

Patient and Public Involvement Focus

Welcome to our PPI newsletter!

Welcome to our winter issue of the King's Clinical Research Facility (CRF) Patient and Public Involvement (PPI) newsletter.

We are so pleased that 2024 has brought us several opportunities to meet online and in person to work towards meeting our ambitions for both [PPI](#) and [Equality, Diversity and Inclusion \(EDI\)](#) here at the CRF. We attended conferences together such as the UKCRF Network Conference, the Research and Development Annual Strategy Meeting, and the King's Improvement Science Valuing Partnerships Event. We also hosted a PPI meeting with a special focus on EDI, which was co-facilitated by a PPI member for the first time. You can read about all these events and more in this issue.

Thank you so much for all your hard work and innovative ideas this year. We're always grateful for your input and your drive to push us to improve. We wish you a very happy holiday period and a good start to 2025!

The Public Involvement Team, on behalf of the King's CRF

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Meet the team at King's CRF!

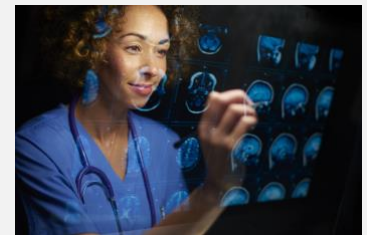
In each newsletter, we will introduce you to a member of the King's CRF staff, and a member of our PPI group. We hope you enjoy getting to know a little bit more about these individuals and why they enjoy their roles.

King's Clinical Research Facility news

You may be aware that we're looking at refreshing the King's CRF website! We want to make the content more accessible and to ensure we have all the information and documents you may need online.

Look out for emails from us in the new year about this.

Spotlight on our studies: Mental Health Research



At King's CRF, we support a range of mental health studies, including those that use ketamine.

Ketamine is a drug more commonly known as an anaesthetic in both adults and children. However, it can have anti-depressant effects even in people who have not responded to other treatments in the past.

One study we hosted, called 'Signature', specifically looks at the effects of ketamine on brain activity in people with depression who have tried other treatments that have not worked for them.

The study uses brain imaging techniques.

A PPI member spoke to us about their experience taking part in this study, which you can read about

[here.](#)

Amelia – Team Leader

Amelia is a Team Leader, and her role is to support and encourage the King's CRF Nursing Team. She has always been interested in research, having previously worked in kidney research and on Covid-19 trials. Amelia is keen to ensure all staff feel motivated and that everyone works together to achieve our shared goals. She has also enjoyed learning more about PPI over the last year and has become a King's CRF staff PPI champion, helping with meetings and events.



Manos – PPI member



Manos is an active member at King's CRF, and he has over 5 years' experience in PPI ranging from being a co-applicant to sitting on steering committees. As well as being a carer for his father who has multiple long-term health conditions, he has lived experience of neurodiversity including ADHD and dyslexia.

Manos feels that PPI offers individuals like himself a platform and voice to influence research.

Conferences and Events with our PPI members

In the latter part of this year, we have had the opportunity to attend conferences and events alongside our wonderful PPI members. It has been a great chance to get to know each other more in person and learn about good practice and aspirations for PPI across the UKCRF Network and King's Health Partners. King's Health Partners includes our Trust, Guy's and St. Thomas', South London and the Maudsley, and King's College London. We are keen to keep collaborating with these organisations, as both PPI and EDI develop at the CRF.

UKCRF Network Conference

This summer we attended the UKCRF Network Conference in Leicester with three of our PPI members. The theme of the Conference was 'Making the Invisible, Visible: Equal Access to Clinical Trials for All'. On the first day, we heard from speakers on topics such as understanding ethnic inequalities in heart disease and lessons learned from Covid-19 about engaging with multi-ethnic populations. On the second day, we had the chance to attend summer school sessions which delved into PPI, inclusive research, and leadership in more depth. We all attended a gala dinner in the evening, which was a fun opportunity to socialise after several days of learning!

The 2025 Conference will be held on 14th- 15th July in Birmingham. The theme will be 'Co-create to Translate: Achieving Impact Through Collaboration'. Look out for emails from us next year to see how you can express your interest in attending.

December awareness days

Disability History Month 14/11 – 20/12

Disability History Month is an annual event that aims to promote disabled people's rights and their struggle for equality now and in the past. This year's theme is 'Disability Livelihood and Employment.' You can read more [here](#).

World AIDS Day 01/12

[World AIDS Day](#) is a global movement to unite people in the fight against HIV and AIDS, showing solidarity against HIV stigma and remembering lives lost.

We will be featuring your blogs and interviews on our website with your stories to honour and celebrate these awareness days, so please keep an eye out on our website and X/Twitter account.

Thanks so much to all our authors.



You can also read all about how we have celebrated previous awareness day at King's College Hospital on our blog [here](#) and on page 5 of this newsletter.

Annual Research Strategy Meeting

In September 2024, staff and two public members joined the Annual Research Strategy Meeting hosted by the Research & Development (R&D) Office at King's College Hospital NHS Foundation Trust. The R&D Office supports the work of King's CRF and the researchers who use our facilities. At this meeting, the new 'Roadmap to developing and delivering world-class research' was launched. The action plan in the roadmap details aspirations to improve PPI and EDI Trust-wide and to learn from the work you have done as a group so far. Specific projects include piloting strategies for reporting on diversity and under-served population enrollment in clinical trials.

In addition, there were poster presentations at the event, and the CRF submitted a poster about our work with school-aged children. This was voted the most popular poster at the session, which we were delighted with.

