

Mental Health Research for All (MH-ALL 2): Welcome Day Event

03rd March 2025

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NB: As part of our commitment to reducing our carbon footprint, we are hosting a ‘paperless’ event and will not be printing booklets. If you need a physical copy of the booklet, we encourage you to print it in advance and bring it with you. Should you be unable to print a copy but still require one, please reach out to us beforehand.

MH-ALL Aims and Overview

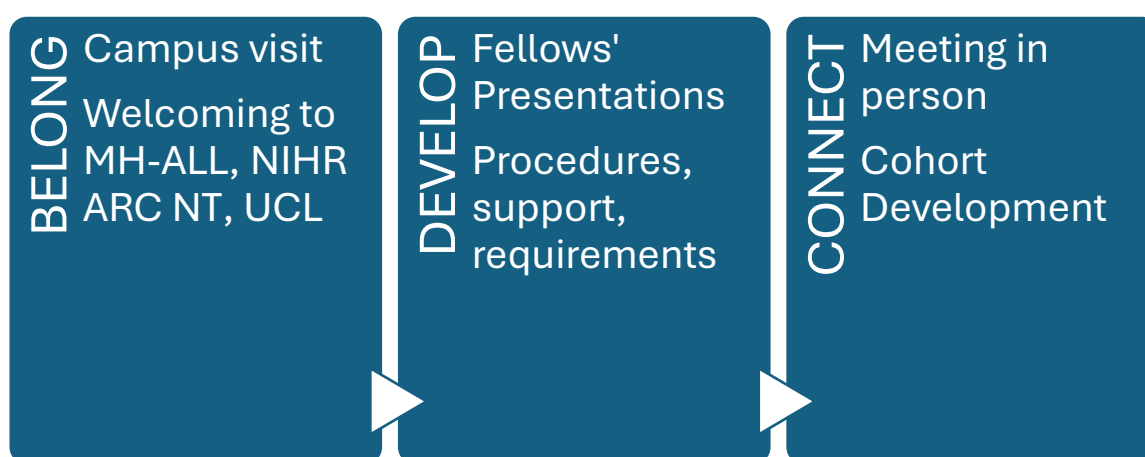
MH-ALL is a funded programme to build research skills and capacity across staff working in mental health services, aiming to tackle barriers to mental health and care research participation for underserved staff and communities. It will do this by:

- improving the ability of staff, working across roles and organisations in mental health in the North Thames region, to use and conduct research
- improving the uptake and representation of patient and public participation in mental health research in the North Thames region.

Welcome Day

This is an opportunity to welcome you all to the MH-ALL community, the ARC NT network and to UCL as your institutional host.

The day has three main aims:



Programme Dates: 03rd March 2025 – 01st March 2026

Dress Code: No specified code, please wear clothes you are comfortable in.

Specified Requirements: Quiet Spaces and Prayer Room Availability

We are pleased to inform everyone that **quiet spaces** and **prayer room** areas will be available in the building for those who need a peaceful environment for reflection, rest, or prayer.

- **Quiet Spaces:** Located in room 770 between 12 – 1pm and room 790 between 1 – 2pm these areas are designated for those seeking a calm and quiet

environment. Both rooms are located in 20 Bedford Way, IOE Building, one floor down from room 834 where the day's events are based. Fellows can access this room by taking the lift down to the 7th floor.

- **Prayer Room:** The **Institute of Education** Prayer Room is located in room 794. The space is a small multi-faith prayer room with curtain to divide between male and female users. Please remove shoes after entering.

Additional spaces are available - <https://www.ucl.ac.uk/equality-diversity-inclusion/equality-areas/religion-and-belief-equality/quiet-contemplation-rooms-and-around-ucl>

Please be respectful of others' need for quiet and privacy. We encourage everyone to maintain a calm and considerate atmosphere in these spaces.

Thank you for your cooperation!

