

# FIRST STEPS INTO RESEARCH

**WHO IS THIS PROGRAMME AIMED AT?** This programme is open to non-medical, clinical or social care staff who work in the Yorkshire and Humber region of Health Education England (including AHPs, Nurses, Healthcare Scientist and Pharmacists).

The above list are examples of job roles but not an exhaustive list, so please do get in touch if your job role/area isn't listed.

**WHAT IS THE AIM OF THE PROGRAMME?** The aim of this programme is to ignite your passion and interest in research and give you the motivation, skills and knowledge (about research) so that together we can create a pathway to a future career in health and social care research.

**WHAT WILL THIS PROGRAMME GIVE YOU?** It will give you the skills, knowledge and confidence to pursue a research career; either as a Champion, a Research Practitioner or a Principal Investigator or indeed by undertaking further higher Masters/Doctoral level study. As a very minimum, you will be more research aware and able to talk about research in your area.

You will join a cohort of 15 people to learn about research. You will write a reflective log about your learning journey detailing how you will start your research career, and you will present this in poster format on the celebration day at the end of the course.

On the first day of the programme you will join a virtual session which will give you the grounding to undertake this career changing journey.

**WHAT IS THE NIHR?** The NIHR supports health and social care research in local authorities and within the voluntary and charitable sector.

**By the end of the programme you will:**

**Understand research through observing it in practice** How? Through shadowing, you will be given the opportunity to learn from successful, research-active peers and you will be allocated a mentor who will share their research knowledge, how they developed their own skills and how they furthered their research career.

**Have a greater understanding of research and the development of knowledge in how to pursue a future career in research** How? This will be achieved through the completion of virtual real time online training designed specifically for you by the North East and North Cumbria and Yorkshire and Humber Clinical Research Networks.

**Have an awareness of international ethical, scientific and practical standards to which research is conducted.** How? Achievement of online Good Clinical Practice

training.

**Further your personal development** How? By demonstrating what you have gained from the programme and how you are going to apply this new knowledge to begin your transition into a research career.

You will write a reflective log to detail the research that you have overseen (what you've learned, the challenges you've faced and the areas you need to develop to strengthen your research capabilities) and identify a means (in conjunction with your mentor) by which you may develop your research career ambitions.

## Your Mentor

During the programme you will compile (and share with us fortnightly) a reflective log detailing the research that you have overseen and identify a means by which you can develop your research career ambitions. Your mentor will also support you to produce a poster to explain the main themes from your reflective log.

Throughout the programme you will receive support from your mentor who will supervise your development. Their organisation will receive £500 to cover the cost of the mentor's time.

A memorandum of understanding will be produced to ensure that adequate supervision is received and that the responsibilities of the learner are recognised.

### Resources available to you:

- Bespoke courses provided by us
- Mentor support
- NIHR support
- Funded learning and personal learning time



### Backfill

To ensure that you have protected learning time we can contribute towards funding 10 days of your role up to mid point band 6. We will also share a contract with your organisation to detail this agreement.

### Timeline

The provisional start date of the programme is September 2022, with the final celebration taking place in January 2023.

### Can I fail this course?

There is no official pass/fail. We want to support you to grow and develop your research career. We ask you to keep a reflective journal and produce a poster detailing what you've learned and what steps you need to take after the

programme to further your research career/interests. If you don't carry out any activities (such as shadowing research and development colleagues) then we will work with you to review and examine your progress and produce a plan to move forward.

## Will I get a chance to learn from my peers?

Yes - we will use a virtual coffee clubs to encourage buddying and relationship building. We will also plan a final day celebration where you will present your own poster and hear the ideas and career plans of your group.

## How do I apply for this opportunity?

Please complete this [application form](#) by the 31st May 2022, or for more information please speak to Gail Creswick [gail.creswick@nihr.ac.uk](mailto:gail.creswick@nihr.ac.uk) or 07789 746415.