

CUH Patient and Public Involvement Autumn 2024 Newsletter

News and updates on PPI in the East of England



Welcome to the Autumn 2024 edition!

Save the dates for upcoming events, webinars and gatherings. This quarterly update is your essential source for the latest news on local and national events, PPI developments, insightful research articles and more!

Please email cuh.ppi@nhs.net to update your choices if you would prefer to be removed from our subscriber list.



Research Information talks 2024

These fascinating talks are open to anyone involved in research across Cambridge. Links will be shared with CUH PPI panel members as well as public involvement and engagement staff throughout our network.

What research information talks would you like to see in **2025**?

Please email cuh.ppi@nhs.net with any ideas, suggestions, or requests for information talks.

Some of our earlier talks will soon be on YouTube:

- **Systematic Reviews: What They Are, Why They Matter, How They Work and Where Do You Fit In?**

Systematic reviews (SR) are a valuable research output in their own right, and can help to justify and focus primary research. But what are they, why are they so valuable, and how can you contribute? Veronica Phillips and Isla Kuhn will introduce you to SRs and highlight ways in which you, as expert patients, might get involved.

- **What is cell therapy?**

<https://youtu.be/bxraCzdTVIk>

The keynote speaker is Professor Roger Barker, Professor of Clinical Neuroscience and Honorary Consultant in Neurology at the University of Cambridge and at Addenbrooke's Hospital

Our YouTube channel link

www.youtube.com/@nihrcambridgebrc6564

If you are a researcher who would like to contribute to this series, or if you have public contributors who may wish to attend, please get in touch at cuh.ppi@nhs.net



Online PPI training for researchers - Cambridge Biomedical Research Centre

Our Patient and Public Involvement (PPI) team are running online training sessions for researchers. Sessions are free for students and staff from the NIHR, NHS, UK universities, public sector institutions and registered charities based

Read more [here](#)
cambridgebrc.nihr.ac.uk



Become a member of the CUH PPI panel and help drive positive change in research

We are continually seeking new members for the CUH PPI panel to contribute to ongoing research at Cambridge University Hospitals and the NIHR Cambridge Biomedical Research Centre.

Joining the CUH PPI panel is free and open to the public, ages 16 and up, residing in the East of England, and not currently employed in health research or the media. Panel members **do not need any experience** and can select from a range of research projects, with opportunities for involvement available online, digitally, and in person.

Click [here](#) to read more

Watch our PPI strategy lead and panel members talk about being involved in research:

<https://youtu.be/x3ZaCdXLVJs>

Researchers' feedback to CUH PPI panel members



Things have been quite busy lately, and your support has made a significant impact!

Take a look at the feedback they gave on the various research projects [Click here](#)

Feedback has been shared from projects conducted in 2024.

These files are password-protected and only available to CUH PPI panel members.

NIHR Training for Reviewing Course

We rely on reviewers to ensure that research funding is allocated to the most impactful projects.

Reviewers play a vital role in helping to shape the future of health and social care research. By helping to read and review documentation, you'll gain valuable experience, expand your knowledge, and contribute to improving healthcare for all.

As a reviewer, you will read proposals for research and give us your **expert** opinion. It's a great way to develop your skills, learn about the latest health research, and contribute to improving healthcare for everyone.

Their interactive [online course](#) for new and experienced reviewers of health and social care research.



Past Event

Our open evening event on Inflammation was a huge hit!

Talks on: 'Reducing Inflammation in Parkinson's patients', 'Is inflammation in the gut and the brain linked?' and 'How fasting may project your body against inflammation'.