Welcome Day Agenda – 3rd March 2025

Location: UCL institute of Education

20 Bedford Way, London WC1H 0AL, **Room 834**

<https://20bedfordway.com/how-to-find-us/>

Time	Activity
10am	Arrival Please meet at UCL Main Campus entrance
10-10.30am	Welcome, brief intro to UCL and outline of the day Individual Photos Group Photo
10.30-10.50am	Walk over to IOE
10.50-11am	Refreshments: <i>tea and coffee</i> Group activity: What are you hoping to get from today?
11-11.20am	Welcome and intro to MHALL: <i>Introductions and Q&A with MH-ALL Principal Investigators</i> <ul style="list-style-type: none">• Professor Jenny Shand• Professor Peter Fonagy• Professor Steve Pilling
11.20-12pm	Fellows 2 min presentations <ol style="list-style-type: none">1. A bit about you2. Your research project
12 – 12.10pm	Comfort break
12.10-12.30pm	What is the Applied Research Collaboration North Thames? <ul style="list-style-type: none">5 mins Sharlene Mutyasira (ARC CT)5 mins Silvie Cooper (ARC Academy)5 mins Will Lammons (ARC CT)5 mins Katy Murray (ARC NT Comms)

	5 mins Nadia Smolenskaja (ARC Finance)
12.30 - 1pm	Introduction to the fellowship: MH-ALL activities - <ul style="list-style-type: none"> • Welcome booklet • Self-reviews • Reflective groups • Training, support, mentors
1 – 1.30pm	Lunch
1.30 - 2.30pm	Weaving Connections: paired discussions on ‘your journey into research so far’
2.30- 2.45pm	Questions and wrap
2.45-3pm	Next steps
3pm	Walk over to Torrington Place for fire walk
3-4pm	Fire walk and ID badges

Refreshments, such as tea and coffee, as well as a catered lunch which will include vegetarian, vegan and gluten free options, will be provided throughout the day.

UCL maps: here's how to find us

For our initial meeting, we'll gather outside UCL's Main Campus Building on Gower Street, near the iconic UCL steps. Our photographer will be there to take group photos.

Google Map directions from Euston Station, Tottenham Court Road Station and Warrant Street Station. These stations have been listed as they are the closest stations to our venue.

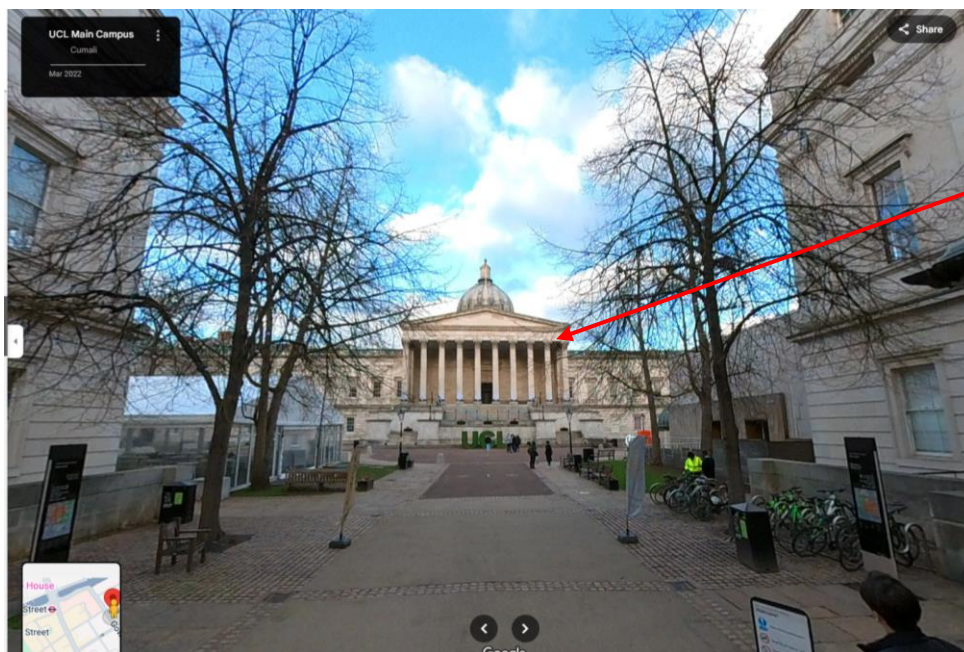
- [Euston Station, London to UCL Main Campus, Gower St, London WC1E 6AE - Google Maps](#) Approx. 5 minutes' walk
- [Warren Street Station, London to UCL Main Campus, Gower St, London WC1E 6AE - Google Maps](#) Approx. 5 minutes' walk
- [Tottenham Court Road to UCL Main Campus, Gower St, London WC1E 6AE - Google Maps](#) Approx. 15 minutes' walk

Visual itinerary:

1. Meeting point: UCL Main Campus, Gower Street by the staircase (*image 1*)

Time: 10 – 10:30am

Activities: meet up, photos, welcome introduction to UCL



2. Transfer to room for the day

Brief Intro: Once group photos are finished the group will walk from UCL's Main Campus to UCL's Education Building where all will be welcomed with refreshments in preparation of the day's activities.

