

Patient Experience Research Centre

Young Persons' Advisory Network Newsletter

Welcome to the March issue of the Patient Experience Research Centre YPAN Newsletter.

In this issue we highlight some of our recent COVID-19 research activity, upcoming events for young people and the latest opportunities for involvement and engagement in research.

News and updates



Want to learn more about public involvement in research?

We are delighted to announce that we have launched a new online public involvement training course through the Coursera platform.

The online course is entitled '[Public Involvement in Research](#)' and is aimed at researchers but is also suitable for patients and the public to complete. The course is set over four weeks (although you can go at your own pace) and introduces the concepts of public involvement and co-production in health research as well as discussing in more detail the role of public involvement across the research cycle.

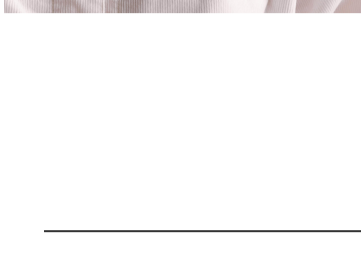
You can find out more information about the course and details on how to access it [here](#).



Check out the newest Imperial College London campus

The [Imperial White City Campus](#) brings together scientific researchers, corporate partners, entrepreneurs and the local community to co-exist and co-create on an unprecedented scale. The White City Campus is home to the [Invention Rooms](#), a community space comprising of a workshop, design studio and cafe.

Take a 3D virtual tour to explore the state-of-the-art facilities [here](#).



Have you watched 'It's a Sin'?

The Channel 4 drama series looks at the HIV/Aids epidemic of the early 1980s, but what is it like to be a young person living with HIV/Aids now? [Listen to the Archive podcast](#), created by a group of young people who have grown up in the UK living with HIV.

The podcast includes music, poetry and drama created by the young people and explores misinformation about HIV and AIDS, stigma, managing HIV medication and how difficult it can be to talk to other people about having HIV.

Involvement and engagement opportunities



Opportunity to join National Institute for Health Research (NIHR) public committees

The NIHR are currently recruiting members of the public to join a number of national and regional NIHR committees. The committees include public members, senior academics and NHS clinicians and practitioners, who together assess research proposals and make recommendations for funding.

They are looking for patients, carers, service users and members of the public who are interested in a broad range of health and social care topics and research.

As a member of these committees you will be helping to improve national and local health and social care services for patients, people who use services, carers or the public. For further information about these roles and details on how to apply please visit the [NIHR website](#).

The deadline for applications is 9am Monday 15th March 2021.



Student mental health consultation survey

Students at University College London and Imperial College London have launched a joint project to examine student expectations of mental health services. They are looking for students across the UK to participate in two online surveys regarding students' knowledge and expectations of mental health services, social prescribing and data sharing. If you take part you will also have the chance to be entered into a participation lottery and could win up to £100 in vouchers. To find out more and access the surveys follow the links below:

- [Online consultation survey on mental health services](#)
- [Online consultation survey on social prescribing and data sharing](#)



Help us grow our VOICE community

VOICE is an online platform which brings together members of the public, patients and carers who want to influence and inform UK health research and innovation.

Imperial joined VOICE in January 2019, with the ambition to improve the way we involve patients and members of the public in our research. The public are at the heart of what we do, so ensuring your involvement, engagement and participation in research is a key priority for us. Through VOICE, we hope to capture the wealth of experience and valuable perspectives that individuals and communities can offer on the way our research is designed and delivered.

On the VOICE platform you will find opportunities for involvement, engagement and participation as well as upcoming events relating to health and social care.

To keep updated with the latest VOICE opportunities and help to influence and inform our research, [sign up today at voice-global.org](#)



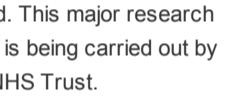
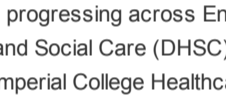
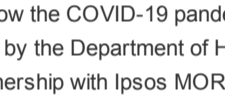
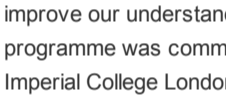
Know someone who might like to join the Imperial YPAN?

We have recently put together a new webpage to promote our Young Persons' Advisory Network to other young people across the UK who are interested in shaping and influencing health research. The webpage includes information about what it is like to be involved in the YPAN, the benefits of being involved and how to sign up.

If you have a friend, family member or know someone else (between the age of 17 - 25) who might be interested in joining, they can find out more about the YPAN [here](#) and sign-up via the [online form](#).

COVID-19 research and updates

Latest findings from the REACT study



REACT (Real-time Assessment of Community Transmission) is a series of studies that are using home testing to improve our understanding of how the COVID-19 pandemic is progressing across England. This major research programme was commissioned by the Department of Health and Social Care (DHSC) and is being carried out by Imperial College London in partnership with Ipsos MORI and Imperial College Healthcare NHS Trust.

- **25 Feb '21:** Latest data from [our nationwide antibody testing programme](#) showed that around 14% of adults in England had antibodies against the virus that causes COVID-19. Learn more about the results, including insights into responses after vaccination, in this [Imperial news story](#) or [online pre-print](#)
- **18 Feb '21:** Interim results from [our nationwide coronavirus testing programme](#) showed that the number of people currently infected in England dropped by almost two thirds as a result of the current lockdown, but infection levels are still high. Learn more about the current findings in this [Imperial news piece](#) or [online pre-print](#). Final results for these are due out next week
- **10 Feb '21:** Predictive analysis of symptoms reported by over a million participants in the REACT programme revealed a wide range of additional symptoms that are linked with having the coronavirus. Among these other symptoms, chills, loss of appetite, headache and muscle aches were together most strongly linked with being infected, alongside the four 'classic' symptoms. Read more in this [Imperial news article](#) or the [online pre-print](#)



Study shows 30% of young people had poor mental health during first UK lockdown

The study, called CCopeY, led by researchers at Imperial's Institute of Global Health Innovation and co-designed by young people, surveyed almost 650 young people in the UK aged 16-24 during the first UK lockdown.

