

CHSS Research Involvement Newsletter

July 2024

Welcome to the summer PPI newsletter



Hi everyone! We hope that the sun is shining wherever you may be – or soon will be!

We are delighted to welcome Joseph Price, who joins us to assist with marketing and outreach work for the PPI team, and PhD student Kelvin Oruko, Amanda's support worker.

We have some exciting opportunities to be involved in research coming up. More details on the next page.

Top News

Members of the PPI team attended the Fourth Wall Folkestone gallery last month to share the amazing research currently being conducted at CHSS. They also promoted the exciting opportunities for those interested in getting involved in research.



Sarah Lloyd, Helen McGregor, Amanda Bates, Joseph Price

Public engagement at Fourth Wall Folkestone



Our hardworking team are determined to get more people involved and aware of the **research projects** going on at CHSS. With this in mind, and in collaboration with the **Fourth Wall Folkestone** gallery and creative space, we took to the streets of Folkestone with games and activities to get the public thinking about priorities in health and social care in their community.

Lots of discussion, laughs and cake made the day a success for all. It was great to see so many people enthusiastic about research and wanting to find out more. Huge thanks to Sarah and team at Fourth Wall for use of their fantastic space!



If you know anyone who would like to be involved, or if you have any suggestions for further public engagement events please get in touch: InvolveResearch@kent.ac.uk

Research involvement opportunities

INTERACT

The INTERACT project is engaging with **young people, new mothers, older adults**, and members of **ethnic minority communities** in Kent to capture the experiences and understandings of mental health and future mental health care.

[Click here](#) for more information

ISOFITTER Study

This research is seeking a public contributor **with high blood pressure** to join the team for two years, starting October 2024, to evaluate isometric wall squat exercises for reducing blood pressure. The role involves attending four online meetings per year, with payment offered. To express interest/find out more about joining the ISOFITTER steering group as a patient representative, contact Ellie Santer at e.santer@kent.ac.uk or call 07734 180792.