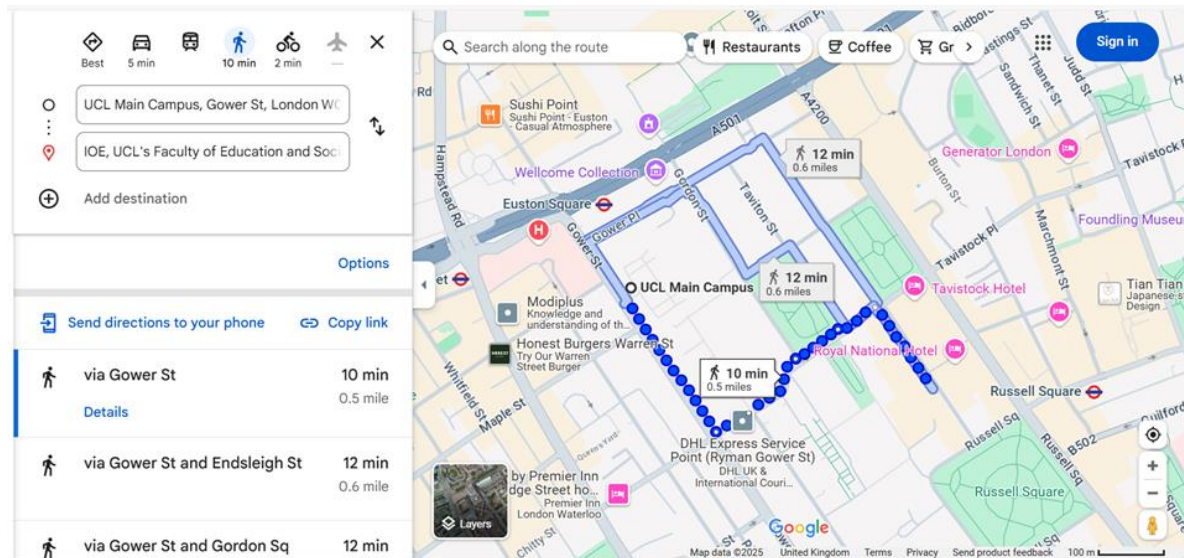
Location: transfer as detailed in map

Time: leave 10.40am – arrival 10.50am

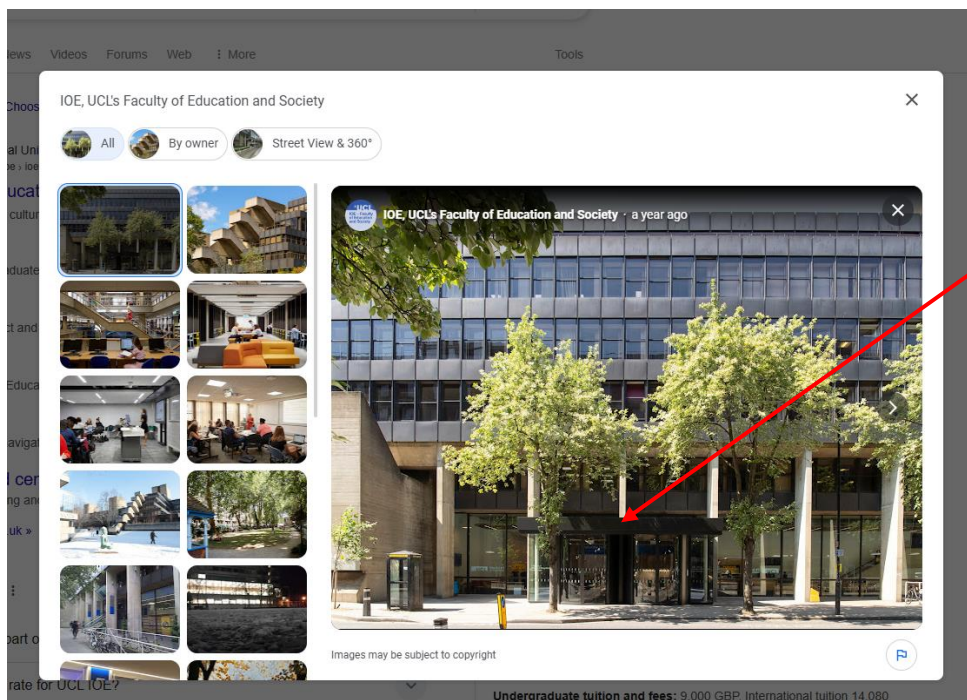
Activities: the walk between the UCL main quad (our meeting point) and the room for our day of activity is about 10minutes (we will walk through the UCL buildings which have steps and step free access).