The study found that lockdown had a detrimental effect on young people's mental health. The study also identified positive coping strategies that young people have benefitted from, such as establishing a daily routine, having good sleep and using mindfulness and meditation.

You can find out more about the findings and the project [here](#).

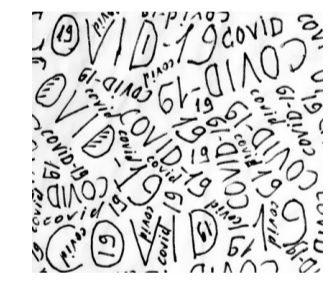


New research study to help better understand Long COVID

A team of Imperial College London researchers has been awarded £5.5 million from the Government to study Long COVID. The research will involve more than 120,000 people to better understand why some people who are infected with the coronavirus have symptoms for several weeks or even months – a condition called Long COVID – while others don't. The team will work closely with people who have Long COVID to understand their varied symptoms and experiences. The researchers will also look at how their biological makeup, their environment and social factors affect their likelihood of experiencing this illness, and the relationships between these.

Professor Helen Ward, one of the investigators and Director of Imperial's Patient Experience Research Centre, said: "It is critical that we work closely with patients to ensure that we are asking the right questions about this new and as yet poorly understood condition. We will use innovative approaches to patient and public involvement, working with existing patient groups and VOICE-Global at Newcastle University."

Read more about the new project [here](#).



Curious About the COVID-19 Vaccines? Ask Scientists Your Questions Today!

Everyone seems to be talking about the COVID-19 vaccines - on the news, social media and friends and family but sometimes it's hard to decipher what's true and what's not. Do you have a question about the vaccines that you would like our scientists to answer directly? Or is there something you have heard that you would like fact checked?

If so, submit your question [here](#) and one of our scientists will get back to you in a week or so with an answer.

Remember, if you have personal health related questions, it's important to get advice from NHS 111 or your healthcare professional.



The UK to run a Covid-19 human challenge study

Imperial College London in partnership with the Royal Free London NHS Foundation Trust and clinical company hVIVO will be the first group, and country, to run a COVID-19 human challenge study.

The study will involve exposing up to 90 carefully selected healthy adult volunteers to coronavirus in a safe and controlled environment. The initial study will help scientists understand how the immune system reacts to coronavirus (the virus that causes COVID-19), and identify factors that influence how the virus is transmitted.

Find out more about the study [here](#).

Upcoming events



A New Tomorrow: Young people - Improving your wellbeing during COVID-19

Are you aged 14-25? Are you interested in chatting with other young people, professionals and researchers about the impact of COVID-19 on youth mental health?

Newcastle University and Imperial's Institute of Global Health Innovation are hosting a series of free online events for young people on improving wellbeing during the pandemic.

These events are for young people, organised by young people.

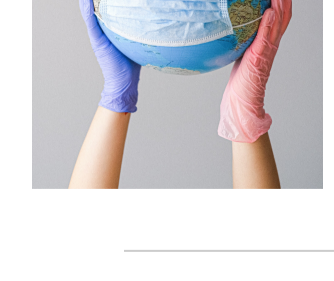
Our event series includes three different events for young people:

11th March, 16:15-18:00: A New Tomorrow episode 1: Talking about mental health and getting support (Sign up [here](#))

18th March, 16:15-18:00: A New Tomorrow episode 2 – Getting a good routine and sleep (Sign up [here](#))

25th March, 16:15-18:00: A New Tomorrow episode 3 - Reflecting on our events (Sign up [here](#))

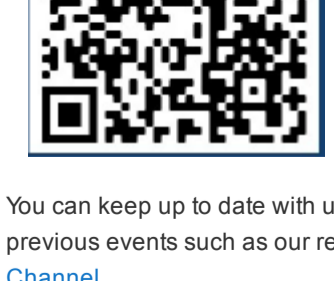
These events are being hosted as a part of our '[Co-produced online symposium: COVID-19's impact on youth mental health](#)' taking place on 25 March.



10th March 6pm - 7.30pm; Vaccine Nationalism Webinar

Students for Global Health @ Imperial are running an online webinar via zoom to talk about the impact of 'vaccine nationalism' on access to the COVID-19 vaccine. There will be an opportunity to ask questions to an expert panel about the COVID-19 global climate and access to medicines.

Find out more and register via [EventBrite](#).



11th March 6pm; Youth Wellbeing With Time

Online webinar on youth wellbeing, covid anxieties, education and more hosted by Connecting Care for the Children, Young Healthwatch Westminster, Imperial NHS Trust and the Royal Borough of Kensington and Chelsea. No need to sign up just join the Zoom Call via the QR code below at 6pm (passcode: 877741). You can find out further information and contact the organisers [here](#).

You can keep up to date with upcoming Imperial events on the [What's On page](#) and catch up on previous events such as our recent [public Q&A on COVID-19 Vaccines](#) on the [Imperial YouTube Channel](#)

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