



Annual report

2023

Foreword

Our monthly webinars, organised by our hubs have been hugely successful during 2023, attracting more and more AHPs (subscriptions are regularly over 100 AHPs). These are free and easy to access and last year included topics such as Qualitative Research, Writing for publication, Designing conference posters plus grant awareness seminars.

We have 22 active hubs covering the UK, anyone can join these and they are a real opportunity to find out what is going on locally and a place to receive support, signposting and mentoring for the research curious to professors. Hubs also distribute funds to promote research and researchers this year we have seen £26,000 distributed as individual awards for promoting research, seed funding, projects and local research conferences

We work together as a single voice to represent all AHPs, in particular with the NIHR (funding equality), NHSE and the CAHPO offices in Scotland Wales and Northern Ireland.

We are currently seeking charity status and working on an updated mission and vision and imminently launching a new website with lots of resources and information for AHPs.

We welcome all AHPs and as a community we work together, share intelligence and provide resources to advance AHP research and support AHP researchers.

Hopefully you will agree this represents good value for money for our stakeholder professional body members at 36p per person per year.

Sincere thanks as ever must go to all the people who volunteer to make CAHPR the resource it is. This includes the consortia and hub leads, the strategy committee, the research champions and of course thanks are extended to our current hosts the Chartered Society of Physiotherapy.

Dawn Carnes (Chair CAHPR Strategy Committee)

CAHPR Strategy Committee Chair Professor Dawn Carnes

Vice Chair and Professoriate Lead Professor Kate Grafton

Vice Chair and Research Champion Coordinator Dr Richard Collings

Hub Forum Leads

Chair Harriet Shannon

Vice Chair Professor Ruth Strudwick

CAHPR professional body members

- British and Irish Orthoptic Society
- British Association of Art Therapists
- British Association of Drama Therapists
- British Association for Music Therapy
- British Association of Prosthetists and Orthotists
- British Dietetic Association
- Chartered Society of Physiotherapy
- College of Paramedics
- Institute of Osteopathy
- Operating Department Practitioners
- Royal College of Occupational Therapists
- Royal College of Podiatry
- Royal College of Speech & Language Therapists
- Society of Radiographers

CAHPR Representation

- Consultant Practitioners
- Service Managers

Background

CAHPR is the representative voice of 14 allied health professional bodies (listed above) on research matters. The Council's mission is to develop AHP research, strengthen evidence of the professions' value and impact for enhancing service user and community care, and enable the professions to speak with one voice on research issues, thereby raising their profile and increasing their influence.

To deliver its mission, CAHPR has set out five strategic objectives:

- To strengthen CAHPR's profile and capacity for expanded activity through a sustainable model of development and delivery
- To build AHP capacity for research activity, including through collaborations and communities of practice
- To develop the scale, depth and quality of AHP research through skills development and strengthened opportunities for research-oriented career progression
- To strengthen CAHPR's support for AHP research, underpinned by its regional network and delivery of distinctive CAHPR resources
- To increase CAHPR's strategic influence with key stakeholders, including through alignment with national health and care priorities, European and international developments.

The Council comprises a Strategy Committee, a UK-wide regional hub network, a network of AHP Professors and CAHPR/NIHR Research Champions. The Strategy Committee is the overarching committee of the CAHPR, with responsibility for overseeing the Council's outward-facing activity, its operations and continued development.

CAHPR primarily works through its regional hub network to deliver on these objectives with the provision of opportunities for learning, sharing, networking, collaborations and access to advice and support. Each hub identifies its own activities according to local need and expertise (<https://cahpr.csp.org.uk/about-cahpr>).

This report provides an overview of the activities undertaken by CAHPR in 2023 to support its strategic aims. It is divided into three sections:

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1. Central CAHPR Activity

As a result of the independent review in 2022 and the three HEE funded three projects on: i) Communication and Culture, ii) Equity, Diversity and Inclusion (EDI) and iii) Optimising AHP research opportunities, working groups were established to implement many of the recommendations from these projects. We focused on four areas for development in 2023 to:

- update CAHPR's vision and mission,
- develop a new website for CAHPR
- establish a research leaders network starting with identifying Professors in allied health professions
- develop and implement a new operating model for CAHPR

The Equity, Diversity and Inclusion review was completed in May 2023, we took a hard look at ourselves and the environment for allied health research. As a result, we acknowledge that we have work to do, we have started to monitor our representation, especially at meetings and to seek to amend this where the voices of under-represented groups are missing or there are clear gaps in our representation. In addition, we changed our name from 'Council' to 'Community' for Allied Health Research to better represent our values.