Access: A taxi will be made available for colleagues with access needs.

Directions: [UCL Main Campus, Gower St, London WC1E 6AE to IOE, UCL's Faculty of Education and Society - Google Maps](#)



(Image 2.) Visual view of route to IoE building



(Image 3.) Front entrance of 20 Bedford Way (IoE building) with revolving door. As you enter, a café is located on the right-hand side.

The Welcome Day will be held in Room 834, which is located on the 8th floor of the building, which can be accessed by the lift located on the right-hand side of entrance.

Time: 10:50am – 3pm

Activities: We will be in this room for the presentations, lunch and the networking activities in the afternoon.

Image 4. Room 834



MH-ALL Fellows: Meet your new colleagues.



Danny Orchard

All Staff Fellow

Topic: Exploring the role of touch as a therapeutic modality in treating bodily symptoms, such as pain, in individuals with mental health issues, and the role embodiment plays in these symptoms.



Tamara Batchelor

All Staff Fellow

Topic: The role that community-based approaches to mental health can have on patients who are discharged from inpatient mental health settings.



Labiba Rashid

All Staff Fellow

Topic: Improving access to mental health care and outcomes for South Asian women from diverse backgrounds in accessing mental health services.



Emma Flint

Peer Support Fellow

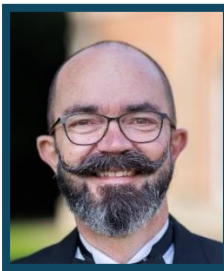
Topic: Explore somatic education for autistic adults, delivered by autistic peer support workers



Giulia Carrara

Peer Support Fellow

Topic: Mirroring emotional speech and emotive language in the professional-service user's relationship for people who use English as a second language".



Ian Callaghan

Peer Support Fellow

Topic: The topic for my research project is Lived Experience Leadership (LEL), a broad concept that describes the use of lived experience to bring about positive change in mental health systems.



Jane Faulkner

Peer Support Fellow

Topic: Narratives of grief; stories in the land.



Sandev Panasar

Peer Support Fellow

Topic: Understanding how integrating peer support roles within higher education institutions, as part of early intervention mental health and neurodiversity support services, influences student mental health outcomes



Zachary Howarth

Peer Support Fellow

Topic: The topic of my research is active co-production in mental health research for people experiencing serious mental illness. (SMI).



Helen Boyle

Peer Support Fellow

Topic: Mental health inequalities across the rural geography and how to increase access/improve outcomes for diverse communities in these areas.



Charlotte Crowl

Peer Support Fellow

Topic: A person-centred, holistic approach to mental health care that integrates practices tailored to an individual's cultural needs.



Angela Kinn

Peer Support Fellow

Topic: Barriers that exist between the Disability Rights, Survivor and Recovery Movements and the benefits to mental health service users of building greater levels of understanding and therefore alliance between these movements



Fiona Emmerson

Peer Support Fellow

Topic: To understand effective strategies and resources to support autistic adults with an eating disorder to work towards

recovery in the community



TJ Richards

Peer Support Fellow

Topic: Inclusive Lived Experience Leadership in NHS England's Mental Health Services



Stacey Smith

Peer Support Fellow

Topic: Exploring the Role of Trauma-Informed Peer Support in Post Traumatic Growth from Domestic Abuse: From Surviving to

Thriving.

MH-ALL Network Mailing List

We have a Network Mailing List, to which all events and opportunities are shared. Your UCL email address will be added to this mailing list. We therefore encourage you to actively check this email to ensure that you do not miss any important communications.

Your Web Presence

You each will have a web presence on the [ARC website](#) and are welcome to update this as you wish. If you ever want to change or update your online profile, just let us know and we can make the changes for you.

