

Help BEAT Kidney Disease: New campaign launching Spring 2018

We're delighted to welcome a fourth 'Help BEAT' campaign to Research for the Future. Help BEAT Kidney Disease will officially launch on World Kidney Day on 8 March, an annual day that highlights the importance of good kidney health.

The kidneys carry out many important functions in the body. They remove excess water and waste, regulate blood pressure, make red blood cells and help keep your bones healthy.

Chronic kidney disease (CKD) is a common long term condition where the kidneys don't work as they should. It is often associated with getting older or caused as a result of other conditions including diabetes, high blood pressure or nephritis (inflammation due to infections or autoimmune conditions).

Approximately 8% of the UK adult population have CKD, with black, Asian and other minority ethnic communities at highest risk of developing the condition. In Greater Manchester there are more than a thousand adults currently receiving kidney dialysis.

Philip Kalra, Professor of Nephrology, University of Manchester and Salford Royal NHS Foundation Trust welcomed the launch saying,

"I am delighted that Help BEAT Kidney Disease campaign has joined Research for the Future in Greater Manchester. Early kidney disease is common, and many people are at risk of developing serious complications including the need for dialysis or a transplantation, which can have significant effects upon their lives. This campaign will enable



people to sign up to be informed about research that they might participate in, so that together, we can help to improve the lives of people with kidney conditions."

If you have kidney disease and would like to hear about kidney research opportunities please contact the office.

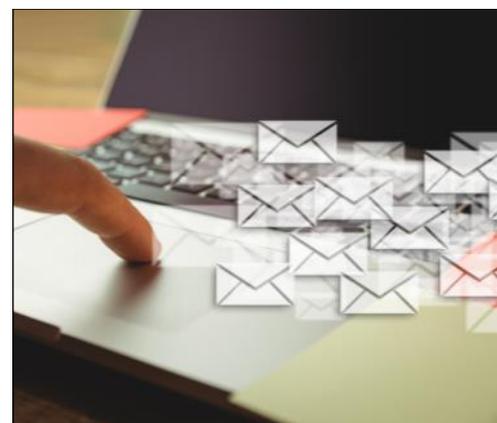
Research for the Future win 'best website'

We were delighted to win 'best website' in the NIHR 'Let's Get Digital' awards. The competition recognises the ways in which people can 'get digital' and raise awareness about research.

Research for the Future was one of five entries shortlisted in the website category, which were reviewed by an expert judging panel and put to a public vote. Judges said that the website is clear with colourful content, describing it as vibrant and well-designed from a user experience perspective.

Together with the other winners, the team visited the Google headquarters in London, where they gave a short presentation about their winning entry and heard about the future of digital.

We would like to thank everyone who worked with us to develop the website and who took the time to vote. Special thanks go to our wonderful volunteers who, through their participation in health research, are helping discover the best ways to prevent, diagnose and manage long term conditions.



Do you use email?

More than three quarters of our volunteers use email, meaning they find out about new research opportunities as soon as they are available.

Choosing to receive information by email also means that printing and postage costs are reduced. If you have received this newsletter by post but use email please let us know.



Help BEAT
Diabetes



Help BEAT
Heart Disease



Help BEAT
Kidney Disease



Help BEAT
Respiratory Disease

Encouraging people to get involved in research
www.researchforthefuture.org



Diabetes study gets results: Thanks to Help BEAT Diabetes volunteers

Researchers at the University of Liverpool were thrilled by the response when they asked Research for the Future to help find 100 people with diabetes to take part in a study looking at anxiety and depression.

A staggering 400 of our volunteers responded to the invitation to take part, making up a large proportion of the 614 people who participated in the study.

Volunteers were asked to complete two online questionnaires over a three month period. The questionnaire wanted to find out how people with diabetes understand the nature of depression. The results of

the study showed that metacognitive beliefs (what we believe about our own thinking and how we interpret our thoughts) are associated with anxiety and depression in people with diabetes, especially those with type 1.

Dr Peter Fisher (Senior Lecturer in Clinical Psychology, University of Liverpool) thanked volunteers for their participation saying, "you turned our project into a success".

The results of the study, including a thank you to Research for the Future, have now been published in the journal *Diabetes Research and Clinical Practice*.

Are you a patient research ambassador?

A patient research ambassador (PRA) is someone who promotes health research from a patient point of view to other patients, the public and healthcare professionals. A PRA helps make sure that people using local NHS services have the best opportunities to take part in research studies.

The National Institute for Health Research (NIHR) in Greater Manchester is looking for people who would like to be a PRA, helping make sure patient voices are included in all their research. Being a PRA means you will also receive news about training and learning opportunities, events and meet ups with other PRAs in your area. To find out more about being involved please contact Janet Eastwood on **0161 276 4646** or email janet.eastwood@mft.nhs.uk

Singing helps your breathing

Do you know that singing can have a positive impact on people living with a lung condition? Our charity partner, The British Lung Foundation (BLF) have developed a new 'singing for lung health' training programme in consultation with a leading music therapist.



The programme aims to improve the physical and psychological well-being of people living with chronic lung conditions by training singing instructors and supporting them to set up local BLF singing groups.

Katie Merrick, Service Development Manager at the BLF explained, "*there is increasing evidence that singing helps people living with lung conditions such as COPD to improve their quality of life*"

The BLF are currently recruiting singing instructors in the North West, including Salford, Manchester, Tameside and Glossop. For more information on how to become a BLF singing leader or to register interest in joining a group, please email singing@blf.org.uk. For more information about BLF singing groups, please visit their website: www.blf.org.uk



Do you have asthma? Can you help?

A new study is looking for people with asthma to try out a home monitoring system to see if this could predict asthma control and help people manage their condition better.

Taking part would involve attending one clinic appointment at Wythenshawe hospital and using the home monitoring system for a year. Participants must continue to attend their normal respiratory appointments and take their prescribed medications.

To take part you must have attended A&E for your asthma in the past year or needed a course of steroids for at least three days. You will need to have regular access to WiFi. For further information please contact the office.

 0161 206 3636

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Research for the Future

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Research for the Future encourages people to take part in NHS health research in Greater Manchester. Our 'Help BEAT' campaigns invite people living with certain health conditions to find out about research opportunities relevant to them. Our current campaigns include; **Help BEAT Diabetes**, **Help BEAT Heart Disease**, **Help BEAT Kidney Disease** and **Help BEAT Respiratory Disease**.

The project is provided in partnership with the National Institute for Health Research (NIHR) Clinical Research Network Greater Manchester, Salford Royal NHS Foundation Trust, North West EHealth, and Health Innovation Manchester.