

CLAHRC CP News

CLAHRC research influencing IAPT services

Recent research by the CLAHRC has found that talking therapies delivered over the telephone are more cost-effective than seeing patients face-to-face, and just as effective. In fact, delivering interventions over the telephone has opened up the service to groups of people otherwise unable to access support due to their remote location, physical disability, employment status or just simply their avoidance of talking about their condition in person. On the back of these findings, we have been able to instigate a regional training programme to ensure therapists are competent at telephone contact with patients and standardise the delivery across all services. This is an excellent example of how we can use research to influence service development.

To find out more about this and to hear Alison Watson's podcast on IAPT, click [here](#) to visit the updated CLAHRC CP website.

Jenny Gibson

The CLAHRC welcomes Jenny Gibson, who joined the Child and Adolescent theme in September as a postdoctoral research associate. Her background is in speech and language therapy. She has specialised in working with young people with language disorders, autism spectrum conditions and ADHD. Her research to date has focused on understanding and assessing social communication difficulties in children with concurrent mental health and language needs. Jenny has a particular interest in the interface between research and clinical practice. She is currently conducting a literature review to understand how scientific evidence has been used (or neglected) in UK child and adolescent mental health policy over the past 30 years. Jenny's post is supervised by Professor Ian Goodyer and Dr Raphael Kelvin and funded via the London-based Kids Company charity.

Encouraging healthier lifestyles among people with intellectual (learning) disabilities

People with intellectual disabilities (IDs) are at increased risk of overweight and obesity but often have very limited access to mainstream programmes, accessed through primary care. A project, led by Community Nurses and a Food Hygiene and Safety Manager, with service user involvement and support from the CLAHRC CP Adult Theme, sought to adapt a mainstream health improvement programme (CHIP) for people with IDs and their support workers. After six sessions all 16 participants had improved knowledge of healthier lifestyles and had lost weight or inches from their waistlines. The project also found that support workers need considerably more training to enable them to help people with ID to maintain a healthy lifestyle. Find out more [here](#).

Upcoming Events

- **Webinar "Enabling & supporting mental health self-care: responding to evidence"**

Part of the NIHR Service Delivery and Organisation lunchtime webinar series, focusing on the barriers and facilitators to supporting mental health self care and the contribution of peer worker roles. To be held on Wednesday 30 November 2012.

Please click [here](#) for more information.

- **Cambridge Forum for Children's Emotional Wellbeing**

Professor Simon Baron-Cohen presents Zero Degrees of Empathy: a New Theory of Human Cruelty at the Cambridge Forum on the 4th of February 2012.

Please click [here](#) for more information.

Internal meetings

- CLAHRC Fellows Cohort 1 Presentations
1st December 2011
- CLAHRC Project Leads meeting
12th December 2011
- CLAHRC Management Executive Group meeting
14th December 2011

CLAHRC/NIHR News

National Horizon Scanning Centre

The National Horizon Scanning Centre (NHSC) is funded by the National Institute for Health Research (NIHR) to provide key NHS decision makers with advance notice of new and emerging health technologies that may have a significant impact on patients and/or service delivery or costs. The NHSC website has recently been updated with new features and news.

Please click [here](#) for the NHSC website.

HIEC Newsletter

The End of Life Care Newsletter of the Health Innovation and Education Cluster, supported by the CLAHRC CP.

Please click [here](#)

NIHR Community e-newsletter

The November edition of the NIHR Community newsletter.

Please click [here](#) to view the newsletter.

Professor Simon Baron-Cohen in a special nature edition of Autism

Scientists and Autism: When Geeks Meet. Professor Simon Baron-Cohen thinks scientists and engineers could be more likely to have a child with autism. Some researchers say the proof isn't there.

Please click [here](#) for more information.

CLAHRC CP Staff News

Poster Prize - Mai Wong

Mai Wong, a CLAHRC Fellow with the Engineering Design Centre, has won the inaugural SAS poster prize competition for staff grade psychiatrists put on by the Royal Society of Psychiatrists for her CLAHRC research.

The poster was commended as:
'This poster was not only clearly laid out, but summarised data succinctly, whilst also serving to draw out clinical presentations through vignettes.'

The poster can be found [here](#).

Welcome to:

Sue Rowan is the new admin support in the Adult Theme.

Goodbye to:

Georgina Woods is leaving the Child & Adolescent theme the week commencing 21st November to join the NHS. Georgina has been working on the core Q-CHAT Project. We wish her all the best in her new job.

Useful links/resources

ERPHO Newsletter

The latest newsletter of the Eastern Regional Public Health Observatory. Please [click here](#)

MHRN Service Users in Research Bulletin

The November edition of the Mental Health Research Network's Service Users in Research newsletter. Please [click here](#)

INVOLVE survey of priorities for public involvement

This report presents the main themes from a survey carried out by INVOLVE about the main public involvement priorities that should be supported nationally across the NIHR. Please click [here](#) to read the report. For more information about INVOLVE's work in supporting patient and public involvement see [link](#).

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