We would like to thank Kate Grafton and Richard Collings our two vice chairs for their contribution to CAHPR and welcome Gill Ward (RCOT) and Gemma Clunie (Clinical academic and SLT) for stepping up as their replacements.

The current core team is now:

Chair Strategy Committee - Dawn Carnes, Osteopaths

Vice Chair Strategy Committee - Gemma Clunie, Speech and Language Therapy

Vice Chair Strategy Committee – Gill Ward, Occupational Therapy

Chair Hub Forum – Harriet Shannon, Physiotherapy

Vice Chair Hub Forum – Ruth Strudwick, Radiography

Networking and Collaboration

CAHPR has continued working towards moving the HEE AHP Research and Innovation Strategy forward.

CAHPR organised an online community event on the 31st March 2023, its purpose was to share good practice, thank everyone for their contribution, their leadership and to update the community on plans for the future. All those who were involved in CAHPR leadership and delivery of services were invited, these included strategy committee members, hub leaders and champions. In total 68 people attended this event. The event was very well received and we look forward to our next one.

CAHPR stakeholders have also represented AHPs on a national project developing online resources for digital informatics, an NIHR rehabilitation incubator, delivered various presentations on CAHPR, and disseminated research opportunities and research.

2. CAHPR hub activity

CAHPR summary of consortium reports

Consortia consist of either a single hub (such as CAHPR London, CAHPR Cymru, CAHPR Scotland and CAHPR Northern Ireland) or several hubs located within a geographical region (such as CAHPR North West England and the CAHPR East of England). We requested a single report from each consortium this year, rather than from hubs. This is to encourage collaboration across hubs.

CAHPR has had a very successful year at consortium level. Our biggest achievement has been to increase representation of AHPs within the hub facilitator committees (Table 1). Whilst many consortia are currently being led by physiotherapists, hub leads and facilitators come from a range of different AHP professions. We are confident that, over time, and with targeted succession planning, hub leads from different professions will take over the consortium lead roles.

Table 1. AHP professions in CAHPR consortium and hub leadership roles

Consortium Leads/Co-leads	Number	Hub leads and facilitators	Number
Physiotherapist	12	Physiotherapist	16
Dietician	2	Speech and Language Therapist	8
Radiographer	2	Dietician	7
Paramedic	1	Radiographer	6
Occupational Therapist	1	Occupational Therapist	5
Orthoptist	1	Paramedic	4
		Podiatry	3
		Music therapist	3
		Orthoptist	2
		Drama Therapist	2
		Prosthetist	2
		Art Therapist	1
		Operating Dept. Practitioner	1
		Osteopath	1

Both hubs and consortia organised a range of events over 2023, which included both on-line and face-to-face activities.

- We delivered National webinars, which were led by different CAHPR consortia. These are reported on separately (Table 2 and 3).
- All consortia reported running on-line seminars and webinars
- Most consortia offer a CAHPR bursary scheme to support research activities, including conference attendance.
- Local conferences were held by CAHPR Central and CAHPR East of England
- Most consortia reported holding an email list of those AHPs with an interest in research. These were sent regular updates regarding local events and the CAHPR Bulletin.
- One-to-one support (including mentorship, fellowship application advice, student engagement) provided by CAHPR London, CAHPR Northern Ireland, CAHPR NE and Cumbria, CAHPR Yorkshire and Humber, CAHPR South West, CAHPR South East and CAHPR Scotland.
- All consortia reported regular sign-posting to research active individuals, events, funding bodies or special interest groups.
- Most consortia have an active social media presence, and some have also been working hard to maintain their website pages.

The key challenges reported by consortia were in acknowledging the voluntary nature of CAHPR

regional hubs, whereby the 'day job' needs to take priority. Maintaining an active and enthusiastic facilitator group could also be challenging due to the varying commitments of volunteers. Succession planning was acknowledged as a necessity for those hoping to move on from CAHPR leadership roles.

Many of our CAHPR leads and facilitators have strategic roles and can use their influence to promote CAHPR. Hubs have made links with external groups including:

- Health and Care Research Wales on behalf of Welsh Government
- Clinical Academics Research and Innovation Network (CARiN)
- Nursing, Midwifery and AHP (NMAHP) groups
- National Institute for Health Research (NIHR) panels
- HARNESS
- Chartered Society of Physiotherapy Northern Ireland (CSP NI)
- Department of Health (DoH) with research strategy for Northern Ireland
- Local Higher Education Institutions
- British Research Council (BRC)
- Special Interest Groups
- Integrated Care Boards
- Local Research Groups
- Profession-specific Committees

Hubs are also making links with their CAHPR/NIHR research champions to encourage collaboration, whilst acknowledging that closer links could be forged in some areas.

