

7th Annual Humber Research Conference

Biographies



Rt Hon Caroline Flint, Trust Chair, Humber Teaching NHS Foundation Trust

Caroline became the Chair in Sep 2021 and was recently approved for a second term. She was a member of the UK Commission on Covid Commemoration looking at how we should remember our collective experiences of the pandemic in 2022-23.

Recently she was awarded an Honorary Fellowship from the Royal College of General Practitioners for her work as Public Health Minister, especially the legislation and delivery of “Smoke-Free England” and the end to smoking in enclosed public spaces in 2007.

Caroline has a wealth of experience from politics as a Labour MP, from 1997 until 2019. She was the first woman MP for Don Valley and a Minister in five government departments including Health. She went on to serve in Her Majesty’s Opposition Cabinet from 2010 to 2015 leading on Local Government followed by Energy and Climate Change. She was a member of the Public Accounts Committee (2015-19) and the Intelligence and Security Committee (2017-19).

Caroline is Chair of the Government’s Advisory Committee on Fuel Poverty and a member of the thinktank Reform’s advisory committee. She is a media commentator on news and current affairs and won Celebrity Mastermind in 2021 with her specialist subject the movie “Alien” raising money for the National Association for Children of Alcoholics (NACOA).



Michele Moran, Chief Executive, Humber Teaching NHS Foundation Trust

Michele is a Nurse, Midwife and Health Visitor by background and has more than 35 years' experience of front-line roles in NHS management and care.

Michele is an experienced Chief Executive and has extensive experience across most sectors in the NHS, with substantial experience in integrating systems and is an advocate for integrated care, speaking at many national conferences on collaboration in care.

Michele is Chair of the Yorkshire and Humber Clinical Research Network, a Non-Executive at DHU Healthcare and an IMAS partner.

Michele is committed to putting Patient’s at the heart of everything that we do and supporting staff health and wellbeing.

Michele supports the Mental Health/Learning Disabilities and Autism Collaborative, alongside leading the design of the collaboratives in Humber Coast and Vale and is the Mental Health, Learning Disabilities and Autism partner representative on the Humber and North Yorkshire integrated Care Board.



Dr Kwame Opoku-Fofie, Executive Medical Director, Humber Teaching NHS Foundation Trust

Kwame has over 27 years' experience as a medical doctor including 18 years as a consultant psychiatrist and over 14 years' experience in management and leadership roles. Prior to taking up the post as Medical Director, Dr Fofie was the Clinical Director, Deputy Medical Director and Chief Clinical Information Officer at Humber Teaching NHS Foundation Trust.

Since joining the Trust in 2006 as consultant psychiatrist, Kwame has held a variety of leadership and management roles, including Clinical Lead, Clinical Director, Associate Medical Director and in 2014 he was the Acting Executive Medical Director.

Kwame is a highly respected clinician and a passionate advocate of high quality patient care.

He has been a key figure behind various service developments and innovations, working with other professionals and service users to effect change.

Kwame has a keen interest in education and training, and he is an Honorary Senior Clinical Tutor at the Hull York Medical School.



Dr Soraya Mayet, Director of Medical Education, Humber Teaching NHS Foundation Trust & Honorary Reader, Hull York Medical School

Dr Mayet is a consultant addictions psychiatrist at Humber Teaching NHS FT combining clinical, research and teaching, having trained in psychiatry at the Maudsley Hospital. She is also Director of Medical Education at the Trust, overseeing undergraduate and postgraduate medical education, and Honorary Reader at Hull York Medical School (HYMS).

Dr Mayet completed undergraduate medicine (MBBS) and an intercalated BSc Physiology and Pharmacology (First class honours) at University College London. Dr Mayet gained membership of the Royal College of Psychiatrists and was awarded a CCT with specialism on the GMC register for General Psychiatry and endorsement in Addictions. Dr Mayet was awarded Doctor of Medicine (Research) and Postgraduate Certificate of Academic Practice with Merit at Kings College London. Dr Mayet is a fellow of the Higher Education Academy and has been awarded Fellowship of the Royal College of Psychiatrists.

Dr Mayet has sustained research activity in addictions, with contribution to many peer review publications including the Lancet, as well as contributing to Cochrane systematic reviews, WHO overdose guidelines and three NICE guidelines.

She has a sustained track record of external grant funding, managing research trials as Chief investigator and Principal investigator, presenting nationally and internationally, and supervising postgraduate research at Kings College London and within the NHS. Dr Mayet Chairs two addictions NIHR funded trial steering groups.



Dr Hannah Armitt, Senior Clinical Research Psychologist, Humber Teaching NHS Foundation Trust

Hannah qualified as a Clinical Psychologist from The University of Liverpool in 2013 and has been working clinically since this time.

She enjoys working using creative means of supporting people, including using art and the outdoors alongside more traditional therapeutic modalities. Hannah also works as a researcher and has developed several grant applications working particularly with neurodivergent young people to understand how to better support them in clinical services and community settings. Hannah likes to work using participatory methods of research, including through co-production and is interested in how nature and the outdoors can support health and wellbeing.



