reasons identified are safety concerns largely linked to the perceived speed at which the vaccine was created and the lack of data about its safety in pregnancy. This led to a preference to wait until after the baby is born or to take other precautions instead, including staying at home or wearing a mask when out in public.

“The next most common reason was complacency as a result of a belief that they are young and healthy or already had Covid-19 and do not need the vaccine. Misinformation led to false safety and efficacy allegations, or even conspiracy theories.”

Several people in the study also felt anger at being categorised as ‘anti-vax’ if they refused the vaccine while pregnant when there were other contributing factors at play. Many women were not against vaccination but were rather cautious about getting vaccinated while pregnant.

Dr Golder said: “Although guidance is now more clear about the benefits of getting the vaccine whilst pregnant than it was in the early days of the pandemic, we found that even through the latter stages of 2021 and early 2022, there was still hesitation which demonstrates the lasting impact that mixed public messages can have at crucial times in a crisis.”

Evidence shows that pregnant women are at increased risk of severe illness with Covid-19 infection and Covid-19 is associated with preeclampsia, preterm birth, stillbirth and caesarean delivery.

A large body of evidence now suggests that Covid-19 vaccination is effective and safe during pregnancy, with international organisations and governments recommending vaccination. However, this was not the case at the beginning of the vaccine rollout as pregnant women were initially excluded from clinical trials.

The team of researchers, which also included the University of Pennsylvania and Cedars-Sinai Medical Center, hope that highlighting these hesitations, will help shape future public health campaigns and improve communication between healthcare professionals and patients.

The study is published in the BJOG: an International Journal of Obstetrics & Gynaecology.

Forthcoming Events

Biomedical Research and Neuroscience Applied to Mental Health: the Next Generation

York Biomedical Research Institute are delighted to announce that they will be holding an event titled 'Biomedical Research and Neuroscience Applied to Mental Health: the Next Generation', on the **10th of May 2023** at the Lakehouse (Ron Cooke Hub).

The event will run from 9.30am to 6pm, and is hosted by the York Biomedical Research Institute (YBRI) and the Institute of Mental Health Research (IMRY). The aim of this event is to stimulate and showcase the University of York's interdisciplinary research at the interface of biomedicine, neuroscience and mental health. We hope this event will allow discussion of emerging research questions, new collaborations, and potentially the initiation of interdisciplinary applications for future grant applications and funding calls. The keynote speaker will be Professor Catherine Harmer (University of Oxford). Sign up for the event via the Eventbrite link: <https://imry-ybri.eventbrite.co.uk>

All early career researchers who have interests at the intersection of biomedical and mental health research are invited to showcase a poster at the event. Note that these posters can be existing - we don't require anyone to create a poster especially for this event! If you'd like to showcase a poster you can provide the information in the Eventbrite sign up form.

If you have any questions about the event, please do get in touch ybri@york.ac.uk.

Blood Cancer Research Open Day

ECSG is hosting a Blood Cancer Research Open Day at the University on **Saturday 28th October 2023** (postponed from 1st July).



The event will bring patients, their families, researchers, clinicians and charities together to share viewpoints, experiences and knowledge. Alongside this, the day will also celebrate the opportunity to meet with others and hear about the many advances that have taken place in recent years.

Many of the issues discussed will have relevance to other patient groups and to researchers. Interested colleagues in Health Sciences are welcome to join us at the STEM learning Centre. Please visit the [website](#) for further details and to register.

Forthcoming Events

BiBFest 2023: How to grow healthy, happy children

Join BiBFest for their 9th scientific festival where we will share exciting new findings about how our society, our lifestyles and our environment. The festival takes place on **Tuesday 4th July 2023** from 9.30.

Born in Bradford is one of the largest research studies in the UK, tracking the lives of over 60,000 Bradfordians to find out what influences their health and wellbeing. Evidence from Born in Bradford has helped to change policy and practice and develop innovative ways to improve the health and wellbeing of our communities.

