

Research for the Future helps 'sock it' to diabetes!

Research for the Future worked closely with artist Christine Wilcox Baker, diabetes researchers, clinicians and our charity partner Diabetes UK to create 'Seven Thousand Feet', an innovative exhibition highlighting the devastating effects of diabetes-related amputation.

More than a hundred Research for the Future volunteers shared their experience of living with diabetes to help shape the exhibition, which featured as part of the annual Manchester Science Festival as well as the city's World Diabetes Day event.

Christine was overwhelmed by the thousands of socks donated by local patient groups, amputees and schools to help with the exhibition, many of which were brand new. She said *'these will be donated to local homeless charities over winter, the coldest time of year when they are needed most.'*



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. Using email also saves the NHS money by reducing the costs of printing and postage.

If you have received this newsletter by post but use email please let us know.



Diabetes volunteers find a smart way to prevent foot ulcers

Diabetes volunteers had the opportunity to take part in a novel study to prevent foot ulcers, results of which have recently been published.

People with diabetes and a high risk of developing diabetic foot ulceration were provided with a smart shoe insole system by researchers from Manchester Metropolitan University. Sensors in the insole detect when pressure underneath the foot is too high, putting the person at risk of a foot ulcer, and send an alert to a smart wrist watch. Results showed these warnings helped people learn which activities put their feet most at risk and which areas of their feet were most vulnerable. More importantly, it showed there was a 71% reduction in re-ulceration in the group who used the smart insole compared to those who did not.

The research team, led by Professor Neil Reeves (pictured) and Dr Caroline Abbott, won a prestigious award in recognition of their work and thanked Research for the Future volunteers for their participation, highlighting that studies like this are *'..invaluable for advancing the treatment and management of people with diabetes.'*



© Image: MMU



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

Celebrating our success

Earlier this year Research for the Future came runner up in the Equality, Diversity and Inclusion champion awards at Northern Care Alliance NHS Group. The award recognised how we are taking steps to make sure that people with disability or sensory loss receive information in a way they can understand (also called the Accessible Information Standard or AIS). New volunteers registering online can now tell us about any specific communication needs they have in advance. Providing the right support is one way we can provide a better experience and service for our volunteers.

In November we were delighted to be nominated for a public engagement award in the 2018 NIHR Greater Manchester Clinical Research awards. These awards celebrate excellence in health research delivery and bring together staff from across Greater Manchester, East Lancashire and East Cheshire.



General Data Protection Regulation (2018)

You won't have failed to notice the big changes to data protection laws recently in the form of the General Data Protection Regulation (GDPR). The GDPR gives people more power over how their personal data is used.

Being part of the NHS, Research for the Future has always taken data protection very seriously and you will not notice any major difference to the service you receive from us. We have made sure it is easy for you to find an explanation about how any information you provide is used and protected. You can see our full privacy notice along with terms and conditions on our website www.researchforthefuture.org/privacy or you can request a paper copy from the office.

As part of the changes we are now required to hold your NHS number, as this helps us to identify you correctly and confirm your contact details remain current. If you haven't already given us your NHS number, please contact the Research for the Future office on **0161 206 3636**

Do you have heart failure? Can you help?

Researchers are looking for people with heart failure to take part in a new study looking at whether treating iron deficiency can prevent hospital admissions for people living with heart failure and improve overall health outcomes.

Heart failure can be caused by conditions such as diabetes, high blood pressure or coronary artery disease and means that the heart muscle does not pump blood as well as it should. Taking part in this study would involve attending a clinic appointment every four months for about two years. Those taking part will be randomly chosen to receive either iron injections or continue with their usual treatment.

To take part you must be diagnosed with heart failure, have/had previous iron deficiency and not currently receiving iron injections. The study is taking place at number of Greater Manchester hospitals.

For further information please contact the Research for the Future office on **0161 206 3636**



Ironman

Join us on Facebook

Our Facebook page is a great way for you to connect with us to find out about research. 'Like' our page to receive updates about events we are attending, results from research studies, other health news and opportunities to get involved in research.

You can also share your experience of being a research volunteer by leaving us a review or recommendation. We'd love to hear from you!



 0161 206 3636

 www.researchforthefuture.org

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Research for the Future

Summerfield House, Salford Royal NHS Foundation Trust, Stott Lane, Salford. M6 8HD

Research for the Future encourages people to take part in NHS health research. 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, North West EHealth, Health Innovation Manchester and Northern Care Alliance NHS Group.