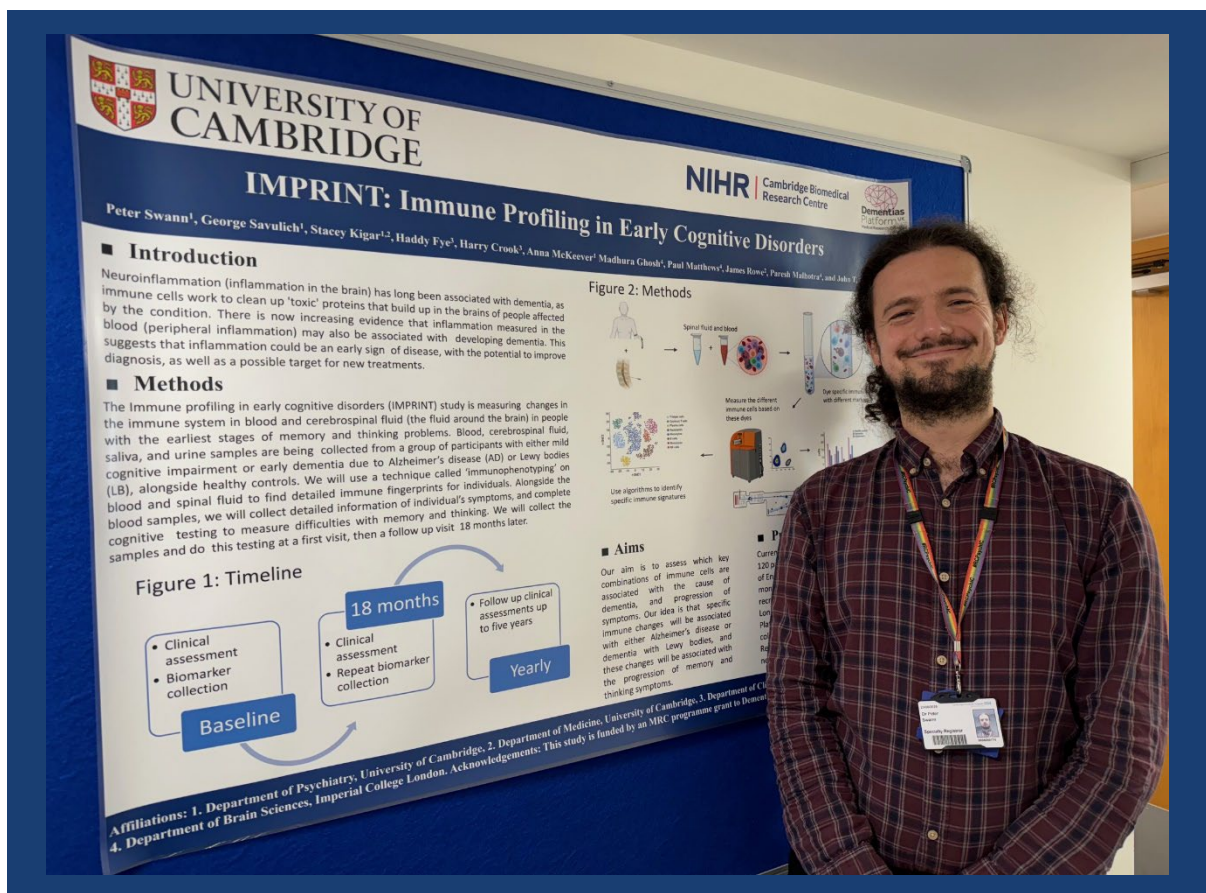
“Thank you very much for organising the talk on Inflammation Research on 10th October. Our students thoroughly enjoyed the updates from all three speakers – Prof Clatworthy, Dr Patel and Prof Bryant discussed all three topics on the way back to school and in their Medical Preparation Programme session. We also appreciated time that Prof Miles Parkes spent talking to our students and sharing invaluable advice about not giving up on their dream of becoming a doctor.”

Ellen Hesse

Principal

Abbey College Cambridge

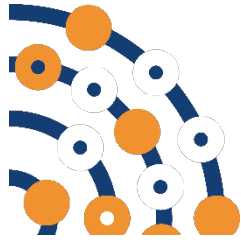
With nearly 100 people attending and an equal turnout across both afternoon and evening sessions, this event was both highly successful and engaging. Attendees found the discussions captivating, highlighting the relevance and importance of the topics covered. Interestingly, the majority of attendees were members of the public, with a few walk-ins, and the evening session had a slightly higher percentage of public attendees, further showcasing the widespread interest in the subject matter.



Winning Poster

The IMPRINT study- exploring the immune response in early dementia.

Dr Peter Swann - Clinical Research Associate and PhD student, Cambridge Centre for Parkinson's Plus, University of Cambridge.



Upcoming Events

NIHR Cambridge BRC, NIHR Oxford BRC and NIHR Oxford Health BRC are running ethnicity inclusion in health research training for their research staff

NIHR | National Institute for
Health and Care Research

Are you a Cambridge or Oxford research staff member and would like to attend?

Ethnicity inclusion in research 2025 training

Tues 25 Feb, 11-12.30pm (Cambridge case studies)

Wed 4 June, 12.30 - 2pm (Oxford Health case studies)



Georgina, subject 'EDI' with your preferred date
gan23@cam.ac.uk



Webinar: Research to support healthy weight

NIHR | Cambridge Biomedical Research Centre

3 April 2025

6-7pm

Webinar:

Research to support healthy weight

SAVE
THE
DATE



Prof.
Nick Wareham



Dr.
Amy Ahern

UNIVERSITY OF CAMBRIDGE | CAMBRIDGE FESTIVAL

Being overweight is a growing problem in the UK; it can lead to health conditions such as diabetes, heart disease, problems with bone health and can increase the risk of some cancers.

