



A MESSAGE FROM THE DEAN

Welcome to our latest Newsletter! I'm delighted to share some of the fantastic recent achievements of our colleagues and students from our School community, during this challenging (and ongoing) academic year. This will be the final Newsletter for the School of Health and Community Studies in its current form, as we will be merging with the School of Clinical and Applied Sciences to create the new School of Health from 1 September 2021.

We will be continuing to share good news, opportunities, updates and achievements from our larger community through Newsletters in the new academic year – and also engaging further on social media, so please keep your eyes peeled for updates!

For now, I wish you a healthy and happy summer, and hope everyone finds some time for rest and relaxation.

Take care,
Duncan

Dean of School, Health and Community Studies

VOLUNTEERING AND WELLBEING IN THE PANDEMIC

[Professor Jane South](#), [Professor Anne-Marie Bagnall](#), and [Dr Andrew Passey](#) from the Centre for Health Promotion Research recently worked with the Wales Centre for Public Policy at Cardiff University on a research project on volunteering and wellbeing in the pandemic. The research was published on 7 June.

The project was undertaken for the Welsh Government. We were invited to be involved due to Jane and Anne-Marie's expertise in case study synthesis methodology, a rigorous approach that can be applied at pace. This makes it useful for research responding to direct policy and practice need, and this project is a strong example of rapid movement from study to impact.

The research makes a series of recommendations to

policy makers: making volunteering an important part of Wales' wellbeing-led recovery; maintaining new organisational relationships forged in the response to the pandemic; recognition of both informal and formal volunteering and of the pros and cons of different means to coordinate volunteering; and the need to support volunteering by people most affected by the pandemic.

You can [read about the research project here](#).

CHILDHOOD DEVELOPMENT AND PLAYWORK STUDENT SECURES CAREER AMBITION



Georgia Sagar-Crouch is due to graduate in the Summer of 2021. Whilst studying the early stages of her degree her interests into the realm of Playwork, fell into therapeutic play in hospitals. This led **Georgia** to undertake two placements across three hospitals within the children's play team. Within each placement feeling like she started as a student and left as a welcomed member of the team and her love for the profession grew.

Georgia began looking for jobs within the hospital play departments where she found a job as a Hospital Play Leader on the children's Cystic Fibrosis ward at Leeds General Infirmary, where she completed her first placement. After applying, and out of 500 applicants, she was shortlisted for the top seven where she was interviewed against applicants who were registered professionals. **Georgia** was offered the job based on her qualifications and the experience she gained from the course. **A huge congratulations to Georgia!**



(Suzie Shenderey and Latoyah Wong)

PSYCHOLOGICAL THERAPIES STUDENT FEATURED AS 'LETTER OF THE MONTH'

A huge congratulations to **Suzie Shenderey** (PG Dip Counselling and Psychotherapy) who was highlighted in the February 2021 issue of British Association of Counselling and Psychotherapy magazine, 'Therapy today'.

The issue highlighted her 'letter of the month' in response to articles on discrimination and diversity within the profession.

[You can read more about Suzie's achievement here.](#)

RECOGNISING STUDENT ACHIEVEMENTS: LATOYAH WONG

Latoyah Wong, one of our second year BA (Hons) Working with Children, Young People and Families students in HCS, School Rep and School BAME Ambassador has won the 'Student Voice Award' at this year's Leeds Beckett Students Union annual awards.

Latoyah is a member of our HCS School Academic Committee through the roles of School Rep and BAME ambassador and has brought great passion and insight to the committee.

We reached out to **Latoyah** to congratulate her and this is what she had to say:

"This is my second consecutive year winning the student voice award. I feel very proud and honoured that the work I do within the University is being noticed and praised. Speaking up for students is something that comes naturally for me and I am happy that I am able to represent students when they need support the most.

A student's voice is and always will be important as it helps staff and other students hear perspectives and ideas that they may not have thought of. Allowing ourselves to hear opinions and ideas that are different to ours brings the whole university experience to another dimension.

Thank you everyone for your support. I really appreciate it and I will continue to represent students the best I can."

