

Nidderdale Health and Social Care Bulletin

August/September 2026



NidderdalePlus

Community Hub

In partnership with:



A regular round-up of health research opportunities that local people can sign up to. To find out more about getting involved in medical research go to: <https://bepartofresearch.nihr.ac.uk/>

Take Part!

Every year, hundreds of thousands of people take part in health and care research in the UK. Here we highlight a few opportunities for you to take part or get involved in research projects that are happening at local hospitals.

The Growing Well Study

Open to: All. **Age:** 6 months-4years old

The Study aims to understand more about eating habits and age-appropriate food/drink portion sizes of children aged 6 months-5 years old, and how this affects their growth and dental health.

Why is this research important? Healthy diets in early years are important for growth and development. However, clear guidance for parents on what and how much children should eat is missing due to lack of up-to-date information.

What will the investigators do? Information will be collected at two time points. At baseline, parents/guardians of children aged 6 months-4 years from Leeds, Doncaster and East London will complete questionnaires about their child's sociodemographic information and food intake. They will be asked to record what their child eats for three separate one-day periods using an online system called 'myfood24'. Parents will also attend one in-person session for measuring their child's length/height, weight, and waist circumference. At follow-up one year later, parents/guardians will complete surveys again, with another in-person session to look at growth and assess dental health.

What do the investigators expect to achieve and what happens next? They want to understand how growth and dental health are influenced by nutrient intakes, dietary patterns, and portion sizes for key food groups. They will also identify how much of different foods children should be eating, and whether commercial foods and sweet drinks are relevant. They will explore which dietary factors can support healthier children; and how low intakes of key foods or vitamins/minerals in vulnerable groups could be redressed. The study will provide unique information, allowing for development of recommendations for parents and policy-makers on age-appropriate portions, on achieving good nutrition in UK children and within special dietary groups, and on dietary considerations in caring for children's teeth.

Key dates: Recruiting is happening now until September 2027

Where can I take part?: Leeds Teaching Hospitals NHS Trust, Leeds LS6 2EF and at community settings across Leeds.

Email contacts to register interest: D.E.Threapleton@leeds.ac.uk; s.barragan@leeds.ac.uk

Supporting people in Yorkshire who smoke to Quit: the YorQuit Study

Open to: All genders. **Age:** Mixed

Lung cancer rates are higher in Yorkshire than in the rest of the UK, but deaths from lung cancer can be prevented by screening, and a national screening programme has now been recommended. Evidence shows that adding stop-smoking support to screening can increase the number of lives saved. However, it is still unclear how best to deliver smoking cessation alongside screening to make sure this is effective, affordable for the health service, and deliverable.

NHS England is developing a mobile phone app to deliver stop-smoking support alongside existing local stop-smoking services; however, the effectiveness of digital technologies has not been tested in a lung screening setting. Other evidence has shown that telephone support from a dedicated stop-smoking team attached to screening services can be highly effective. Finally, there is good evidence from other settings (e.g. pregnancy) that financial incentives such as shopping vouchers are effective, but this has not been tested in a lung screening setting. This study will compare stop-smoking services delivered through a mobile phone app and existing local services, against telephone support from a dedicated stop-smoking team. In addition, it will test the added benefit of a modest financial incentive for people who successfully quit.

Key dates: Recruiting is happening now until 31 March 2027

Who can take part?: Participants of lung cancer screening programmes that operate throughout Yorkshire.

Where can I take part?: St James Hospital, Leeds; Bradford Royal Infirmary

Email contacts to register interest: rebekah.howell@york.ac.uk; Lesley.Sinclair@york.ac.uk

Genetic Links to Anxiety and Depression (GLAD)

Open to: All genders. **Age:** 16 years+

Depression and anxiety disorders are the most common psychiatric disorders worldwide, affecting at least 30% of the population over their lifespan and are highly correlated, both phenotypically and genetically. There is an acute need to understand the causes of depression and anxiety and to develop new treatments. The aim of this project is to first recruit a large number of participants who will provide responses to a comprehensive set of questions. The participants will be recruited into an existing biobank, the NIHR BioResource for Translational Research in Common and Rare Diseases, a recontactable biobank. Our recruitment will help towards forming the largest recontactable biobank of participants diagnosed with or suffering from two very common disorders, depression and anxiety, who will be primarily recruited through an online platform. Our project will explore genetic and environmental factors associated with risk for depression and anxiety disorders in the UK, to understand these common disorders and help develop better treatments.

Key dates: Recruiting is happening now until 1 Sept 2028.

Who can take part?: All 16+ who have completed a GLAD baseline questionnaire and are deemed eligible

Where can I take part: Hospitals in Leeds and Bradford

Email contacts to register interest: GLADstudy@kcl.ac.uk

What getting involved in research helps to achieve

Health and care research enables health professionals to find answers to important questions. By getting involved in research, you'll be helping make new discoveries which could one day save lives. Health and care research allows us to:

- diagnose diseases earlier or more accurately
- provide life-changing treatments
- prevent people from developing conditions
- improve health and care for generations to come
- ensure everyone has a better quality of life

To sign up to the **Be Part of Research**

website, where you can find out about medical research opportunities, use the QR code below.