Hubs are making efforts to increase the visibility of CAHPR by attending conferences. They try to share events in social media (particularly X, formerly Twitter). Some mentioned that they 'fly the flag' for CAHPR whilst at research events and committees that they attend in other roles.

It is of particular note that the CAHPR Scotland consortium has made huge efforts to increase visibility of CAHPR and support the growing AHP research community in Scotland. They have been lobbying and raising the profile of CAHPR to high level strategic bodies as well as attending National conferences. I would like to highlight one aspect of their report here:

"Again, our key focus for this year. CAHPR is now much more recognised in Scotland, and we have contributed constructively to the organisations and structures. We are now often being asked to contribute rather than having to ask to be part of new initiatives. CAHPR Scotland is mentioned as the key support structure for AHPs applying to a new funding initiative from the Chief Scientists Office."

[\(https://www.cso.scot.nhs.uk/fellowship-funding/csonhsrdf/\)](https://www.cso.scot.nhs.uk/fellowship-funding/csonhsrdf/)

Also noteworthy is the CAHPR South West consortium, which secured £30,000 from NHS England South West to run the Equality Diversity and Inclusion project (EDI). They have now recruited a research associate and are delivering phase 1 of the EDI project. Additional funding from NHS England South West of £38,100 has been secured to complete phase 2 of the EDI project in 2024.

We would like to thank all consortium and hub leads, facilitators and committee members for their hard work in 2023. We appreciate that much of this work is done in people's spare time and the significant number of activities being undertaken is testament to their passion for supporting and promoting AHP research.

Attendance at National CAHPR webinars.

The following lists each individual attendee's profession, where this is known (table 2). Each attendee was only counted once, even though some people attended several courses. Although we advertise the courses as being for AHPs, we do not have the capacity to check this at registration. We try to have an

ethos of inclusivity and as a result, we do have some non-AHP attendees.

Table 2 Attendees at National CAHPR webinars by profession

Profession	Number	Total number of AHPs in each profession (approx.)*	Count as a % of total number of each AHP profession
Other/Unknown	50		
Physiotherapists	228	66000	0.3%
Radiographers	60	41600	0.14%
Occupational Therapists	62	43100	0.14%
Dietitians	51	9,963	0.5%
Speech & Language Therapists	43	17,201	0.02%
Practitioner Psychologists	19	54200	0.03%
Paramedics	15	32600	0.04%
Operating Department Practitioners	11	15,570	0.07%
Art Therapists	5	5,536	0.09%
Chiropodist/Podiatrists	8	10,561	0.08%
Biomedical Scientists	2	21,221	0.009%
Prosthetist/Orthotists	5	1,046	0.48%
Clinical Scientists	1	6,556	0.02%
Hearing Aid Dispensers	1	3,780	0.03%
Orthoptists	1	1,509	0.067%
Music Therapist	1		
Nurse	66		
Medic	23		
Healthcare assistant	12		
Pharmacist	4		

*source - <https://www.hcpc-uk.org/resources/data/2023/registrant-snapshot-december-2023/>

CAHPR launched a National monthly research events series in 2023, with a different hub delivering a relevant virtual seminar. The webinars have gone from strength to strength with some attracting over 200 subscriptions. Please see the table for the list of webinars delivered this year.

Table 3 Hubs webinars

Date of event	Title	Consortia	Hub	Subscription numbers
24th Jan 19:30 - 20:15	Why should I be interested in research? An informal discussion for the research curious, the research weary and for AHP clinicians who just want to get on and treat their patients!	London	London	63
7 th Feb	Introduction to literature reviews	Wales	Wales	108

1-2pm				
22 nd March 12.30-1.30	Demystifying research ethics	Scotland	West of Scotland	100
4 th May 18.00 to 19.00	Top tips for getting involved in research and examples of personal journeys		Surrey & Sussex	61
27 th April 12.30 -1.15	Searching for evidence	Northern Ireland	Northern Ireland	104
8 th June	Q&A for prospective AHP NIHR fellowship applicants (capped at 50 to allow participants to interact and ask questions)	London	London	51
	Patient and public involvement in research- 2 approaches, tools to evaluate (GRIPP2)	North East of England and East Midlands		107
10 th Oct. 17.30 start	Research delivery – Working with others on their research	North West		137
20 th Oct 1.30 – 4.30pm	Part 1. Writing for publication		South Central	>70 participants
30 th Nov 1.30- 4.30pm.	Part 2. Writing for publication		South Central	117
5 th Dec 13.30 to 15.00.	Embedding equality, diversity and inclusion (EDI) into research: Considerations and practical advice	Yorkshire and the Humber	Yorkshire and the Humber	60 registered. 32 attended.
18 th Dec 1pm	Stroke Association: Research funding			24 registered. 19 attended.