Lisa Davies, Head of Legal Services and Information Governance, Humber Teaching NHS Foundation Trust

Lisa is a solicitor and is Head of Legal Services and Information Governance at the Trust. She is also the Trust's Data Protection Officer. Lisa is presenting today to share her experience of her son, Evan, being on a clinical trial.

Evan is 12 years old and has a condition called Juvenile Idiopathic Arthritis (JIA). Evan is on a clinical trial for biological immunotherapy. He will be on the clinical trial for five years and will shortly be completing his first year on the clinical trial; the results have been remarkable. Evan is an academy footballer for Grimsby Town FC and is also the national winner of the BBC Young Reporter Competition 2023. Evan has been sharing his story about the clinical trial on BBC Newsround, Look North, The One Show, Radio Humberside and Radio 5Live.

Lisa and Evan both hope that by sharing their story about how clinical research has changed their lives and stopped Evan from living in pain, it will help encourage clinicians to think about clinical research to help their own patients.



Dr Rowan Diamond, Research Clinical Psychologist, Oxford Cognitive Approaches to Psychosis team, University of Oxford

Rowan is a research Clinical Psychologist and NIHR research fellow, based at the University of Oxford.

After 10 years working in the NHS as a clinician, Rowan joined a clinical research team whose aim is to develop better treatments for people diagnosed with psychosis. Over many years of listening to the voices of service-users and those who care for them, Rowan developed a strong interest in finding ways of helping people to be more physically active. With her background in psychology, Rowan hopes to address some of the psychological barriers that can make it so hard for people to exercise and to spend less time sitting.

Her talk presents the findings of a recent research study about what helps and what prevents physical activity. This includes the voice of service-users, carers and staff.



Marian Opoku-Fofie, Deputy Chief Pharmacist, Humber Teaching NHS Foundation Trust

Marian has 29 years' experience as a pharmacist in several countries. 25 years of her experience has been working in the NHS. She joined the Trust in 2016 and was appointed Deputy Chief Pharmacist in 2021. Prior to her joining the trust, Marian worked in HUTH as a Specialist Clinical Pharmacist in Oncology. She was one of the first cohort of Pharmacists to become a Non-Medical Prescriber. As an Oncology pharmacist, Marian was involved in several clinical trials.

Marian has extensive experience across different sectors of the NHS and has held a variety of leadership and management roles, including being the Lead Cancer Network Pharmacist covering NLaG, Scarborough, The East Riding and Hull from 2007 to 2015.

Marian has played a key role in research in Primary Care in the Trust.

She is a fluent Russian speaker.



Esther Sanni, Principal Clinical Pharmacist, Humber Teaching NHS Foundation Trust

Esther has worked as a clinical pharmacist for over 10 years within the NHS. She previously worked at an acute trust in the aseptics department where she first got involved in manufacturing of chemotherapy products used in clinical trials.

Her current role is working as the Principal Clinical Pharmacist for primary and community care within the Trust. As part of this role, she works alongside the research team and other clinicians within primary care to raise the profile of research among patients and recruit to ongoing studies.



Maggie Bean, Locality Matron, Humber Teaching NHS Foundation Trust

Maggie is the Primary Care Matron in the Trust, with a background within District Nursing/BSc, MSc/Non-Medical Prescriber, Community Matron, Modern Matron and Locality Matron. She has a high level of specialised and generalist experience and clinical knowledge within community and primary care. In 2015 she was awarded the title of "Queens Nurse" by the Queen's Nursing Institute (QNI) in recognition of her commitment to high standards of patient care and continually improving practice.

Within her role she has delegated responsibilities for leading on development of robust systems of quality assurances across the 4 quality domains of patient safety, clinical effectiveness, patient experience and leadership in Primary Care. Maggie's aim is to integrate, facilitate, standardise, and promote the principles of best clinical and organisational practice for clinicians across our GP practices in primary care.

Maggie has supported colleagues to make research visible and accessible to patients along care pathways. She recently completed the NIHR Associate Principal Investigator scheme, and has been involved with a number of studies which have recruited successfully. She mentored staff and continues to encourage staff in our practices to seize opportunities for growth and development including undertaking training such as Good Clinical Practice training, with support from the research team.



Louise Shelley, Specialist Speech and Language Therapist and Professional Lead Adult Speech and Language Therapy, Humber Teaching NHS Foundation Trust

Louise is a Speech and Language Therapist with more more than 10 years experience working in both acute and community settings with adults with disorders of speech, language and swallowing. Her specialism is working with stroke survivors.

Louise developed a passion for research during her undergraduate degree and since then has been awarded personal funding awards through CLAHRC and NIHR. She completed both the NIHR internship and MRes programmes and is continuing to apply for personal fellowship awards.

Louise is passionate about developing AHP research. Her talk will focus on her personal journey as an aspiring clinical academic as well as setting the scene for why AHP led research is important.