The festival takes place in the beautiful Salts Mill in the World Heritage village of Saltaire where they will share exciting new findings about how our society, our lifestyles, our genes and our environment shape our lives.

Our research aims to answer the following questions to promote the health and wellbeing of families in Bradford:

- Why do some children stay healthy while others get ill?
- How can we lead healthy, active lives?
- What helps children do well at school?
- What helps give children the best start in life?
- How important is our environment for health?
- What it is like for teenagers growing up in Bradford?
- How can we ensure our communities are at the heart of our research?

This is a festival for families, practitioners, policy makers and researchers, we would love you to join us.

For more information and to book a place visit [Eventbrite](#):

Allam Lecture 2023 (HYMS event)

Bookings now open: Allam Lecture 2023 taking place online and in person on **Wednesday 31st May 2023** 1-6pm at Middleton Hall, University of Hull

The prestigious Allam Lecture series has welcomed keynote speeches from some of the country's leading experts in biomedical research in recent years, and we are very pleased to be joined in 2023 by Professor Richard Holt, Professor of Diabetes and Endocrinology at the University of Southampton, and Honorary Consultant Physician in Diabetes and Endocrinology at the University Hospital Southampton NHS Foundation Trust.

In addition to this year's keynote lecture, attendees will have the opportunity to discover some of the exciting research work currently being undertaken by Hull York Medical School and the wider Faculty of Health Sciences at the University of Hull, and to submit questions to a panel of experts, including Professor Holt.

[Register your place now](#)

Forthcoming Events

Creating Connections Palliative Care Conference (HYMS event)

Tuesday 20th June 2023, 8.30am-1pm (UK time) 5.30-10pm (Sydney time)

In-person and online

HYMS are delighted to be jointly hosting the Creating Connections Palliative Care Conference, organised by the [Wolfson Palliative Care Research Centre](#) at the University of Hull, and the [Centre for Improving Palliative, Aged and Chronic Care through Clinical Research and Translation \(IMPACCT\)](#) at the University Of Technology Sydney.

This free-to-attend event is open to all with an interest in palliative care for people with advanced and chronic illnesses. It provides an opportunity to see some of the exciting and leading-edge research being undertaken as part of our collaboration funded by the Research England's International Investment Initiative (I3).

The conference features a keynote address on 'End of life care for those from minoritised communities – How can we be the better specialty?', by [Professor Jonathan Koffman](#), Professor of Palliative Care.

Find out more, [download a complete programme](#), and [book your place](#).

If you have any questions, please email WolfsonPallCare@hyms.ac.uk.

Staff News

Hello

We wish a very warm welcome to new members of staff who have joined the department recently, these include: Gemma Huges, Charles Peck, Maggie Barrett, Saima Afaq, Phillipa Fairburn, Nassos Gkekas, Jessica Winterson, Janine Heeley, Jenny Westad, Nicola O'Donnell and Melissa Owens.

Goodbye

We also wish a very fond farewell to those who have left the department over the last few months, including: Heather Maslen, Liz Wands Murray, Zohaib Akhter, Sarah Ronaldson, Yassaman Vafai and Olivia Walsh.

Congratulations to:

Professor Kate Pickett who recently collected her OBE from Anne, Princess Royal.



Our Bake Off winners

Morgan Clarke recently organised a departmental "Bake Off". The event was a great success and the bakes were judged by Claudia Collins (3rd year adult nursing student), Kate Flemming (Head of Department) and Daisy Whitwood (Student Wellbeing Officer). The winners were:

Signature bake

1st Di Stockdale, Student and Academic Support Administrator
2nd Sarah O'Reilly, Lecturer in adult nursing

Technical challenge

1st Lindz Potts, 3rd year adult nursing student
2nd Sophie Godfrey, SASS office co-ordinator

In total the bake off raised £127. Thank you to everyone who took part.



If you would like to make a submission to future editions of Megaphone, please contact Jane Milsom (jane.milsom@york.ac.uk or tel 01904 321392).