We continue to work on the diversity in our hubs encouraging engagement from the smaller AHP professions and ensuring diversity within the hub facilitator teams.

A new hub in Lincolnshire was launched during 2023. We now have 23 active hubs and 12 consortia. The table below shows the latest data reflecting the diversity in our community.

We are working closely with the research champions to draw on their expertise, particularly with regards to research within clinical practice.

3. Research Champions

As mentioned above the CAHPR/NIHR research champions are now working alongside the CAHPR hubs. Our 34 champions represent nine professional bodies and are aligned to the clinical research network areas in England, Northern Ireland, Scotland and Wales. The champions are embedded in their regions and continue to develop relationships with key research stakeholders.

4. Research Leaders / Professoriate

Scoping work was undertaken to determine the role and purpose of the professoriate and how it should be reshaped and reformed, including how best it can support the delivery of CAHPR's objectives. Initially the new network will consist of Professors and later be expanded to include those with a research leadership focus. This network will help us determine our potential reach and influence, mobilise our resources and provide opportunities for mentoring. We are in the process of compiling a national 'Professoriate Directory' to be hosted on the new CAHPR website.

5.Future

During 2024 we will see:

- The formation of an independent CAHPR with trustees and a dedicated Director.
- The finalisation of the updated Mission and Vision
- The launch of CAHPR's: new website with its full complement of new resources for e learning, mentoring and placement opportunities.
- The directorate of professoriate will serve as a reference source and asset register of AHP Professorate expertise and will facilitate networking and connectivity.
- NHSE funding via RCOT to support the implementation of the AHP R&I strategy

6. Finance

Income

Professional body	Approx membership numbers 2023	Contribution £ (36p member)
The British Association of Prosthetists and Orthotists	600	216
The British Association of Drama Therapists	700	252
The British and Irish Orthoptic Society	1000	360
The British Association for Music Therapy	1100	396
The British Association of Art Therapists	2000	720
The Institute of Osteopathy	3,000	1080
The College of Operating Department Practitioners	3200	1152
The Association of UK Dietitians	8000	2880
The Royal College of Podiatrists	10,000	3600
The College of Paramedics	16000	5760
Royal College of Speech and Language Therapists	18,000	6480
Royal College of Occupational Therapists	28,000	10080
The Society of Radiographers	30,500	10980
The Chartered Society of Physiotherapy	60,000	21600
	182100	£65,556

Budget 2024

(Combined Professional Body Income equivalent of £65,556 (inc CSP))

2024 Budget

Income

£69,729 Carry over (Est)
£43,954 Membership subscriptions (Exc CSP) (Est)

Total £113,683

Expenditure

£22,400 Secretariat: Administrator .5FTE (inc employment cost)
£24,000 Hubs (admin and funds for training, conferences, grant writing, webinars)
£9,333 6 months Director / Management role (June to December) (Est £16000 pa 1 day pw)
£40 Charity commission application
£350 Public liability and Business Insurance
£40 ISO registration
£5000 Social media
£6,600 Consultancy support for establishing CAHPR as a CIO
£1,000 IT equipment and licences

Total £ 68,763

CSP hosting support provides – IT, finance, webpage management, line management of administrator, project management, contracts /legal

Surplus / Contingency going forward £42,920

Budget 2025

Income

(£42,920 Carry over)
£65,556 Membership subscriptions

Total £65,556

Expenditure

£22,400 Secretariat: Administrator .5FTE (inc employment cost)
£24,000 Hubs (admin and funds for training, conferences, grant writing, webinars)
£16,000 6 months Director / Management role (June to December) (Est £16000 pa 1 day pw)

£40	Charity commission application
£350	Public liability and Business Insurance
£40	ISO registration
£5000	Social media
£2000	Administrator laptop (one off)

Total £69,830

Potential ongoing annual deficit of £2,274.00