SCHOLARSHIPS LAUNCHED TO SUPPORT A MORE DIVERSE PSYCHOLOGICAL THERAPIES WORKFORCE

Leeds Beckett has partnered with local mental health charity, [Northpoint Wellbeing](#), to support Black, Asian and other people of colour who are traditionally under-represented in the counselling and mental health professions. The partnership will help candidates to become qualified therapeutic counsellors by offering a number of fee scholarships for the [MA Integrative Counselling](#) course. In addition, Northpoint will provide additional mentorship for scholarship-holders to help with completion of the course and provide Student Membership of the Black African and Asian Therapy Network.

Maryam Riaz, Leeds Beckett University Lecturer for Counselling and Mental Health courses, said: "My personal experience of being the only person of colour as a trainee counsellor and subsequently working as a BAME practising counsellor highlighted the lack of qualified practising counsellors in the counselling and psychotherapy profession. My journey has shown that lack of representation can be a barrier for people of a BAME background to access and gain the appropriate mental health support they need. Not accessing these services adds to disparities in the quality of counselling and psychotherapy care BAME communities receive. Therefore, this Northpoint partnership is timely and vital to provide opportunities for Black, Asian and other people of colour to train as practising therapeutic counsellor. This opportunity brings hope and motivation to bridge the gap of inequality in counselling and psychotherapy services. I have faith this innovative project will develop the counselling and mental health care services for BAME communities and inspire a new generation of practising therapeutic counsellors."

Andy Ward, Senior Operations Manager at Northpoint Wellbeing Limited said: "Northpoint wishes to encourage a more diverse therapy workforce and we are aware of challenges that Black, Asian and other people of colour can face accessing training to become qualified practising therapeutic counsellors and as such remain traditionally under-represented in the counselling and mental health professions. Northpoint acknowledges there are various ways in which diversity can be widened, and that this scholarship offered jointly with Leeds Beckett University is just one small way in which we are trying to redress the balance and are committed to doing so in a number of other areas in consultation with our employees and other stakeholders." [You can read more here.](#)

DEMENTIA WEEK 17 – 23 MAY



Dementia Action week ran from 17 - 23 May. As part of activities during this week the Centre released a blog on their work around cancer care and services for people with dementia. [You can read this here.](#)

[Professor Claire Surr](#) featured in a University Beckett Talks Podcast discussing the work of the Centre and the importance of conducting dementia care as well as dementia cure research. [The podcast can be found here.](#)

[Claire](#) also participated in a World Health Organisation International consultation exercise focussed on developing a Dementia Research Blueprint, which forms part of WHO's work to deliver its Global Action Plan on dementia.

THE BRITISH ASSOCIATION OF COUNSELLING & PSYCHOTHERAPY CONFERENCE

The Conference took place 14 - 15 May and featured presentations from staff, alumni and current students.

Leeds Beckett alumnus [Chris Hodgson](#) (MA Psychotherapy 2020) did us proud with, 'How Christian Counsellors Reconcile Belief in God's Influence with the Principle of Personal Autonomy'.

[Dr Tom Matthews](#) considers what happens when we feed research back to participants. [Tara Fox](#) and [Valerie Fletcher](#) presented their research into 'Effectiveness of providing a mindfulness-based intervention to increase resilience to stress in University students'.

[Dr John Hills](#) contributed with, 'If you're a therapist interested in social determinants of mental health e.g issues around power, control, agency and hierarchy, my proposal ends with an invitation to get involved: 'Dialogical Research and Social Worlds'.

Finally, current MA Psychotherapy student [Andrew Kidd](#) presented, 'Therapists facing masks: a qualitative study of the nature between masks and relational depth'.

VACCINATION VOLUNTEERS

[Dr Sarah Burden](#), Reader in Nursing Education volunteered as a vaccinator at her local Community Centre

back in February 2021. She was featured in a [Nursing Times article.](#)

BSC COUNSELLING AND MENTAL HEALTH STUDENTS MAKING THE CASE FOR CHANGE THROUGH PODCASTS, VIDEOS AND BLOGS



Our third year BSc (Hons) Counselling and Mental Health students were set the task of highlighting a current issue in mental health and making the case for change in mental health practice. This cohort of students rose to the challenge and created some inspiring pieces of work.

You can see their work on [podcasts here](#) and their [blogs here.](#)

SUSTAINING AND STRENGTHENING COMMUNITY RESILIENCE THROUGHOUT THE COVID-19 PANDEMIC AND BEYOND.

