

# CONSENT FOR CONTACT (C4C)

Summer 2018

Issue 6

Welcome to the sixth edition of our newsletter.

We now have **15,000** research contacts!

### Thank you!

A massive thank you to all clinical staff for your hard work in asking Consent for Contact (C4C), and all service users for your contribution to mental health research. Since its inception in 2012 we have now signed up 15,000 SLaM users.

### What is C4C?

Consent for Contact (C4C) is SLaM's research participation register; an opportunity for service users and clinical teams to be more involved in research projects that could benefit them. As part of standard procedures in clinical services, service users are routinely asked for permission to be contacted by researchers in future. A researcher would contact those users eligible for their approved project; at which point they can decide if it's something they'd like to take part in or not.

### Goodbyes and welcome

This year we have said goodbye to Project Workers **Gabi** and **Bart** – we would like to say a huge thank you for their hard work on the project for over five years between them. Introducing the new team: **Lucy**, as our C4C Project Co-ordinator and **Samira** our C4C Project Worker. Be sure to spot their faces as they continue to work across clinical teams within the Trust.



Gabi Trimblett

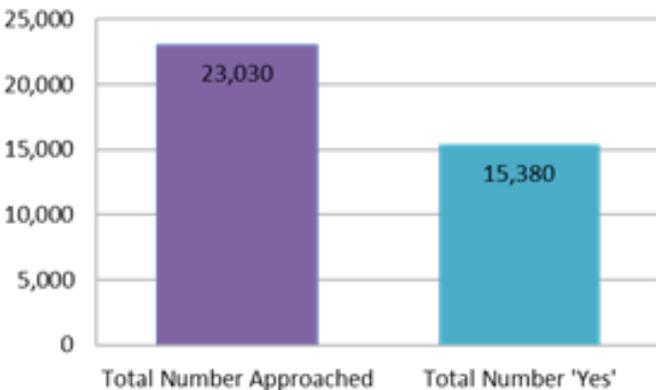


Bart Pliszka



Samira Dattoo (left) & Lucy Barr-Hamilton (right)

### Consent for Contact (C4C) Across SLaM



### Are you a clinician?

**Ask** if a service user would like to be contacted about future research

**Provide** the new C4C leaflet from [www.slam.nhs.uk/c4c](http://www.slam.nhs.uk/c4c)

**Record** response on the C4C page found on EPJS



Consent for Contact (C4C)  
Research - helps us, helps you, together we can make it happen

Information for patients  
[www.slam.nhs.uk/c4c](http://www.slam.nhs.uk/c4c)

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23,030

- Service users asked

15,380

- 2 of every 3 people asked signed up!

132

- Studies recruiting through C4C

## Research Champions

A huge thank you to **Victor Dangare** (CMS) **Kathleen Felbaum** (SLMS) **Chelsea Miller** (COAST) **Lizzy Harris** (PiCUP) and **Nevenka Shrimpton** (LMS) for their work as RCs

The role involves being a research point of contact, offering support for asking C4C within your team and promoting research involvement opportunities

There is an exciting new opportunity via the SLaM involvement register for service users – promoting C4C at events and collaborating on the direction of C4C.

**If either of these opportunities interest you – please get in touch!**

**If you think you are on the register and have changed your mind – just tell your care co-ordinator, or anyone else from SLaM who you are seeing, and they will change your record. When a researcher contacts you, you can also let them know if you would like to be removed from the register.**

**CURRENT C4C RESEARCH**

### DFEND

Investigating effects of vitamin D supplementation on mental health outcomes in patients presenting with first episode psychosis.

**SlowMo**  
Sessions of therapy using digital technology for people who have worries about others

### ADGenetics

Identifying rare genetic variants of moderate to strong effect, involved in Alzheimer's disease

*“It felt important to me to improve the understanding of my condition in future”*



E: [c4c@slam.nhs.uk](mailto:c4c@slam.nhs.uk)

[www.slam.nhs.uk/c4c](http://www.slam.nhs.uk/c4c)

T: 020 7848 0644