

CUH Patient and Public Involvement Bi-monthly Newsletter

News and updates on PPI in the East of England



Welcome to our new bi-monthly edition!

Get the latest news! Our updates are ready with essential news on upcoming events, webinars, and gatherings. We like to keep you informed about events, PPI developments and insightful research articles.

To update your subscription choices or unsubscribe, please email cuh.ppi@nhs.net.



Research Information talks 2025

We host research information talks where researchers share updates on their work with CUH PPI panel members. These talks are later made available on our YouTube channel for wider viewing.

Invitations with links will be shared with CUH PPI panel members, public involvement and engagement (PPIE) staff across our network, and the wider public.

We'd love to hear what research topics you'd like us to feature this year.

Please send your ideas and suggestions to **cuh.ppi@nhs.net**.

Some of our earlier talks on YouTube:

- What impact does healthy ageing have on stroke?

<https://youtu.be/nE2tiTukmsQ>

Dr Evans will be discussing research looking at how ageing affects outcomes after stroke and how people respond to treatment. This work combines imaging and clinical data to determine a person's biological age, and evaluates its relevance to treatment and rehabilitation after stroke. Dr Evans will discuss how a better understanding and promotion of healthy ageing may improve access and benefit from stroke treatments in the future.

- Data Networking

<https://youtu.be/ub-YfPvV-ew>

Our guest speaker is Dr Sarah Burge, Director of Clinical Integration at the Cancer Research UK Cambridge Centre. Dr Burge is focused on designing systems for the new Cambridge Cancer Research Hospital that support integrated care models, combining robust data infrastructure, clinical workflows, and translational science. Working closely with NHS teams, academic collaborators, and industry partners like GE Healthcare to deliver a precision medicine approach to cancer treatment.

Our YouTube channel link

www.youtube.com/@nihrcambridgebrc6564



Help Shape Tomorrow's Research Join the CUH PPI Panel Today!

We're always keen to welcome new members to the CUH PPI Panel, where you can help shape research at Cambridge University Hospitals and the NIHR Cambridge Biomedical Research Centre.

Joining is free and open to anyone aged 16 or over living in the East of England—no experience needed. As long as you're not employed in health research or the media, you're welcome to get involved.

Click [here](#) to read more

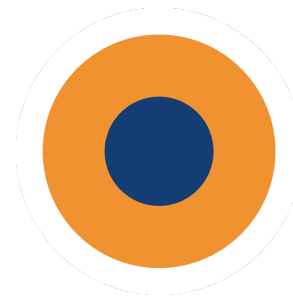
Our Strategy Lead, Dr Amanda Stranks, and panel members discuss their experiences of being involved in research.

<https://youtu.be/x3ZaCdXLVJs>

NIHR Training for Reviewing Course

We rely on reviewers to ensure funding goes to the most impactful research projects. By reviewing proposals, you'll gain valuable experience, expand your knowledge, and help shape the future of healthcare.

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



Upcoming Events

Public event

Translational research in infants,
children and young people

Thursday 20 November 2025, from 4pm to 7pm
@ the Hexagon, Frank Lee Centre, Addenbrookes, Cambridge



Free Public Event on our latest [Infants & CYP's Research](#)

Join three Cambridge researchers who have specialised in research in infants, children and young people to hear how research is changing the way we diagnose and treat health conditions that emerge in the early years, setting the stage for healthier outcomes throughout life.

Make a date in your diaries and book your places now for our **free** public open afternoon and evening on Thursday 20 November 2025, at the Frank Lee Centre (Hexagon Room) on the

Cambridge Biomedical Campus, where you'll hear from our researchers Dr Kate Baker, Dr Anna Moore Winter and Chenqu Suo as they discuss some of their latest research.

Choice of sessions

We have a choice of two sessions (talks are repeated with a new audience) – either in the afternoon (4-5pm) or evening (6-7pm) so, you **only need to book one session**.

Whether you choose to come for the afternoon or evening talks, you are welcome to spend the hour from 5-6pm chatting to our researchers about their work and view the research posters on display or simply come for the talks.

Interested? Find out more and book your ticket on [Eventbrite](#)



East of England Secure Data Environment

Learn how anonymised data is used in health research

The East of England Secure Data Environment is hosting a webinar for East of England residents to learn how NHS patient data is protected, who has access to it, and how it helps shape better care for everyone

Upcoming dates:
30 October 2025 12:00-13:00

Register your interest - [Here](#)

Research News

Parkinson’s ‘trigger’ directly observed in human brain tissue for the first time

Scientists have, for the first time, directly visualised and quantified the protein clusters believed to trigger Parkinson’s. These tiny clusters, called alpha-synuclein oligomers, are the likely culprits for Parkinson’s disease to start developing in the brain, but since they are so small, they have been impossible to see.

Now, researchers have developed an imaging technique that allows them to see, count and compare oligomers in human brain tissue, a development one of the team says is “like being able to see stars in broad daylight.”

Their results could help unravel the mechanics of how Parkinson’s spreads through the brain and support the development of diagnostics and potential treatments.

Click [here](#) to read more

Diabetes drug and antihistamine could together repair multiple sclerosis damage

“My instinct is that we are on the brink of a new class of treatments to stop multiple sclerosis

(MS) progression,” says Dr Nick Cunliffe, co-leader of a promising new trial.

The study showed that the combination of a common diabetes drug and an antihistamine can help repair myelin – the protective coating around nerves, which gets damaged in MS.

Click [here](#) to read more

Accessible information encourages ovarian cancer patients to have genetic testing

Experts and patients from Cambridge and Birmingham co-created multilingual, accessible info on genetic testing for ovarian cancer to improve uptake.

Click [here](#) to read more

NIHR commits to better inclusion of older adults in health studies

The NIHR has signed a joint statement alongside other major UK research funders committing to greater inclusion of older adults in health and care research.

In 2023, a report by the Chief Medical Officer highlighted that older people, particularly those living with multiple long term conditions (2 or more severe physical or mental health conditions) are routinely underrepresented in clinical trials and research studies, despite multiple long term conditions becoming increasingly common.

The national news bulletin said that "underrepresentation of older people in research and clinical trials makes findings less relevant and less effective for the people who need them most.

Click [here](#) to read more

‘Artificial cartilage’ could improve arthritis

treatment

Cambridge scientists have developed a smart, squishy material that could treat arthritis from within, by sensing tiny changes in the body during a flare-up and releasing release drugs exactly where and when they are needed.

Click [here](#) to read more

Depression linked to presence of immune cells in the brain’s protective layer

Immune cells released from bone marrow in the skull in response to chronic stress and adversity could play a key role in symptoms of depression and anxiety, say researchers. Their discovery – found in a mice study – sheds light on the role that inflammation can play in mood disorders and could help in the search for new treatments.

Click [here](#) to read more

Brain cancer cells can be ‘reprogrammed’ to stop them from spreading

Glioblastoma, the most common type of brain cancer, has a five-year survival rate of just 15%. Now, scientists have found a way to stop brain cancer cells spreading by essentially ‘freezing’ a key molecule in the brain.

The finding could pave the way for a new type of treatment for glioblastoma, although extensive testing will be required before it can be trialled in patients.

Click [here](#) to read more



Are you using MyChart?

You can 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.



You have received this email because you previously expressed an interest in receiving updates from the PPI Team at NIHR Cambridge BRC. If you no longer wish to receive emails from us, please email cuh.ppi@nhs.net to unsubscribe.

