

Research Champions Newsletter

Next meeting date: 17th September 2026 , Angmering Community Centre

Research Champions Making a Difference in Littlehampton



This summer, Research Champions Alan and Hussein played a vital role in helping us bring research to the heart of the Littlehampton community.

At our four themed family events, Alan helped hundreds of children and families learn about research through fun, hands-on activities inspired by James Lind and the concept of randomisation. Themes included History, Dragons, Anime and Nature, with children creating dragon eggs, bookmarks and research rocks, as well as taking home West Sussex-themed activity booklets. It was wonderful to see many children returning each week and remembering which group they had previously been allocated to. We ended with a popular Hook-a-Duck randomisation game.

Meanwhile, Hussein took research awareness beyond the event stall and into the wider community. He visited approximately 70 local shops, engaged with over 100 people, distributed around 150 leaflets, and connected with six community organisations, including the library, health centre, fire service and nursing home. Together, Alan and Hussein helped make research more visible, approachable and relevant to local people. Over the four-week programme, more than 400 children took part in our activities, learning who we are, what research is, and how they can be part of improving health and care in the future.

"Their energy, enthusiasm and commitment were instrumental in the success of the Littlehampton programme and demonstrate the invaluable contribution Research Champions make to community engagement." Laura



Sofie Litsfeldt - Nurse and Clinical Research Link

Research Proposal: Communication in Postoperative Care

"Thank you to the Research Champions for your time, interest and valuable feedback. Your questions and comments encouraged me to think more carefully about the key concepts underpinning my research into postoperative sleep, particularly how we distinguish the effects of surgery from other factors. The thoughtful challenge provided by the group has helped shape both the planning of the research and how I explain it, making it clearer and more accessible to others." Sofie



Jazz Tatem-Harrison - Senior Nurse Education Fellow, Chichester

Forest walks for mental health

Jazz presented her project exploring forest walks as a nature-based intervention to support mental wellbeing within NHS staff. Participants would take part in four 30-minute walks and complete wellbeing surveys before and after each session. Research Champions discussed ways to capture meaningful feedback and highlighted the importance of staff wellbeing, recognising its impact on sickness absence, workforce capacity and patient care. The findings will help build evidence for future service expansion.