Leeds and York Partnership
NHS Foundation Trust

Research &
Development



Annual Report
2025-26

Actively shaping the future of Mental Health Care

Introduction



Welcome to the LYPFT Research and Development 2025/2026 Annual Report.

The Research and Development Team are dedicated to generating high-quality, innovative research into mental health, learning disabilities and neurodiversity and what we do changes lives across the UK.

Using our specialist expertise, unique population and a collaborative approach, we bridge boundaries, provide hope, and we're actively shaping the future of mental health care.

Our main objective is to develop and deliver high quality research for the communities we serve. 'Success' is more high-quality research delivered across a broad range of service areas. Our objective will be delivered by:

- **Developing a skilled research workforce**
- **Creating a culture of research being core business**
- **Actively engaging a network of key stakeholders**
- **Influencing national and regional agendas**
- **Effectively disseminating outputs and impacts of research**

Our Annual Report provides the highlights of our success in these areas.

Get to Know us



Our research department is made up of Clinical Leads, Head of Research, Research Assistants, Trial Coordinators, Research Fellows, Clinical Studies Officers, Research Managers and Public Engagement Ambassadors.

We are a multidisciplinary team dedicated to improving mental health through high-quality research. Our work brings together clinicians, academics, and people with lived experience.





Photos of Clinical Leads : Clare Fenton, Susan Guthrie, George Crowther and Sarah Cooper (Head of Research).





If you want to get to know us better, you can:

Email us at research.lypft@nhs.net / Call us on 0113 85 52387

Follow us on Linkedin:
https://www.linkedin.com/showcase/research-and-development-at-lypft/

Study Activity and Performance



'It was easy to communicate with the research team and everything with regards to the study was done in a positive and respectful way'

Research participant

64%

of our studies opened within 60 days target

100%

recruited the first participant within 30 days

Percentage of target recruited

171%

Number of studies that the Trust has recruited to

25

Number of participants recruited to studies

530

Number of new studies opened

28

My Research Experience



'Everyone involved has made me feel at ease and valued'

Research participant

Every participant of eligible studies is given the opportunity to provide feedback via the 'My Research Experience' survey. It helps us learn what we are doing well and where we can improve. Children and adult participants can complete the survey and they can be completed digitally or on paper.

100%

of respondents felt their participation in research was valued

66%

of respondents told us they knew how they would recieve the results of their research study

