



## Steps to Success in Research for Allied Health Professionals: Exploring Training, Support and Funding.

19<sup>th</sup> March 2025

# The plan

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- 3.15–3.30pm – **Lisa Roberts** – Overview: Researching clinical practice and beyond
- 3.30–3.45pm – **Adam Lewis** – Career and Funding Landscape/Resources
- 3.45–4.00pm – **Kinda Ibrahim** – Research opportunities through the Wessex Applied Research Collaboration
- 4.00–4.15pm – **Lindsey Cherry** – The NIHR South Central Insight Programme 2025

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## *Break*

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- 4.35–5.20pm – Panel discussion and reflections from pre-doc to post-doc with:
  - ❖ **Virginia Rivers Bulkeley** (PCAF)
  - ❖ **Holly Whitcomb** (MRES)
  - ❖ **Chris Horler** (PhD)
  - ❖ **Benjamin Jones** (PhD)
  - ❖ **Rhiannon Joslin** (Post-Doc)
- 5.20–6pm Q&A, networking and one-to-one discussions with the team

# Researching clinical practice & beyond

**Lisa Roberts**

Clinical Professor of Musculoskeletal Health &  
Consultant Physiotherapist

19<sup>th</sup> March 2025

‘Everyone in healthcare really has two jobs when they come to work every day: to do their work and to improve it.’

*Batalden & Davidoff, 2007*

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## Can you prove:

- Successful clinical outcomes?
- Positive patient experiences?
- Staff use evidence-based practice?

## Can you prove your clinical effectiveness?

- ❖ Outcome measures
- ❖ Patient feedback
- ❖ Service evaluations

- ❖ Audit
- ❖ Research
- ❖ Dissemination



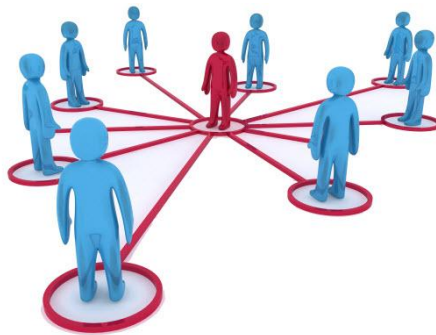
# Key differences

Research	Service evaluation & quality improvement	Audit
To generate <u>new knowledge</u>	To define or judge <u>current care</u>	To deliver <u>best care</u>
Addresses clearly defined questions, aims and objectives	Measures current service without reference to a standard	Measures against a <u>standard</u>
Usually involves collecting data additional to routine care	Usually involves analysis of existing data, but may include administration of interview or questionnaire	Usually involves analysis of existing data, but may include administration of interview or questionnaire
May involve randomisation	No randomisation	No randomisation
Normally requires Research Ethics Committee review	Does not require Research Ethics Committee review	Does not require Research Ethics Committee review

# Getting started in research

## Your research development

- Get an internship
- Undertake a higher degree
- Pursue a clinical academic career (personal fellowship)



## The project

- Undertake a piece of work in practice *e.g.* Service improvement, QI project
- Join a research team
- Seek funding for the project







Clinical academic roles:  
Clinical  
Research  
Education  
Leadership

**#1 What is a clinical academic career?**



**#2 Forming your team**

**Getting started**

It's important to establish

- How do I like to learn?
- How often shall we meet?
- How long shall we meet for?
- What are our expectations?

**#3 Finding a Mentor**

**Your project: what you will be judged on**

- Your choice of methodology and methods
- The potential benefits of your work for patients and clinical services
- Your involvement of patients and the public in understanding and delivering your research

**#4 What makes a good application?**

**Look up**

"Vital Researcher Development Framework"

useful to assist you in identifying your strengths and prioritising areas for future development

**#5 Developing our training plans**

Cynthia's tips for application and interview

- Think through your PPI proposal
- Jargon free summary
- Realistic PPI budget

**#6 Public and patient involvement**

**When should I think about IP and enterprise?**

**#8 Intellectual property & Enterprise**

**Professor Maria Stokes**  
NIHR Senior Investigator, University of Southampton

**#7 The interview**

**NIHR Applied Research Collaborations (ARCs)**

- Support applied health and care research that responds to, and meets, the needs of local populations and local health and care systems
- Act to increase the rate at which research findings are implemented into practice
- Work collaboratively to address national research priorities, like ageing and dementia, health inequality, etc.

