

REBALANCE NEWSLETTER RESEARCH ENGAGEMENT NETWORK (REN)

Empowering Diverse & Under-represented Communities in Derbyshire to Engage with Vital Health Research



Welcome!

We would like to warmly thank all the community members who have taken part in our research discussions so far, through Black and Minority Ethnic (BME) Forum / Links CVS, and we look forward to continuing to work together.

We are here to help you stay connected with important health and care research happening across Derbyshire and beyond, sharing:

- updates on local and national health research
- summaries of findings that can help improve lives in our communities
- opportunities for you to take part in health and care research studies

Funding through the national Research Engagement Network (REN) development programme enables Integrated Care Systems (ICS) to help more people from underrepresented groups, get involved in health and care research. It aims to make research more inclusive and build lasting, trusted relationships with local communities.

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Meet the Team



Meet LINKS REN Team, here to help you:

- ***understand what health research is and how it works***
- ***suggest opportunities to get involved***
- ***break down barriers that prevent people from BME communities and other underrepresented groups from taking part***

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Do you have the NHS App?

- Secure access 24 hours a day
- Manage your health records
- Book appointments
- Request repeat prescriptions

Click here to learn more:
[**About the NHS App - NHS**](#)

RECENT RESEARCH FINDINGS

Community members have asked to hear more about the findings of research after people have taken part so we're sharing some here.

You can find more on [NIHR Evidence](#) which provides summaries of some of the most important research findings.

What impact does hearing loss have on dementia risk?

Findings from a review of research about the link between adult-onset hearing loss, dementia, and problems with thinking and memory, support the suggestion that adult-onset hearing loss might be a cause of dementia.

Adult-onset hearing loss can be treated, most often with hearing aids. The findings support suggestions that addressing hearing loss might reduce the risk of some types of dementia.

Click here to read more & for source reference: [Impact of Hearing Loss on Dementia](#)

Support available if this affects you:

- Information on free NHS Hearing Tests & Support Services if you are over 55 and are experiencing hearing problems. Click here: [Hearing Support](#)
- What is Dementia?
<https://www.nhs.uk/conditions/dementia/about-dementia/what-is-dementia/>
- Symptom Checker:
<https://www.alzheimers.org.uk/form/checklist-for-dementia-symptoms>
- Information and resources about dementia in other languages including Arabic, Polish, Urdu, Traditional Chinese, Bengali, Punjabi, Gujarati. Click here: [Dementia information in your language](#)



Culturally Adapted Therapy Improved Postnatal Depression in British South Asian Women

A study exploring culturally adapted therapy found that it helped British women from South Asian backgrounds (including Pakistani, Indian, Bangladeshi, and Sri Lankan) recover from postnatal depression more quickly than with standard care alone. Participants from Derby and Derbyshire were involved in the study.

Click here to read more and for source reference: [Culturally adapted therapy](#)

Support available if this affects you:

If you are registered with a Derbyshire GP and 12+ weeks pregnant or up to 2 years post-giving birth and struggling with your mood/anxiety support is available.

You can refer yourself for help here: [Perinatal Self Referral](#)

Prostate Cancer Research – What's next?

Prostate cancer is the most common cancer in men, with more than 55,000 new cases each year in the UK. Treatment options for localised cancer are based on how likely the cancer is to spread beyond the prostate and include active surveillance, surgery or radiotherapy. This article looks at some of the current research studies being undertaken in the UK.

Click here to read more: [Prostate Cancer Research What's Next?](#)

Support available if this affects you:

- Translated information and YouTube videos about different kinds of cancer, including prostate cancer, in 16 different languages. Click on your chosen language and scroll down the page if you want prostate cancer specific information: [Cancer Information in Your Language](#)

BE A PART OF RESEARCH

Take part in the STORY Study

Are you aged 16-25 either with or without an eating disorder?

An eating disorder is a mental health condition that involves unusual eating habits which can harm a person's body or mind. This might mean eating too much or not enough.

Watch this YouTube video to find out more: [The STORY study: Participant information and recruitment](#)

What you'll get:

Up to £175 in vouchers

Flexible, remote participation

A chance to shape future mental health services

Click here for more information: [Screening Questionnaire](#)



This study closes 31st August 2025

Interested in taking part in research about other health conditions?

Register for services from National Institute for Health & Care Research (NIHR) that match research studies to your interests.

19,483 people living in Derby and Derbyshire have already signed up to Be Part of Research. You can register by clicking on this link [Be Part of Research](#) or scanning the code below to register.



NIHR

Be Part of Research



Help advance Dementia care, diagnosis and treatment



For research to make progress we need more people with and without dementia to take part in vital studies. Help beat dementia by signing up today.

Click on this link: [Join dementia research - register your interest in dementia research : Home](#)

Thanks to all the groups and members who have already signed up to this! Have you taken part in any research studies yet? The team of Community Researchers are happy to help you if you have any questions.



We want to hear from you – because this is for you and your communities!



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