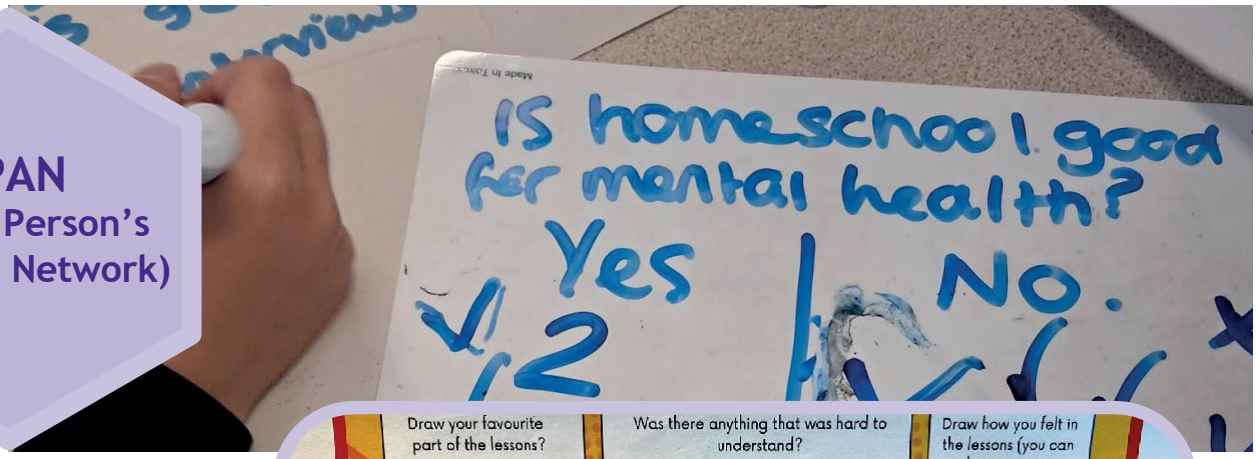
96%

of respondents told us they would consider taking part in research again

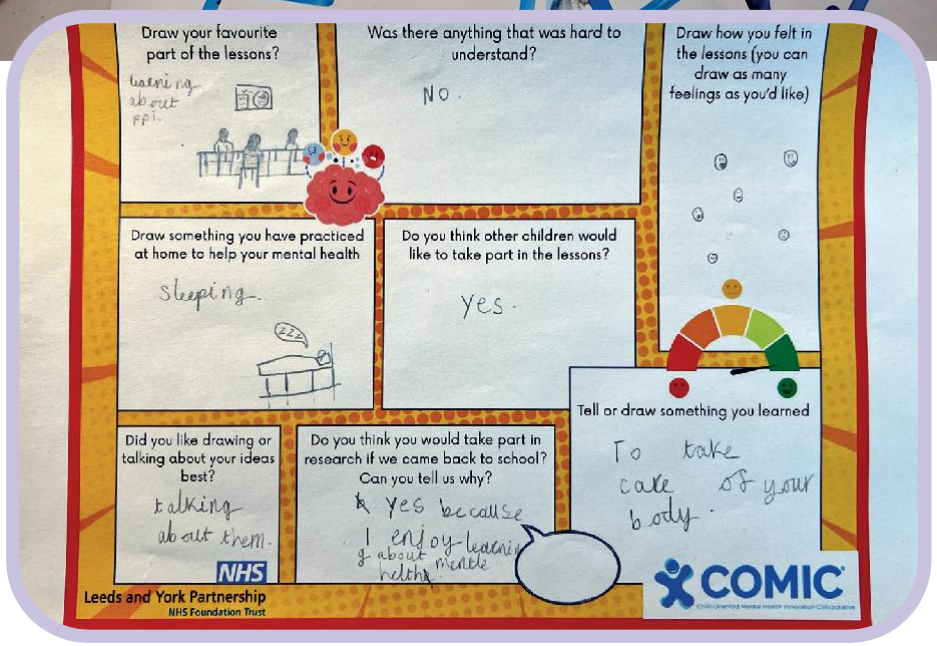
96%

of respondents told us they knew how to contact the research team with questions or concerns

YPAN
(Young Person's Advisory Network)



https://www.leedsandyorkpft.nhs.uk/research/latest/news/comic-conference-2025-sharing-youth-mental-health-research/



Young people
120

Youth and community groups across Yorkshire
4

Research Ready Schools
4

Independent YPAN Group
16
members

In December 2025, Yorkshire and Humber RRDN featured the Research Ready Schools Programme in their monthly newsletter, Fiona Halstead, Strategic Development Director with the NIHR Yorkshire and Humber Regional Research Delivery Network (RRDN), said of the programme 'We're delighted to support the Trust to deliver this important work in helping children and young people understand mental health and the power of research in this area'.

HEER
(Help from Experts by Experience for Researchers)

Established 2006



In 2026 the HEER group celebrates its 20th Anniversary, we are very proud to have being able to work with such an inspiring group of people, who are an integral part of how we conduct research in the Trust.

'The HEER group is something where you feel that you would like to support it because you want development in medicine and healthcare to try and assist other people in the same kind of situations.'

I felt like I could contribute meaningfully.'

'It is about having lots of different perspectives, inputs and experiences. No two people are the same, you can bring that element that nobody else can bring to a project, a decision or to a conversation.'

Leeds and York Partnership NHS Foundation Trust - Meet the HEER group

https://www.leedsandyorkpft.nhs.uk/research/for-service-users-and-carers/get-involved-the-heer-group/

We help make good research

Patient centred focus

Passionate about research

Staff Involvement in Research



Special Interest Groups

Our Communities of Practice for Research meet regularly to discuss how to engage in research, support each other and to encourage evidence-based practice. The benefits help our service users, our colleagues and the wider NHS.

In December 2025 the Allied Health Professionals and Psychological professions Communities of Practice for Research held a face-to-face meeting to explore evidence supporting best practice and discuss first steps into research.

The AHPs went on to produce a Yearbook showcasing some of the projects and research completed by AHPs in 2025.

For more information about the Community of Practice for Research for your professional groups see contacts below...

AHPs

Susan Guthrie
susan.guthrie1@nhs.net

Psychological Professions

Ranil Tan
ranil.tan@nhs.net

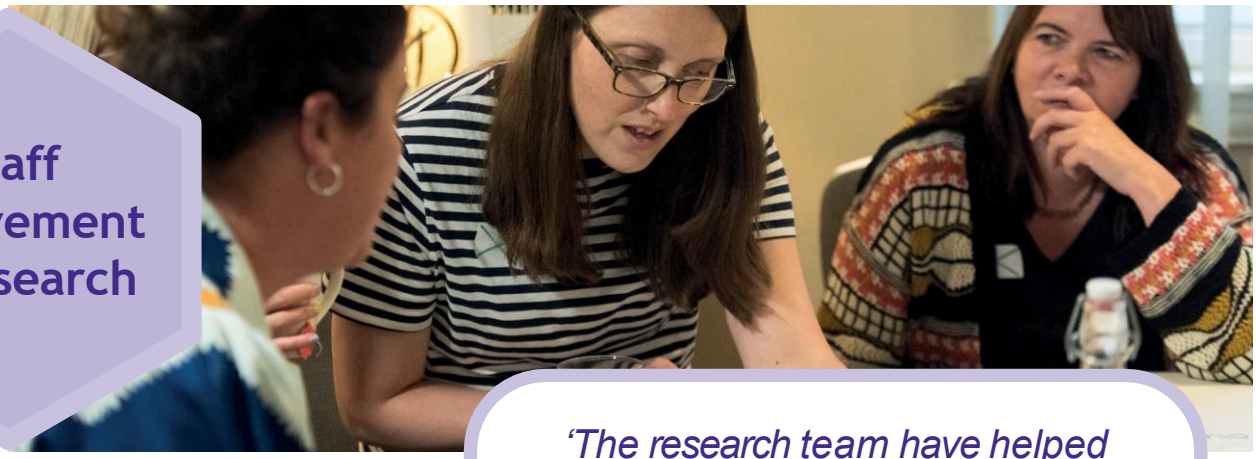
Phil Arthrington
phil.arthrington@nhs.net

Social Workers

Soyeb Aswat
Soyeb.aswat1@nhs.net

You don't need to be research active to join a group, just curious!

