

Subject: MHRUK Newsletter - February 2022

From: Mental Health Research UK <trustees@mentalhealthresearchuk.org.uk>

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To: <administrator@mentalhealthresearchuk.org.uk>

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Newsletter - February 2022.

Dear Supporter

Happy New Year to you all! Whilst there is much to be optimistic about, it's likely that 2022 will be another difficult year for many. It also seems that the challenges for mental health will be particularly great and the need for MHRUK to continue its work in the coming years is greater than ever.

Given the problems created by the pandemic and the resulting economic uncertainty, we have been thinking hard about how we can improve the way we communicate with our supporters and potential donors and how we can raise more funds for vital research. Now that we have our new Trustees in place (Pete Knott, Andrew Paterson, and Wunmi Ademosu) we have been busy planning a meeting that will take place on February 23rd to start the process of developing our strategy and ambitions for the next 5 years, and looking at how we can improve communications and fundraising. We would very much like to involve our supporters in this process. As part of this we would greatly value hearing your thoughts on the charity and would be grateful if you would complete a very brief questionnaire. [See here.](#) Also, if any of you have any feedback on our work and how we can do better that you would prefer to communicate to me personally, then please feel free to write to me directly (owenmj@cardiff.ac.uk).

We have also been working with the Scientific Committee to develop the next call for scholarships starting in September 2023. We are pleased to announce the topics for these will be:

- Early intervention in psychosis (John Grace QC Scholarship 2023)
- Health inequalities and mental illness. (Mental Health Research UK PhD Scholarship 2023)

We chose early intervention in psychosis because, along with many, we see real potential here for the development of new approaches that will improve outcomes and increase recovery rates for people who develop psychosis. However, research is needed not only to help develop new and more effective treatments but also to better identify which people will benefit the most from specific early support. This will help us move away from a one-size-fits-all approach to early intervention and to develop therapeutic approaches that are better tailored to individuals.

We chose health inequalities because mental health conditions are not distributed equally across society and there are many groups that are impacted more frequently and more severely than others. Moreover, these inequalities have become starker in the wake of the pandemic. Research is needed to understand how and why these inequalities exist and to demonstrate how they can be prevented and addressed. This topic was a particular favourite of our scientific committee who pointed out the great need and also the many gaps in our knowledge.

If any of you would like to donate to support these important projects please click [here](#).

Details of how to apply are shown [here](#). **The closing date for applications is May 20th 2022.**

We have written a report on our completed PhDs see <https://www.mentalhealthresearchuk.org.uk/completed-phd-scholarships>.

The process for recruiting the Scholars for the 2022 PhD Scholarships is underway. The Trustees are now much more involved in this process and beginning this year one of our Trustees is working with each of the successful University Departments (King's College London and Cardiff University) to ensure that we have direct involvement in the appointment of scholars.

We are pleased to announce that Relay Riders UK have nominated us as

charity of the year. To donate to their page, click on the link.

<https://www.gofundme.com/f/national-relay-2022?qid=deda0e999e510ed9e274f6072aa04153>

With the closing of Virgin Money Giving, we have signed up to 'Wonderful', who at the moment provide a free service. Click on the link to create your fundraising page. <https://wonderful.co.uk/pay?ref=1125538>

Clair Chilvers, one of our Founding Trustees, has had her second poetry collection ***Island*** published by Impspired Press. Royalties from sales are being donated to Mental Health Research UK. See more at <http://clairchilverspoetry.co.uk/island/>

Best wishes

Mike
Chair of Trustees



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