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# School of Psychology Research Day

Ageing group  
&  
Diet, Lifestyle & Mental health group

As part of the Centre for Research in Psychological Wellbeing (CREW)

Thursday 6<sup>th</sup> June 2024

Hybrid event

Gilbert Scott Lecture Theatre, Whitelands College  
University of Roehampton  
&  
Online via MS teams

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# Welcome

A warm welcome to the first School of Psychology Research Day for the Ageing and Diet, Lifestyle & Mental Health group. Our groups form part of the Centre for Research in Psychology Wellbeing (CREW).

This event explores different aspects of mental health and discusses the latest research from experts across various fields. Our objective is to provide a platform to advance knowledge, connect with colleagues, and promote interdisciplinary collaboration.

This is a hybrid event and will be live streamed via MS teams. If you are joining online, please see details below.

## Overview of the day

### **Morning session | Ageing group**

With a growing ageing population it is key that we understand the psychological challenges that this population group faces and to design effective interventions to counteract some of these difficulties. This session features talks by members of CREW showcasing successful interventions in mental and cognitive health as well as the CEO of AgeUK Wandsworth who will be discussing the challenges that their service users face and key opportunities for collaborative work.

### **Afternoon session | Diet, Lifestyle & Mental health group**

There is strong evidence linking diet and lifestyle with mental health and wellbeing. In the afternoon, we will be discussing the latest research in this field, with a special focus on the role of diet and nutrition in improving mental health outcomes. This session features talks by both external speakers and members of our group, offering a platform to share and advance our understanding of the connections between mental health and modifiable lifestyle factors, such as diet.

### **Collaboration and Funding Opportunities**

Throughout the day, we will facilitate networking and collaboration. Ben Ashbridge from our research office will introduce prospective funding opportunities before lunch. We will then follow up with dedicated networking time in the afternoon to connect with colleagues and explore potential projects and funding.

### **Social Event (Optional)**

To conclude the day, we invite you to join us for an informal social gathering at the King's Head. Further details are provided below.

Thank you for joining us today. We hope this event will be a valuable opportunity to learn, connect, and collaborate, moving mental health research forward.

Karen Brandt (lead for Ageing Group)

Christle Coxon (lead for Diet, Lifestyle and Mental health group)

# Agenda

9:30-10:00 **Registration Gilbert Scott Lecture theatre (G.11)**

Tea/coffee/pastries

## Morning session: Ageing Group

10:00–10:05 **Welcome and overview:** Kaz Brandt

10:05-10:30 **Kaz Brandt:** Puzzle Therapy for mental health in older adults

10:30-10:55 **Natalie da Silva** (AgeUK): Helping older people to age well in Wandsworth

10:55-11:20 **Marco Sandrini:** Neuromodulation of episodic memory in ageing

11:20-11:45 **Leigh Gibson:** Impact of diet on risk of cognitive decline and dementia: roles for fats, sugars, and their consequences over the lifespan

11:45–12:00 **Ben Ashbridge:** Bidding & Grant funding opportunities.

**Lunch 12:00-13:00**

**served in the study space outside G.11**

## Afternoon session: Diet, Lifestyle and Mental Health Group

13:00-13:05 **Welcome and overview:** Christle Coxon

13:05-13:30 **Daniel Lamport:** Exploring the relationship between perinatal diet and mood: are polyphenols beneficial?

13:30-13:55 **Piril Hepsomali:** Diet, inflammation, and health: insights from cross-sectional and clinical studies

13:55-14:20 **Simon Dyall:** Omega-3 fatty acids and the brain: studies in development and ageing

14:20-14:45 **Paul Faulkner:** Improving Emotion Regulation for Mental Health: A Cognitive Neuroscience Approach.

14:45-15:15 **Tea Break**

## Networking & conclusion

15:15-15:50 Networking session

15:50-16:00 Summary and next steps

16:00 Social at King's Head, Roehampton Lane

## Registration and arrival

All sessions will be taking place in the Gilbert Scott lecture theatre (G.11) in Whitelands College, Holybourne Avenue, SW15 4JD.

Directions to Whitelands College are available here: : <https://www.roehampton.ac.uk/study/open-days/find-our-campus/whitelands-college/>

Parking is available on-site and guests should register their vehicle at the reception desk. For further information, please visit: <https://www.roehampton.ac.uk/study/open-days/find-our-campus/whitelands-college/>

On arrival, enter the building through reception, turn right and walk straight down the corridor. The conference registration desk will be in the study space outside G.11. Please register on arrival.

## Lunch | tea/coffee/refreshments

Lunch will be served between 12-1pm in the study space directly outside the lecture theatre. Tea/coffee/refreshments will be served on arrival and following the afternoon session at 3pm.

If you wish to purchase refreshments/food, please visit the SETT or Whitelands Canteen. For further details, please see <https://www.roehampton.ac.uk/student-life/colleges/whitelands/facilities/>

## Social event

Please join us for an informal social event at the King's Head pub after the networking session. Food and drinks are available to purchase. Please note that this is an unofficial event, and the university is not responsible for any activities that take place there. In the event of an emergency, please dial 999.

Address: 1 Roehampton High St, Roehampton, London SW15 4HL  
<https://www.kingsheadsw15.co.uk/>

## Online attendance

All sessions of this event will be streamed live using Microsoft Teams. A separate email containing the Microsoft Teams meeting link and access instructions will be sent to all registered virtual attendees.

## Emergency procedures (on-site)

If you hear the fire alarm or are instructed to evacuate, please proceed calmly to the nearest exit, and follow the designated evacuation route. Assembly points will be clearly marked.

If you require first aid assistance, please locate a member of event staff or security who will be able to direct you to a first aid responder. In the event of an emergency, please contact campus security on 3333. If you are off campus, please dial 999.

## Acknowledgments

This event would not be possible without the generous support of several individuals and groups. We express our sincere gratitude to

- The School of Psychology for funding the lunch and refreshments.
- Prof. Mick Cooper, Acting Director of CREW, for his invaluable leadership and support.
- Our speakers and chairs who have graciously contributed their time and expertise. Their willingness to share their research is what truly underpins the success of this event.
- Our student volunteers Emma Rowlands, Jameel Aumeer and Madiha Ahmed providing support throughout the day – thank you!

## Contact information

Organisers:

Christle Coxon: [christle.coxon@roehampton.ac.uk](mailto:christle.coxon@roehampton.ac.uk)

Karen Brandt: [karen.brandt@roehampton.ac.uk](mailto:karen.brandt@roehampton.ac.uk)

For more information about research at the School of Psychology, please visit our CREW webpage:

<https://www.roehampton.ac.uk/research/research-and-knowledge-exchange-centres/centre-for-research-in-psychological-wellbeing/>