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CUH Patient and Public Involvement

Bi-monthly Newsletter

December 2025

News and updates on PPI in the East of England



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 2026

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 would love to hear what research topics you would like us to feature this year. Please send your ideas and suggestions to cuh.ppi@nhs.net.

Some of our earlier talks on YouTube:



How does Gene Therapy Work

[Watch the video](#)

Our keynote speaker for this session is Dr Benson Chen, a neurologist and neuro-ophthalmologist, from the Cambridge Clinical Vision Laboratory, NIHR Cambridge Clinical Research Facility. Dr Chen will be discussing gene therapy for mitochondrial diseases - exploring the progress that has been made and some of the controversies!

Clinical Academic Posts – Value for Research and the NHS?

[Watch the video](#)

Our keynote speaker for this session is Professor Christi Deaton, Professor Emerita and capacity building lead for BRC. Much of the research in healthcare is led by physicians, nurses, midwives and allied professionals who are also practicing clinically. Balancing

these dual clinical and academic roles can generate tension within the NHS, which is under-staffed and struggling to deliver services and address long waiting lists. Professor Christi Deaton discusses the challenges and benefits of clinical academic posts, and how the inherent tensions might be resolved.

Our YouTube Channel

www.youtube.com/@nihrcambridgebrc6564

Help Shape Tomorrow's Research

Join the CUH PPI Panel Today!

We are 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.

Join Us

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](#)

Experience in Research

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

[Watch the video](#)

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.

Take part in their interactive [online course](#) designed for both new and experienced reviewers of health and social care research.



Events



NIHR Cambridge BRC Public event on paediatrics, children & young people's health research

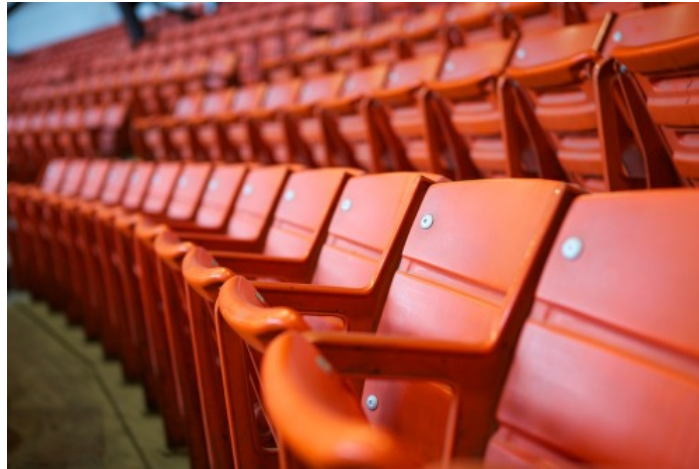
"Great talks, great event": feedback shows public appetite for our research open events

This was held on November 25, 2025 at Addenbrooke's Hospital

More than 100 people turned up for our open event in November – and their feedback showed there's definitely a public appetite for knowing what's going on locally in

translational research.

Read more [here](#)



We have a couple of events planned for early 2026. Full details, including links and addresses will be shared in our February newsletter.



East of England Secure Data Environment

The East of England SDE is recruiting public members for its Data Access Committee! If you're 18 or over, live in the East of England, and are not involved in health research or data science, your voice can help shape how de-personalised NHS data is used for research.

[Register your interest here](#)

Equality, Diversity and Inclusion Update

Recently, Sian Cowell, our Research Inclusion Manager, has been planning inclusive events in Great Yarmouth and Thetford along with the Cambridge Clinical Research Facility and Research Delivery Network. She has also been working with researchers to put on an event with a charity in Peterborough that supports the Gypsy, Roma and Traveller community.



[Contact Sian](#)



Research News

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.

[Link to read more](#)

Your guide to Psychedelic-Assisted Therapy

Meet the people and compounds behind the startling therapeutic promise of psychedelics.

[Link to read more](#)

Dementia linked to problems with brain's waste clearance system

Problems with the brain's waste clearance system could underlie many cases of dementia and help explain why poor sleep patterns and cardiovascular risk factors such as high blood pressure increase the risk of dementia.

[Link to read more](#)

15,000 women a year with breast cancer could benefit from whole genome sequencing

Whole genome sequencing offered to breast cancer patients is likely to identify unique genetic features that could either guide immediate treatment or help match patients to clinical trials for over 15,000 women a year, say scientists at the University of Cambridge.

[Link 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.

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