[Professor Jane South](#) wrote the aforementioned article in the RSPH journal Perspectives in Public Health. This was written in collaboration with PHE and was the 3rd most downloaded article in the journal over the whole of 2020. In April 2021, the article was trending as 'most read'.

[You can read it here.](#)

CARE HOME RESEARCH STUDY

[Professor Claire Surr](#), [Professor Anne-Marie Bagnall](#), [Dr Sarah Smith](#), [Dr Rachael Kelley](#) and [Dr Alys Griffiths](#) supported by [Olivia Robinson](#) and [Rebecca Platt](#) are conducting a study titled: Identifying approaches, barriers and facilitators to visiting in care homes during COVID-19.

It contains three parts – a review of practice evidence, interviews with care home staff, residents and family members and surveys with care home staff and families of care home residents.

COMMUNITIES OF PLACE EVIDENCE PROGRAMME

[The Centre for Health Promotion](#) with colleagues at the University of Liverpool have created some toolkits and resources as part of the seven-year ESRC funded work and the Communities of Place Evidence Programme for the What Works Centre for Wellbeing. These resources have now been published. There are three resources which you can access, [an impact assessment toolkit](#), [a place perceptions scale](#) and a [conceptual figure on community wellbeing](#).

LEEDS HOMESHARE EVALUATION

[The Centre for Health Promotion](#) Research completed a local evaluation of the Big Lottery funded Leeds Homeshare pilot programme. The programme was successful in many ways including social isolation and loneliness but is not yet financially sustainable due to a lack of suitable homeowners. Reasons include cultural barriers and misconceptions around safeguarding. Leeds Homeshare has been funded for another year by Leeds City Council.

[To find out more click here.](#)

NARRATIVES OF DISADVANTAGE AND INEQUALITIES IN VOLUNTEERING

On Monday 21 June the [Centre for Health promotion](#) Research (LBU) and the Institute for Volunteering Research (UEA) delivered an online symposium to explore issues of disadvantage and inequalities in volunteering during and after the COVID-19 pandemic. The symposium was for academics, volunteer involving organisation and local and national policy makers interested in volunteering. It comprised of a panel of speakers and a Q&A/discussion.

The team involved wrote a blog about the event [which you can read here](#).

DEAP WINTER FORUM OPENING SPEAKERS

On the 29 January 2021, [Latoyah Wong](#) - BAME Ambassador and School Student Rep, and [Alan Smith](#), Course Director, participated in Centre for Learning and Teaching's DEAP Winter Forum. The focus of the Forum was De-colonising the Curriculum, but as the opening speakers, [Latoyah](#) and [Alan](#) wanted to start at the beginning of the student journey, talking about [Latoyah's](#) experience of education and schooling before she had reached university.

Within university, we can all make a commitment to be inclusive and decolonise our curriculum, seeking to ensure our examples, our texts and even our staff teams are representative of the diversity of our student groups - but the journey into and through higher education starts far earlier.

To help participants understand this, [Latoyah](#) shared her journey with us - a very personal and frank account of growing up in Manchester, the challenges she faced and the decisions she made which eventually changed her life.

She also talked at length about the impact of being interviewed by a black woman and seeing other staff in

senior roles who were 'like her'. When asked about the event Latoyah added: "As a black woman I think it's important to have these types of open discussions and it was an honour to be asked to take part to share my story and sit on the panel. As a society we have a duty to educate ourselves on the diverse range of students that come to Leeds Beckett and ensure that the curriculum that is taught reflects our students and that staff are equipped with the knowledge to do so."

BOOK RELEASE

[Louise Warwick-Booth](#), [Anne-Marie Bagnall](#) and [Susan Coan](#) published a book which was released on 27 April. It is an introductory text on Participatory Research called Creating Participatory Research: Principles, Practice and Reality.

[Take a look here.](#)

PODCAST CONTRIBUTION

[Dr Sarah Burden](#) who is the chair of the RCN Education Forum featured on the RCN Nursing Matters podcast, discussing all things education.

Sarah is featured in Episode 2 and you can [listen to it here](#).

SCHOOL BLOG

Keep up to date with all the news by reading blogs written by staff and students within the School: leedsbeckett.ac.uk/blogs/school-of-hcs/