Staff Involvement in Research



'The research team have helped me to build confidence, understand the steps involved in developing research ideas, and think more clearly about patient and public involvement, funding opportunities, ethics, governance and impact.'

Quote from Grace Gee, Advanced Specialist Speech and Language Therapist

NIHR Awards to staff

Funding :

Grace Gee

NIHR Pre-doctoral award - Funding for a programme of training and development to advance your health and social care research career at masters level.

Internship :

Susanna Wright

NIHR Internship - A funded opportunity to allow you to have protected time from your current role to dip your toes into the research world or enhance your research skills and knowledge.

INSIGHT Programme :

Amy Parker &
Laura Joseph

INSIGHT Programme - Funded Masters programme

Staff Involvement in Research



Principal Investigators

30

- 3 Occupational Therapist
- 7 Consultant Psychiatrist
- 4 Consultant Psychologist
- 2 Research Programme Manager
- 1 Clinical Ops Managers
- 1 Memory Nurse
- 1 Dietician
- 7 Psychologist
- 3 Resident Doctor
- 1 Nurse

Interventionists

22

- 5 x Occupational Therapist
- 7 x Consultant Psychiatrist
- 4 x Consultant Psychologist
- 2 x Research Programme Manager
- 1 x Clinical Ops Manager
- 1 x Memory Nurse
- 1 x Dietician
- 1 x Nurse Associate

Embedding Research in Clinical Practice



'In 2025/26, two more cohorts completed the Student Hybrid Clinical Placement (MESH) alongside their clinical placement.'

Our Research and Development team works with Trust staff and professionals from other organisations to help support their research projects. If you have ever wondered how to impact on evidence-based practice, you can find out opportunities and advice on our website

'I enjoyed having the chance to play an active part in studies relevant to my field. Patients valued knowing their care was informed by up-to-date evidence.'

Quote from MESH Student

'A great stepping stone... it made me realise research isn't as daunting as I thought!'

Quote from MESH Student

over 30 Research Champions

We now have over 30 Research Champions who are embedded in both clinical and corporate services.

If you'd like to know more about becoming a Research Champion, contact Wendy Andrusjak research.lypft@nhs.net

Finances





Projects and costs

Research Capability Funding received
£ 192,500

Grant funding administered by the Trust
£ 1,977,400

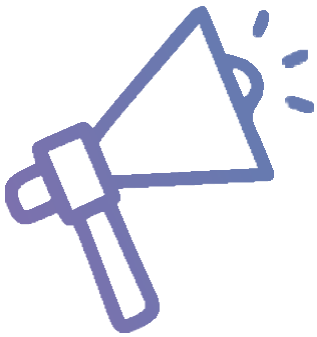
New grant income
£ 530,000

Easy ECG

Easy ECG (£323,363.95) - This study is testing whether a small handheld ECG device (the Kardia 6-Lead) can safely and accurately replace the standard 12-lead ECG for people taking antipsychotic medication, who need regular heart checks. It will also look at whether the handheld device is quicker, easier, and more acceptable for both patients and staff.

RISH

RISH (£206,427) - This project aims to better understand if and when limiting fluids and food is a form of self-harm (Restricted Intake Self-Harm, RISH) rather than a symptom of an eating disorder. Working with young people, families and clinicians to explore the symptoms, treatment experiences and support needs with the aim of producing guidance for improving care for young people experiencing RISH.



Total	£ 529,790.95

Outputs and Funding Applications





'I understand much more about my problem than I previously did and I am not as concerned as I was'

Research participant

Number of funding applications submitted

3

Number of papers published on research activity conducted in the Trust

41

Outcomes of funding applications submitted

1 successful

Thank you to our collaborators

How We Share





'I felt my mental health was improved by having regular contact with a trusted, interested professional'

Research participant

Linkedin Research and Development at LYPFT

133 followers

Instagram (COMIC) @ COMIC.Research

121 followers

Bluesky

98 followers

COMIC Conference attendees

70

Conference 2026 feedback

'Interactive, engaging and fun!'

'Interactive nature and community feel.'

'It is inclusive, friendly, non-stigmatising. It gives insights into some amazing co-production work and practical ideas how to engage YP in research and practice.'

'Welcoming atmosphere, interactive sessions.'

'Like-minded, passionate people in different professions coming together.'

Additional Information





https://www.leedsandyorkpft.nhs.uk/research/research-and-development-annual-report-2025-26/

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