MH-ALL Staff

Leadership Team:



Dr Jenny Shand

MH-ALL Co-lead: Jenny has expertise in forging collaborations across patient and community organisations, health and council partners, and the research and innovation system to identify opportunities for collaboration and joint work to transform outcomes in priority areas, alongside reducing inequalities. Her interests include:

- Mobilising community organisations to improve upstream prevention of adolescent mental illness
- Exploring inequalities and inequity in distribution of health need and access to health services
- Curating and using linked data across health and social care for

health services research



Professor Peter Fonagy, CBE

MH-ALL Co-lead: Peter's expertise covers issues of early attachment relationships, social cognition, borderline personality disorder, antisocial behaviour and violence. His longitudinal studies, which link the quality of parent-infant attachment to theory of mind development, have important implications for strategies for early prevention not accounted for by genetic influences. The link between human attachment and social cognition led Peter and his colleagues to develop a highly effective treatment approach for borderline personality disorders. Mentalization Based Treatment is now one of the two evidence-based psychological treatments used for severe personality disorders and is widely practiced in the UK, Europe and the USA.



Professor Rosalind Raine

MH-ALL Co-lead: Rosalind is an applied researcher with expertise in the evaluation of major health service and public health change, digital health innovations and determinants of widespread implementation of evidence-based care. She applies diverse techniques – from complex data analysis to qualitative methods – to examine the impact of health/public health interventions on health outcomes and inequalities, health care quality and costs.



Professor Angela Harden

MH-ALL Co-Lead: Angela is a social scientist with expertise in applied research to promote health and reduce inequalities. She currently leads research developing and testing interventions tackling the wider determinants of health across the entire life course including the REACH Pregnancy Programme, Well Communities and Connect Hackney. Angela also has a keen interest in research synthesis, transfer and exchange. She is widely known for her methodological work integrating qualitative research into systematic reviews. Motivated by a desire to learn from the views and experiences of those targeted by public health interventions, this work has received international acclaim.



Professor Steve Pilling

MH-ALL Co-lead: For much of his career, Steve worked in the NHS as a Consultant Clinical Psychologist, where he set up and led a number of mental health services, including leading Islington's Mental Health Service for several years.

He is Head of the UCL Clinical, Educational and Health Psychology department, one of the biggest providers of training for the psychological therapy workforce in the UK. It contains the largest Clinical Psychology training course in Europe, and trains London's Psychological Wellbeing Practitioners, CBT therapists and Clinical Associate Psychologists for large regions of the country. Steve's commitment to the NHS has been central to his

work as a clinical academic. He has led treatment trials, evaluated mental health services and designed care pathways. As Director of the National Collaborating Centre for Mental Health, he produced NICE guidelines on mental health care for the NHS. He is also a *PsychUP for Wellbeing* Service Champion.

MH-ALL Core Team:



Sharlene Mutyasira

MH-ALL Project Manager: Sharlene has over 10 years' experience in research support, coordination and management.



Dr Fran Zanatta

Lecturer: Fran leads on the delivery of the MH-ALL programme. Fran's interests are in the training and development of mental health practitioners; evidence-based practice & policy; children's rights in mental health & education; culture, immigration, and diversity in mental health research and practice. Fran practices as a counselling psychotherapist with young people at Step Forward, a small local charity in East London providing free mental health services to the local community. Fran is a Researcher in Residence with the Office for Health Improvement and Disparities.

ARC North Thames Academy Team: training and development



Prof. Angela Harden
Academy Director &
ACD Lead



Dr Silvie Cooper
Academy Lecturer



Dr Harpreet Sihre
Academy Lecturer



Jess Wright
Training &
Engagement
Coordinator

ARC North Thames

Key Contacts

Role	Contact	Email
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Operations Manager	Susie Edwards	susie.edwards@ucl.ac.uk
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Academy Training & Engagement Coordinator	Jess Wright	arc.academy@ucl.ac.uk

Please always feel free to contact Sharlene Mutyasira (s.mutyasira@ucl.ac.uk) and Fran Zanatta (f.zanatta@ucl.ac.uk) in the first instance and cc our general email (mh-all@ucl.ac.uk) in any correspondence relating to PPIE, training, communications, or finance.

Acknowledgements

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We would like to express sincere thanks to all members of the ARC North Thames Academy, the ARC North Thames Core Team, the Advisory Group and the People's panel for their invaluable contributions to the MH-ALL programme.