



WISDOM

Research Network

SE19 SEND Forum
6th May 2026

Miriam Carter-Fraser, WISDOM Network Manager
wisdom.network@psy.ox.ac.uk



NIHR | Oxford Health Biomedical
Research Centre

What is the WISDOM Research Network?

Nationwide network linking schools with mental health research

- Focused on **pupil wellbeing, staff wellbeing,** and **inclusion**
- Enables ethical, school-friendly research participation
- Schools help *shape* research, not just take part
- **Accelerates** and **deepens** dissemination of findings



What does WISDOM membership look like?

- **Free** membership for primary and secondary schools
- No obligation to join studies
- Choose opportunities that **fit your context**
- Research shared in plain, practical language
- Single point of contact for **trusted studies**

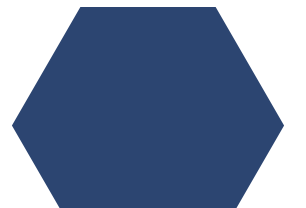


What do the WISDOM schools say?



- ‘Flexible and respectful of school pressures’
- ‘Research feels relevant, not abstract’
- ‘Students value being listened to’
- ‘Clear benefits, not extra burden’
- ‘A trusted link to universities’

To hear more from WISDOM schools – [watch this!](#)



What WISDOM opportunities are currently available?

- Period Pain & School Experience
- Teacher Voice & Agency survey (All staff)
- Social anxiety & emotions research
- Nature, wellbeing & mental health projects
- Student mental health & emotions studies



How can I get involved?

Join the
mailing
list

Join as a
school
member

Tell a
teacher!

Get in touch:

Miriam Carter-Fraser, WISDOM Network Manager

wisdom.network@psy.ox.ac.uk

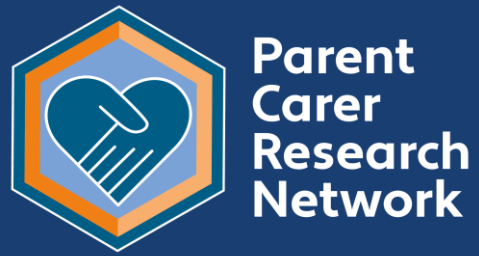




Parent Carer Research Network

Lived Experience ◆ Collaboration

Children & Young People's Mental Health



Parent Carer Research Network – *a snapshot*

A network set up to champion the voices of parents and carers in research focused on children and young people's mental health.

- Growing network of **100+** parents and carers from across the **UK** with children aged 0-24
- Collaborating with mental health researchers from across the UK looking to involve and put **lived experience** at the heart of their research
- Facilitated and funded by the **Charlie Waller Trust**, in partnership with the **Mental Health in Development (MHID)** team based at the University of Oxford alongside the **Oxford Centre for Emerging Minds Research**
- Guided by a **Steering Group** of parents and carers with lived experience of supporting children with mental health difficulties



Find out more:
[parentcarerresearch
network.org.uk/](https://parentcarerresearchnetwork.org.uk/)



Are you a parent or carer interested in the mental health of children and young people?

When you join the Parent Carer Research Network you will be able to:

- Share your experiences
- Make research more relevant to families
- Access resources relating to children and young people's mental health
- Learn new skills, meet different people, and engage in new experiences
- Influence what is researched to help improve services and systems



Find out more

parentcarerresearchnetwork.org.uk

🚀 The network shares **research opportunities, contributions** from our steering group, and **resources** in our regular newsletters

🚀 The network **works closely with researchers** to make sure they work with parents and carers in the **most meaningful and safe way**

What do you need to think about before you start working with parents and carers?

Check out our guidance below, and then move on to the advice on what you need to think about **while** you are running your opportunity.

In this section

| |
|-----------|
| Before |
| During |
| After |
| Checklist |

- Who are you looking to involve in your research?** —

Consider any **specific groups** you're looking to involve and particularly those currently underrepresented in your area of research (e.g. specific mental health difficulty, ethnicity, community, region, age of child, diagnosis or on a pathway).

It's worth thinking about different **ways to get involved** for parents and carers; it may help to ask the group you are trying to work with or connecting with community group leads who work with group to find out what works best.
- When will you recruit parents and carers for your research?** +
- What should you consider when you're looking to work with parents and carers from underrepresented communities or groups?** +
- How will you make this opportunity inclusive and accessible?** +
- How will you make sure parents and carers feel safe and supported?** +
- What do you need to share in advance with parents and carers?** +



Hello,

Welcome to the first newsletter from the Parent Carer Research Network. We're thrilled to have you onboard.

You will receive regular emails (about every two months) from us with research opportunities, news from the network, and helpful resources for parents and carers - both to support you with your children and young people, and to equip you to get involved in research.

In this edition

- We have some great opportunities to get involved in research about [accessing treatment through CAMHS](#) and [waiting lists for mental health services for self-harm](#).
- Our Steering Group [share their passion](#) for this network and why they got involved in research.
- Nikki Chapman, network co-facilitator, and Parent Carer Lived Experience lead at The Charlie Waller Trust [shares the history](#) of the network.
- [Useful resources](#), created as part of CoRAY project with resources co-created with parents, carers and young people.

Research opportunities

There are a couple of opportunities below to get involved in research. You can find a summary of each activity below. To find out more or express your interest in the research, please click the orange buttons to download further information.

Pathways through mental health services: understanding access to evidence-based treatments for young people with anxiety problems

| | | |
|-------------------------------|----------------------------|-----------------------------------|
| Area of research: | Age range of young people: | Opportunity open until: |
| Anxiety | 11-18 years old | End of May 2025 |
| Lead Researcher: Rachel Evans | | Institution: University of Oxford |

We are looking for 5 parents and carers to share their experiences.



MHID



Parent
Carer
Research
Network



Our Steering Group's reflections



Reflections

I feel it's really positive that the network has been established and supported with funding and staff which shows a commitment to getting models of best practice.

I've really enjoyed being part of the steering group. It's been such an incredible experience to contribute ideas, learn from others' perspectives, and see the positive impact the group can have.

Ambitions

I hope we can continue to grow the network and make it feel even more accessible and inclusive. It would also be good to explore new ways of sharing resources and good practice.

The growth is exciting, however I feel thought is needed to ensure we remain non tokenistic and support parent/carers to be fully supported when they participate in research, especially as it grows





Are you a parent or carer interested in the mental health of children and young people?

When you join the Parent Carer Research Network you will be able to:

- Share your experiences
- Make research more relevant to families
- Access resources relating to children and young people's mental health
- Learn new skills, meet different people, and engage in new experiences
- Influence what is researched to help improve services and systems


Sign up now

web.charliewaller.org/cn/amcdg/PCRNSignup



Find out more

parentcarerresearchnetwork.org.uk

 Please share the website and flyer with other parents and carers – everyone is welcome!