

Images from the Picture of Health Project



Alan Bettoney – Cardiac Juggernaut



Louise Pearson – How to get through



Louise Pearson – Do not enter



Lynn Dorey-Allen – Blood Oranges



Freda Smart – Recycled Racer

Public **Lecture Series**

Join us at Loughborough University for one (or all) of our public lectures.

**Exercise: Living Longer and Dying Quicker**

September 8th 2015

**Lifestyle and Liver Disease**

October 20th 2015

**Obesity: Do Your Genes Fit?**

November 10th 2015

The lectures will be delivered in: Lecture Theatre, HE0.10, Clyde Williams Building, Loughborough University, LE11 3TU

Full directions are available on: [www.lboro.ac.uk/about/findus.html](http://www.lboro.ac.uk/about/findus.html)

Refreshments are available from 6:30pm. Each lecture will start at 6:45pm and anticipated finish time will be between 8:30-9:00pm.

To book your place please email: [a.stanley@lboro.ac.uk](mailto:a.stanley@lboro.ac.uk) or telephone 01509 226445

# INform

## Picture of **Health** Exhibition

In July 2015 the Biomedical Research Units of Leicester were pleased to work with the Leicester People's Photographic Gallery to deliver a community art project with the aim of getting people in the community to think about science.

Community photographers, patient representatives and BRU scientists worked together to produce a multimedia exhibition on a theme of Science: Hearts, Lungs and Fitness. The patients behind the Spontaneous Coronary Artery Dissection (SCAD) research project, a unique project initiated by people affected by SCAD who now undertake recruitment to the project through their peer support work online, also participated and produced a striking element to the exhibition featuring a mix of photography, graphic design, written word, study information and disease information.

On the 2nd July the research units welcomed contributors, and their family and friends, to the gallery to enjoy the exhibition and the response was overwhelmingly positive. There was much enthusiasm for the project and the art displayed. Visitors voted on their favourite images and prizes were awarded to Estelle Keeber for her delightfully gruesome image *The Gift 6* and to Catherine Beck for her emotionally raw contribution *Harry's Birth*.



### Catherine's **Story**

This photograph was taken in the recovery area of a cardiac theatre.

I had just been woken up from a general anaesthetic after undergoing a caesarean section. I had suffered a heart attack ten hours previously caused by a spontaneous coronary artery dissection (SCAD).

Sixteen years ago cardiologists and surgeons were uncertain of the best way to treat me.

Thanks to research at Leicester Biomedical Research Unit there is now a clearer understanding of SCAD. I live every day with the health consequences of having had a SCAD.

However, on 21 June 2015 my son Harry will celebrate his 16th birthday. He is 6ft tall and healthy!

**Catherine Beck**

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University Hospitals of Leicester NHS Trust

# SCAD project

The project formed part of the research units' commitment to involving the public in their research. Public and patient involvement is about doing research in partnership with those most affected. The SCAD project is a great example of this. Raising awareness of medical research, through projects such as the exhibition, is a vital precursor to building partnership working because most people don't realise there is an opportunity to get involved in the research or even set up their own research projects. As well as getting the people who participated in the project through the gallery talking about research, the exhibition is visible to the significant numbers of visitors to the Adult Education College coffee shop and the Leicester People's Photographic Gallery over three weeks.



Having a heart attack aged 49 caused by spontaneous coronary artery dissection was a shock. This ECG reminds me the outcome could have been very different and the fragile Bleeding Heart flowers are a poignant reminder to enjoy the beauty of life everyday.

Debbie Oliver

## Images from the Picture of Health Project



Black and white photography Lynn Dorey-Allen – Caffeine fix, Chocolate fix, Sugar fix



Vikram Sudera – Walking the Dog



Nigel Kibble – Rower

# Patient and Public Involvement (PPI) Group Design Posters

On the 16 December 2014 the Patient and Public Involvement (PPI) group at the NIHR Leicester Respiratory BRU got together for a session of creative designing.

The aim of the meeting was for the group to design their own posters to promote involvement, encourage more people to get involved in research and to engage the public in a range of opportunities to steer and influence research. The group were tasked with thinking about the audience to the posters, the types of messages they wanted to convey, and the types of images to be used for the posters including colour and layout. The group put their heads together, and with the guidance of a professional designer ended up with three excellent posters.

We think that the group produced some wonderful posters and we are very grateful for their hard work. You can see the final posters below. Look out for them around the hospital!

For more information on opportunities to get involved and how to take part please visit our website or telephone our PPI lead:

[www.leicsrespiratorybru.nihr.ac.uk](http://www.leicsrespiratorybru.nihr.ac.uk)

t: 0116 2583370