"I was so proud to take part in the poster presentation and it was special to win for our poster about hosting an open day for school-aged children at the CRF. It's great to have the opportunity to keep learning, whilst doing something you love"

Imelda, Clinical Research Practitioner and co-author of the winning poster at the Annual Research Strategy Meeting.

If you would like to read an online copy of the new R&D Roadmap, please visit:

<https://www.kch.nhs.uk/document/roadmap-to-developing-and-delivering-world-class-research/>

The Value of Partnerships



We had the opportunity to join staff and PPI members from King's Improvement Science (KIS) at their event called 'The Value of Partnering with the Public to Improve Health Services'. KIS is a research programme that aims to improve the quality of health and social care for people across South London and beyond. Involving members of

the public in their work is a key focus for KIS.

The half-day session in October 2024 covered topics such as community perspectives on the power of PPI and the benefits to healthcare of engaging with PPI work. There was also a panel discussion on future challenges and opportunities. It was encouraging to see that the event was co-chaired by PPI members and that they had been involved in all aspects of planning for the day, including the selection of the venue.

Alongside the PPI Lead, two of our CRF staff PPI champions and one PPI member attended the event. In the photograph from left to right, we have Eden (PPI champion), Cat (PPI Lead), Savia (PPI member) and Pratik (PPI champion).

If you would like to learn more about the work of KIS please visit:

<https://kingsimprovementscience.org>

"It was very insightful being with a PPI member particularly in that setting as we were reminded that at some point, whatever our career paths, lifestyles, education or financial background we have been or may be patients; it's a common factor with us all. It was reassuring to hear genuine thoughts and reactions, based on both personal and professional experiences and even to just be in the same row, side by side with each other."

Eden, King's CRF staff PPI champion and event attendee

Highlighting research careers to school-aged children

At King's CRF we aim to ensure students from all backgrounds have the opportunity to learn more about research careers and to consider this as an option for their futures. We have offered work experience placements and hosted a school open day, where students had the chance to meet researchers and visit our facilities, as first steps towards this goal. Thanks to input and ideas from our PPI group, we have now expanded this to include a 'school outreach project'.

For this project, we plan to go into schools, to meet the students and teachers and deliver a fun and interactive workshop that focuses on what research is, and how you might go about designing your own research project. We have been developing these ideas in a small working group, made up of three members of staff and two PPI members. So far, we have met online four times and together we have developed a schedule for the day, presentation slides, and evaluation forms. Crucially, the idea for what the students should focus on when developing their own research project came from a PPI member.



"I suggested the research idea of whether eating broccoli makes you more intelligent, as we wanted a simple research project for the Year 7s that they could relate to."

Savia, PPI member

We will deliver our first session to Year 7 students in March 2025, with the support of the careers counselor from the school. We aim to learn lots from this pilot session about what works well and what can be improved. We then plan to deliver this session to more local schools with diverse student populations, who may not have been exposed to similar workshops and events in the past. We will keep you all updated on our progress!

Equality, Diversity, and Inclusion

King's CRF PPI Meeting

In October 2024 we hosted our first PPI meeting dedicated solely to EDI, and this was co-facilitated by a PPI member who is also part of our EDI working group. The EDI working group is made up of staff and PPI members and it meets regularly to review the materials for staff training on topics such as cultural intelligence and trans-awareness. During the meeting, we provided a summary of all the staff training that has taken place over the last 9 months and gave the PPI group opportunities to ask questions. It was a great experience having a PPI co-facilitator, and we would like to extend this opportunity to other members at future meetings.

Staff Impact Survey results

During the meeting, Shivonne Simpson a member of the Trust EDI team joined us to provide a summary of the staff impact survey results. This survey was sent to all CRF staff members to understand what they thought of the training sessions delivered since November 2023, and whether they've been able to implement any practical steps since attending the training.

The results show that:

83% strongly agree or agree that they feel engaged with our EDI strategy, action plan, and staff training sessions.

83% also strongly agree or agree that they can contribute ideas to improve inclusion at the CRF.

88% of staff strongly agree or agree the sessions have been a collaborative process.

The free text comments provided us with some helpful suggestions to improve future training sessions:

- ✓ **Recording sessions for future reference**
- ✓ **Making the training sessions more interactive**
- ✓ **Including quizzes to confirm understanding of topics**
- ✓ **Mixing with other departments during the training sessions to promote good relationships across the hospital and to see insights into other working cultures**

We now aim to update our action plan for the next training sessions based on these insights. This work will be done with our EDI working group. We will feedback to you all about how we get on early next year.

Awareness Months at King's College Hospital



South Asian Heritage Month – 17th July – 18th August 2024

Members of King's CRF staff, shown in the picture on the right, celebrated South Asian Heritage Month in style at a fashion show hosted by the Trust. Each team taking part had two representatives – one from a South Asian country and the other from the rest of the world – with both representatives showcasing traditional South Asian fashion.

South Asian Heritage Month has been celebrated since 2020, and it seeks to honour South Asian cultures, histories and communities. The theme for this year was 'Free to be me', and everyone was encouraged to express themselves either through art, writing, music, food, or fashion.

Black History Month – October 2024

Each morning staff at the King's CRF join a huddle, where everyone highlights what tasks they are working on for the day. At the end of each huddle a 'message of the day' is shared to inspire all for the day ahead. For Black History Month, we decided to replace the message of the day with a quote and trivia about an important person in Black History to both educate and enthuse staff.

Black History Month gives everyone the opportunity to share, celebrate and understand the impact of Black heritage and culture.

An example of a quote that was shared is below:

"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly" – Langston Hughes, social activist and poet.

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Visit our website [here](#)
Have a virtual tour of our
facilities [here](#)