

# Meet our Primary Care Research Centre Public Contributors



## Tressa Davey

Since retiring to the Isle of Wight just before Lockdown, I have been looking for meaningful ways to spend my new free time. I have enjoyed doing volunteer work in mental health/suicide prevention and with our blind community here on the island. Then, a few months ago I came across an opportunity that really excited me - Patient and Public Involvement (PPI) - and since then, it has been an absolute honour to be able to make a small contribution to health and social care research, a subject that has always been close to my heart. My academic background is in Psychology (BSc) Health Psychology (MSc) and Counselling Psychology (PGDip) but I was not able to continue my research interests at the time due my daughter's health. Nonetheless, those interests have remained with me throughout my life.

My work history has been broad and interesting and range from senior Civil Service management in the Dept of Health and Social Services to teaching and counselling in the UK and overseas and, more recently, to work within the NHS ambulance service and in Primary Care. Although wide-ranging, the general theme running through my education, training and work experiences has always been my keen interest in health and social care, particularly in the biopsychosocial aspects. On a personal level, I feel grateful to have had a rich, varied, sometimes tough, but overall wonderful life. So 'giving back to the community' is very much the goal - and how lucky to be able to do that by joining the team as a core public contributor, a role that is interesting, challenging *and* worthwhile.

## Kate Sykes

I am a Mum to 4 girls age 16 and Under. I am currently studying for my Psychology Degree. I am also a children's relaxation coach, working with children (and adults) in local community to help establish emotional coping skills and to incorporate mindfulness into daily living.

In 2013, I had to re-think my life and career to becoming a full-time carer for my youngest Daughter due to her ongoing health issues. One of those conditions was severe eczema, because of this, in 2014 I became involved in PPI with the Centre of Evidence Based Dermatology in Nottingham. It is something that has grown organically, and I am lucky and very proud to have been involved in many different areas of research.





### Jean Hughes

I retired in 2018 after a 20 year career as a Social Worker. In 2004, I qualified as Practice Educator. I undertook a further postgraduate diploma specialising in children and young people in 2010. I then worked in Portsmouth's Asylum Seekers Team, Portsmouth Children's Child Protection Team, and for the last 15 years of my career, in the MOD (Portsmouth) supporting service personnel and their families, supervising colleagues, including social work students/caseworkers. In 2019, I undertook training to be a Simulated Patient at the University of Southampton, however, due to Covid-19 this situation has remained on hold. The intention is to do this virtually in 20/21. In January 2020 and January 2021 I am a selector for the University of Southampton, Faculty of Medicine. In February 2020, I became involved in ARC Wessex.

I've worked with/remain involved with various researchers and I have undertaken PhD reviews with Public Contributor colleagues. During lockdown and albeit at a reduced level now, I attend weekly coffee mornings facilitated by ARC Wessex.

### John McGavin

I did my MA and PhD at Edinburgh and moved to the English Department in the University of Southampton in 1975, where over the years I did most jobs including Head of Research, Head of Department, and Assistant Dean (postgraduate). I retired in 2015 and have remained active as Emeritus Professor of Medieval Literature and Culture, with continuing research projects involving Toronto, Glasgow, and Edinburgh. I have written a number of books in the area of literature and history; have experience in supervision, mentoring, team working, chairing meetings and will shortly do my last spell on a Research Excellence Framework subpanel. I have always enjoyed teaching and believe in the importance of personal encouragement, outreach, mutual aid, and an inclusive university whose different parts help each other, and which benefits the wider community. Hard to say all this without sounding like a prig, but there you are! I'd be very happy if I could help any colleague in the department – primary care and medieval culture may be very different in substance, but academic and research problems are often common to different disciplines.



Primary Care research is something that I am passionate about, to be in this position and to know that I am somehow making a positive difference health research is something I'm very proud of.

### Sonia Newman and Caitlin Oxford

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