

# SubSCRiPTion

SCRiPT Study Newsletter – Summer 2023



the SCRiPT study



## Introducing:

New SCRiPT Senior Research Assistant

### Lauren Walker

Lauren Walker is a new Senior Research Assistant working on SCRiPT. Her previous role was at the University of York where she worked as a researcher and trial coordinator in the mental health and addictions research group.



Lauren's past projects have included SPACES: a co-produced randomised controlled trial aiming to increase the physical activity of people with severe mental ill health (SMI); OWLS (Optimising Wellbeing during Self Isolation) which explored how the COVID-19 pandemic and pandemic restrictions affected people with SMI, work on the digital divide and severe mental ill health; and research testing an intervention based on Acceptance and Commitment Therapy (ACT) for supporting refugee and asylum seeker mental health (University of York / WHO).

Lauren's interests and experience are in co-produced research. Her research career began in 2012 at the University of Manchester where she worked on an NIHR programme grant looking at service user involvement in care planning in mental health. Lauren brings additional experience from the co-operative movement, welfare rights & advocacy and arts and mental health.

Please feel free to contact Lauren at [l.walker7@herts.ac.uk](mailto:l.walker7@herts.ac.uk) or [script@herts.ac.uk](mailto:script@herts.ac.uk)

## Top Tip:

SCRiPT Associates told us about technical difficulties with UH systems and remembering passwords.

Giles Conneely, Assistive Technology Practitioner and SCRiPT Associate offered the following tip: KeePass

This is a really handy and secure program that stores your passwords for you. You access it with one Master Password, so you do have to remember just the one!

It's freeware so can be [downloaded from the KeePass website](#) for home use.

This tutorial recommends storing KeePass on a flash drive, which is more secure than storing it on you computer, but not essential [How To Setup And Use KeePass - YouTube](#)

In Norfolk County Council it is available from the Software Centre.

1. Open the search bar (Windows key & S)
2. Type in 'soft'
3. Open the app and type in keepass in the search bar in the top right
4. Press return
5. Click on the Icon to download it

(Giles spoke to a colleague in Herts CC and understands is that it isn't available on their work software centre).



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## Save the Date:

Back by popular demand!  
**SCRiPT Autumn  
Workshop**

16<sup>th</sup> November 2023  
10.30-3.30

NCVO, Regents Wharf, 8  
All Saints St,  
London N1 9RL



## Lived Experience Focus:

Kamil is an expert by experience on  
Toby's Research in Practice team



I am a service user and have also been a carer for my mum for a long time.

Contributing to SCRiPT has really made me feel like I'm doing something worthwhile and important. I've found it difficult to join physical meetings because of my work, so I missed the London workshop when I would really have loved to be there.

Other meetings have been virtual though and I have been able to be involved in those.

I have been looking for opportunities to share my experiences and to contribute and make changes. I really feel like my opinion is valued in the space.



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