Dr Dan Blackburn, (Hon) Consultant Neurologist, University of Sheffield Dept of Neuroscience & Sheffield Teaching Hospitals NHS Foundation Trust

Dan undertook his undergraduate medical degree in Liverpool before working as a junior doctor in London. He completed his STR training and worked as an NHS consultant for four years, with a specialist interest in cognitive disorders, before taking up a Senior Lecture position at the University of Sheffield in 2018. He has been co-lead for the Dementia and Neurodegeneration Disorder in the Clinical Research Network for Yorkshire and Humber for 10 years and is currently the chair of the ABN Specialist Interest Group in Cognitive Disorders.

His main research interests are in developing non-invasive diagnostic tests for early dementia or cognitive impairment using automated analysis of language and electroencephalography (EEG). The early detection of memory problems is important for patient care and wellbeing. However, memory clinics are currently oversubscribed, with waiting times to be seen in a secondary care memory clinic between 0-104 weeks in the UK. The newly approved drugs in the USA to treat Alzheimer's disease will add extra demand on services and especially on detecting people in the prodromal stages of disease.



Caitlin Illingworth, Research Assistant, University of Sheffield

Caitlin graduated from the University of Bath in 2023 with a BSc in Psychology. As part of her degree, she undertook a year-long work placement year at Brown University's language and thought lab investigating developmental psycholinguistics with children aged 18 months to 8 years old. This evoked a passion for language which, combined with her focus on cognitive neuroscience during her undergraduate degree, led her to join the CognoSpeak project working with Dr Daniel Blackburn at the University of Sheffield, where she currently works as a Research Assistant.



Dr Austen El-Osta, Director, Self-Care Academic Research Unit (SCARU), Imperial College London

Austen is the Director of the Self-Care Academic Research Unit (SCARU) at Imperial College London, & General Manager of the Directorate of Public Health at Imperial College Healthcare NHS Trust

His principal aim is to help accelerate the widespread adoption and diffusion of evidence-based self-care interventions to promote health & wellbeing.

Austen is a Principal Investigator of five NIHR portfolio studies including the [Measuring Loneliness in the UK \(INTERACT\) study](#). You can learn more about the impact of loneliness as we step into the emergent Society 5.0 by following [this link](#).



Aos Alaa, Department of Primary Care & Public Health, Imperial College London

Aos is a Research Officer at Imperial College London Self-Care Academic Research UNIT (SCARU) with five years of experience in academia in public health and social care. Aos's aim is to spearhead projects, including NIHR Portfolio studies, in self-care to promote health & wellbeing.



Cathryn Hart, Assistant Director Research & Development, Humber Teaching NHS Foundation Trust

Cathryn has worked in various research posts, mainly health-related, since graduating in 1993. Starting her career at the Office of National Statistics (formerly OPCS), she then moved to academic public health research at Glasgow University in 1995 where she coordinated various externally funded research studies, before moving to York Teaching Hospital NHS Foundation Trust in 2002 to coordinate trials and, as part of a formal Research Alliance, provide research advice, training and governance services to health professionals across a number of acute and primary care trusts in North Yorkshire.

In 2008 Cathryn moved to Humber Teaching NHS Foundation Trust, initially managing a £2million NIHR programme of dementia research, then in 2014 becoming Head of R&D, alongside managing a portfolio of dementia studies and in 2016 was appointed as Assistant Director. She continues to be a local Principal Investigator on national studies. Cathryn also works closely with the NIHR Clinical Research Network (CRN) Yorkshire and Humber, of which the Trust is a partner.



Dr Haley Jackson, Clinical effectiveness and Research Nurse, Humber Teaching NHS Foundation Trust

Haley is a Clinical Effectiveness and Research Nurse working between the Trust's Mental Health Division and the Research Team. She has been employed by Humber for 20 years, working primarily on mental health inpatient wards, but now in a role monitoring and supporting quality improvement for inpatient services.

Haley has an interest in reducing the use of restrictive interventions use on wards and completed her PhD at the University of Leeds in 2020 looking at the decision making of professionals releasing patients from seclusion.

Haley also has a passion for supporting the development of students and newly qualified nurses. In 2014, Haley developed and facilitated a preceptorship support group in the Trust to support retention of newly qualified nurses, the benefits of which were published in a national journal. She is currently leading on a local collaborative, offering split clinical and research student placements to student nurses. This collaborative is part of a wider national pilot project 'A multisite evaluation of a hybrid clinical research placement model for undergraduate student nurses Clin-R-2 (MESH)'.



Elizabeth Darwell, Systemic and Family Psychotherapist, Humber Teaching NHS Foundation Trust & Psychological Professions Workforce Lead, Humber and North Yorkshire Health and Care Partnership

Elizabeth works half her week as a systemic and family psychotherapist in Humber CAMHS, and the other half as the psychological professions workforce lead for Humber and North Yorkshire ICS. She has also worked in a variety of NHS and social care settings over the last 25 years.

Elizabeth has recently completed a professional doctorate in systemic practice and research at The Tavistock and Portman NHS Trust which enabled her to undertake a qualitative research study within Humber CAMHS, exploring stories of living and working with 'risk'.