**#10 Sources of information**

**NHS Southern Health NHS Foundation Trust**

Patients & People First  
Partnership  
Research

**#9 Personal stories**

Film	Title
1	What is a clinical academic career?
2	Forming your team
3	Finding a mentor
4	What makes a good application?
5	Developing your training plans
6	Public and patient involvement
7	The funding interview
8	Intellectual property and enterprise
9	Personal stories
10	Sources of help

Link: <https://vimeo.com/showcase/9710034>



# Why publish?

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1. Moral responsibility to participants & 'funders'
2. Contribute to the evidence base for your profession
3. Share your findings worldwide
4. Enhance your academic profile
5. Attain future grant funding or promotion
6. Enjoy seeing your work in print!

*This writing business,  
pencils and what-not.  
Overrated if you ask me.*



# Career & funding landscape / resources

**Adam Lewis**

19<sup>th</sup> March 2025

# Clinical academic, academic academic or clinical academic academic?

- Are you a natural educator?
- Are you a natural carer?
- Are you a natural scholar?
- Rare to marry all 3
- Rare to do well in all 3
- How to balance?
- Money talks

# Funding Categories and routes

- NIHR (Government Funded)
- Other Grant Making Bodies
- Charities
- Rich People

# How do I take my first steps?



## Clinical staff

Find out who your R&D Divisional Lead is  
Work out who is doing research in your specialist  
area



## Opportunities for AHPs

CRF Fellowships  
BRC fellowships  
NIHR Integrated Academic Training Schemes

# How do I take my first steps – Health Professions

## Clinical Academic

The ICA Programme comprises 4 schemes - different stages of research career:

- Internship Scheme
- Pre-doctoral Clinical and Practitioner Academic Fellowship (PCAF) Scheme
- Doctoral Clinical and Practitioner Academic Fellowship (DCAF) Scheme
- Advanced Clinical and Practitioner Academic Fellowship (ACAF) Scheme

HEE-NIHR Integrated Clinical and Practitioner Academic Programme | NIHR

## Research delivery

Look for health profession research delivery opportunities eg roles at the CRF

**South Central region INSIGHT Programme (SCIP) - Apply now for 2024**

**NIHR** | National Institute for Health and Care Research

**Applications invited for full or part-time funded Research Masters studentship**

A studentship provides all tuition fees and a tax-free stipend of £19,237 for full-time & £9,619 for part-time (2 years) study

Eligible applicants will be:

1. early career registered health or care professionals\*
2. newly graduating or with no more than 3 years of practice experience

Further information is shared in our webinar recording: [South Central INSIGHT Programme \(SCIP\) \(panopto.eu\)](#)


For general enquiries email: [scip.insight@soton.ac.uk](mailto:scip.insight@soton.ac.uk)

Key dates:


- ✓ Deadline for SCIP funding application: **23.00 on 7<sup>th</sup> July 2024**
- ✓ Deadline for University application: varies by programme
- ✓ SCIP notification of outcome: week commencing 22<sup>nd</sup> July 2024

To apply:


1. **Complete an application to SCIP** for a studentship using this [link](#) or QR code
2. **Complete an application to your first choice University** for a place to study




Masters by Research  
Solent University  
Dr Karen Burnell  
[Karen.Burnell@solent.ac.uk](mailto:Karen.Burnell@solent.ac.uk)



MRes (Science and Health)  
University of Portsmouth  
Dr Rebecca Stores  
[Rebecca.Stores@port.ac.uk](mailto:Rebecca.Stores@port.ac.uk)




MRes Health Science  
University of Winchester  
Prof James Faulkner  
[James.Faulkner@winchester.ac.uk](mailto:James.Faulkner@winchester.ac.uk)



Masters in Applied Health Research  
Oxford Brookes University  
Dr Helen Aveyard  
[hayeayard@brookes.ac.uk](mailto:hayeayard@brookes.ac.uk)



MRes Clinical and Health Research  
University of Southampton  
Dr Leire Ambrosio  
[lga1v19@soton.ac.uk](mailto:lga1v19@soton.ac.uk)



\*To be registered with one of the [HEE/NIHR ICA Programme approved regulatory bodies](#) | NIHR

# Associate Principal Investigator (PI) Scheme



The Associate Principal Investigator Scheme aims to develop health and care professionals to become the Principal Investigators (PIs) of the future.