Cambridge researchers are working to understand how being overweight affects our health and how we can maintain a healthy balance.

Professor Nick Wareham, Director of the MRC Epidemiology Unit, Co-Director of the Institute of Metabolic Science, Honorary Consultant at Addenbrooke's Hospital and Professor of Epidemiology at the University of Cambridge and Dr Amy Ahern, Programme Leader & Principal research associate for the prevention of diabetes and related metabolic disorders in high-risk groups, will be hosting a live webinar at the 2025 Cambridge Festival.

The speakers will discuss their latest research and you will have a chance to put your questions to the team.

Free tickets will be released nearer the time, keep checking the NIHR Cambridge BRC website for further announcements.



East of England Secure Data Environment

Group members wanted for East of England Secure Data Environment Core Public Advisory Group

Are you interested in how patient data is used for research in the East of England? The East of England Secure Data Environment (SDE) is a digital platform that allows approved researchers to securely access de-personalised patient data for health research. It has been built in partnership with NHS organisations across the East of England, with state-of-the-art cyber security measures, controlled access and robust oversight of data usage. We've been working with a small group of people from across the East of England who meet with the SDE team about every 2 months to provide a public perspective on the project and to advise on its development.

This group is called our 'Core Public Advisory Group' and we are welcoming applications for new members.

Interested in applying?

Apply here: <https://forms.office.com/e/hcnhS9knVU> or email cuh.eoe.sde@nhs.net for more information.

Articles



The Human Cell Atlas: the ambitious project mapping every cell in the human body

More than 3,600 scientists (including over 70 at Cambridge) in over 100 countries are working on what is arguably one of the most ambitious scientific projects ever launched: to map every one of the 37 trillion cells in the human body.

The Human Cell Atlas was the brainchild of Professor Sarah Teichmann, now based at the Stem Cell Institute, and Dr Aviv Regev at Genentech. We spoke to Sarah to understand how the Atlas is already changing our understanding of our bodies.

Click [here](#) to read more

Are weight loss jabs the solution to the obesity crisis?

Current estimates suggest that almost two thirds of UK adults are overweight or obese. New weight loss drugs like Ozempic are being hailed as 'revolutionary', with the potential to improve the lives of billions.

We asked 5 Cambridge experts whether these drugs can really help tackle the obesity crisis.

Click [here](#) to read more

Cancer Research UK makes unprecedented £173m investment in Cambridge

Cancer Research UK has announced a £173 million investment in its institute at the University: the largest single grant ever awarded by the charity outside of London.

The funding will enable world-class discovery science, unlocking new insights into how cancers develop, grow and spread, as well as examining how the immune system can be harnessed to combat the disease.

Click [here](#) to read more

Supertroopers: CAR-T cell cancer therapy

Our immune system has billions of 'T cells' which recognise and destroy cells that might pose a threat to our wellbeing. But these remarkable cells appear to be outwitted by cancer cells, which evade detection and grow uncontrollably.

CAR-T is a type of immunotherapy that turns a patient's T cells into a battalion of highly targeted killers. This therapy is being scaled up in Cambridge, so that we can deliver more treatments to more cancer patients.

Click [here](#) to read more

Making radical new technologies to revolutionise brain health

A team from across the Cambridge has announced a multi-million-pound, three-year collaboration with the Advanced Research and Invention Agency, the UK government's new research funding agency.

The collaboration aims to accelerate progress on new neuro-technologies, including miniaturised brain implants designed to treat depression, dementia, chronic pain, epilepsy and injuries to the nervous system.

Click [here](#) to read more

Team's hip replacement surgery invention set to be world first

Technology that could transform the future of hip replacement surgery is being pioneered by a team of experts in Cambridge. Their 'smart joint' system aims to make hip surgery more precise and deliver better patient outcomes.

Click [here](#) to read more



Use MyChart?

Did you know you could set your research preferences?

Patients at Cambridge University Hospitals can now use the patient portal MyChart to set their preferences about hearing about research opportunities.

Patients who give their consent for contact can be contacted by research teams at CUH about research opportunities that may be relevant for them.

MyChart is free to [sign up](#) for and available to all CUH patients. You can change your preferences about research contact at any time in MyChart.



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