[Applying to be an Associate Principal Investigator](#)



[Register your study for the Associate PI Scheme](#)

## Related pages

[Apply to be an Associate Principal Investigator](#)

[Register your study for the Associate Principal Investigator Scheme](#)

## Documents

[Associate PI Scheme FAQs](#)

## External links

[List of registered studies](#)



**3 March 2025**

Applications open:

→ [Apply online](#)

→ [Application guidance](#)

**16 April 2025**

Closing date for applications

**End July 2025**

Results of applications

**1 September 2025**

Start of programme

# Developing Research Leaders Programme for Allied Health Professionals

## Overview

- Who's it for? Registered allied health professionals in England from various health and social care backgrounds. They need to be committed to leading and supporting others, and promoting an inclusive research culture.
- Duration: 3 years
- How does it work? We pay your employer at an Agenda for Change Band 8a to be on the programme for 2 days a week, 0.4 full-time equivalent (FTE) and this will be reflected in your salary.

# What next? Do some thinking and make connections

- Meet people who are doing the job you aspire to – people are usually very happy to help
- Find a mentor

For those aspiring to clinical academic roles

- What questions do you have from practice – these are the best research questions!
- Do some reading - is there a gap
- Who is doing the innovative trials and studies
- What is happening at Soton in the area (BRC, ARC, UoS , FoM and SoHS, other HEIs, UHS etc)
- Work on a short proposal or pitch
- Who might fund fellowship or grant?
- Talk to people!

# CAHPR resources

cahpr  
Council for  
Allied Health  
Professions Research








Search Council for Allied Health Professions Research

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## CAHPR Top Ten Tips

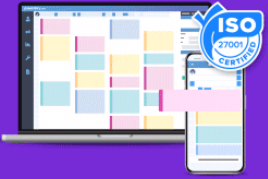
CAHPR's Top Ten Tips series offer brief summary advice on key topics for novice, early career and experienced researchers. This series is written and produced by CAHPR hubs and guest authors.

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On this page:

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- > [Becoming Research Active](#)
- > [Capturing Research Impact](#)
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## Local opportunities

- Southampton Academy of Research (SOAR) 'nurture the potential of our research workforce' <https://www.soar-southampton.org/>
- The Academy of Research and Improvement (Solent NHS trust) 'Growing a culture of improvement and learning' <https://www.academy.solent.nhs.uk/improvement>
- Southern Health <https://www.southernhealth.nhs.uk/about-us/trust/quality-improvement>
- Hampshire hospitals <https://www.hampshirehospitals.nhs.uk/our-services/az-departments-and-specialties/research-department>

**NIHR Research Support Service (RSS)  
support includes:**

- Advice and assistance with study development and delivery.
- Advice from methodologists, including statisticians, qualitative researchers, health economists, social scientists, behavioural scientists, and others with expertise in research designs, approaches and methods of analysis.
- Advice on patient and public involvement, and inclusive research.
- Opportunities to collaborate with centres of research excellence.



[www.nihr.ac.uk/explore-nihr/support/research-support-service/](http://www.nihr.ac.uk/explore-nihr/support/research-support-service/)

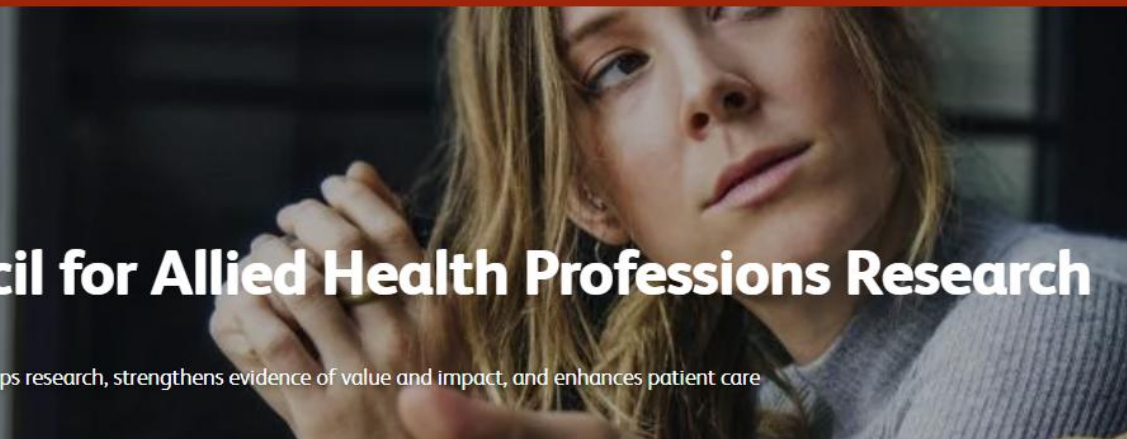
[www.cahpr.csp.org.uk/](http://www.cahpr.csp.org.uk/)

**cahpr**  
Council for  
Allied Health  
Professions Research

About CAHPR ▾ News Activities ▾ Regions Resources ▾ Events

## Council for Allied Health Professions Research

CAHPR develops research, strengthens evidence of value and impact, and enhances patient care



# NIHR Research Support Service (RSS).

- Provide free design and methodological support to health and social care researchers who are developing applications to NIHR and other national, peer-reviewed funding programmes
- Access to RDS you can:
  - Complete an online request form for individual advice or consultation <https://www.rds-sc.nihr.ac.uk/request-support/>
  - Visit during drop-in sessions to discuss emerging ideas for research
  - Guidance and resources on the website <https://nihr-rss-public-health-soton.org/>
  - [Essential Guide to Grant Applications](#)



# What is the AHSN Network?

Funded by NHS England and the Office for Life Sciences, AHSNs bring together the NHS, industry, academic, third sector and local organisations. Our collaboration ensures innovations, improvements and best practice benefit more patients faster.

There are 15 AHSNs across the country, improving health and generating economic growth. Each AHSN is agile and responsive, whilst staying highly connected to spread innovation at pace and scale. For further information on Wessex AHSN please visit: <https://wessexahsn.org.uk/about-us> or email [enquiriesahsn@wessexahsn.net](mailto:enquiriesahsn@wessexahsn.net) to connect with the team.





# Top Tips/Lessons

- Work with those who inspire you, and the best in business
- Do what interests you the most
- Flexibility vs switching off
- Research Priorities in field
- Government strategy
- Fail productively/accept rejection.
- Write as often as possible
- Go to conferences



# ARC Wessex

Dr Kinda Ibrahim

Deputy lead for Academic Career Development



# We are one of 15 ARCs across England

## Our collaboration

- We are made up of local providers of NHS services, local providers of care services, NHS commissioners, local authorities, universities, private companies and charities.
- NIHR ARCs act to increase the rate at which research findings are implemented into practice.
- The 15 ARCs work collaboratively to address national research priorities, like Ageing Dementia and Frailty.



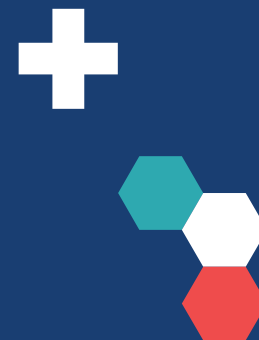
# Strategic Overview

**Our mission:** Improve health & well-being of people of Wessex across life course targeting quality, safety, effectiveness & efficiency of health & care services. Through conduct, application & dissemination of applied health research for patient, community & population benefit.

We will bring together public & community, expert researchers from a wide range of disciplines, clinical leaders of health & care systems & other stakeholders.

We will work across the Wessex health & care system to ensure local reach & national impact

**Better health & wellbeing of the community**



# So, what do we do about it?

- We have four main research themes: Ageing and Dementia, Long term conditions, Healthy communities (public health) and Workforce and Health Systems
- We have two hubs looking at Mental Health and Social Care
- Current ARC Wessex funding ends March 2026, <https://www.arc-wx.nihr.ac.uk/>
- ARC2 SUBMITTED!

# Academic Career Development

Our mission is to grow the workforce of applied health researchers and the implementation of evidence in everyday practice (investing £3 Million over 5 years) <https://www.arc-wx.nihr.ac.uk/meet-our-interns-phd-postdoc>

We have to date awarded:

- 10 PhD candidates
- Over 100 internships—(pre-docs, postdocs, team awards)
- Postdoctoral researchers (leadership programme, research grants)

# Where's Wessex?



Cities: Portsmouth, Southampton, Winchester, Salisbury, Bournemouth

- We have expanded the involvement of universities in our area – bringing in Winchester (sport and physio/nursing), Bournemouth (Nursing, AHPs, Social workers), Portsmouth (Physio/sports science, dental academy), Southampton (Computer science/Health Tech/Medicine/Psychology/Health Sciences)

Dentist	Educator	<b>Nurse</b>	Pharmacist
Podiatrist	Physiologist	<b>Physiotherapist</b>	
Radiographer	Research <u>lead</u>	Research involvement officer	
<b>Occupational health therapist</b>		Orthotist	
Speech and language therapist		<b>Clinical psychologist</b>	
Medic		Public & patient involvement facilitator	



# Research awards (9 cohorts)

- Getting Started Award (Pre-doc)
- Develop and Progress Award (post-doc)
- Team Award

Our Impact

Research areas

Training & development

Public and Community Involvement

The next round of ARC Wessex internships will open on 18th November and close at 11pm on 13th January 2025 with up to 20 internship spaces available in our biggest investment yet.

The awards are available to individuals or teams to:

- Undertake a small-scale research project or pilot, or analysing existing data
- Explore the current evidence base and undertaking a review of the literature
- Implement research findings in your service
- Explore and build collaborations or networks with research active individuals and academics in your field
- Build research partnerships across community settings, such as with local authorities or community groups and undertake patient and public involvement and engagement (PPIE) to identify research issues and priorities, or inform future work
- Initiate or progress a clinical/practitioner academic career through the development of a fellowship application, i.e., pre-doctoral, PhD, and post-doctoral fellowships
- Managers to explore and consider building research capacity within their team
- The award is available to individual and teams involved in research delivery to support their careers

**Award types:**

**Getting Started** – Aimed at all health and/or care, practitioners and applied health researchers, working in the healthcare sector, social care sector, local authority, or voluntary sector in Wessex. Including, but not limited to social care practitioners, nurses, midwives, pharmacists and allied health professionals.

**Develop and Progress** - Those who fit the above criteria AND who have recently completed (usually within the last four years), or soon to be awarded a PhD, but haven't yet established themselves as an independent researcher. Applicants must have been awarded their PhD by the time they start their award.

**Team** – This award is available for teams of individuals who would like to work together to explore and develop research opportunities within their service/organisation, build wider research collaborations or consider developing grant applications for future research funding to address locally relevant issues. This award should have a lead applicant/s and include a range of team members. diversity in terms of factors such as ethnicity, gender, institution and career stage is strongly encouraged.

# ARC Wessex Internship programme

- Interns report funding has led to benefits for their careers as well as their host departments. Protected time has enabled research skill development and embedding of PPI/E in project planning.
- Third of pre-doc award holders to date have applied or secure further funding to undertake NIHR fellowship awards.
- Interns have highlighted the value of undertaking bespoke training tailored to individual and departmental need that is resulting in research that addresses pressing departmental, local health and social care needs.
- Interns report increased understanding of using research to develop evidence-based practice and promote change in their host departments.

# Investment in research workforce/Driving impact

- We have invested in creating four new **Knowledge Mobilisation Fellows** – it's their job over the next three years to help bring our applied research projects to a wider audience – *to the right people to use it in the NHS and social care – and at the right time and in a format that makes sense.*
- Head of NIHR Research Infrastructure, Dr Natalie Owen, said:



“Ensuring that effective, evidence-based interventions and models of care reach people living with the greatest burden of disease is vital. This capacity and capability building initiative will enable the ARCs to support work at the interface of research and practice for population benefit.”

- We also have two **Public Policy Fellows** – who's job it is to respond to policy makers (Government and local authority) and share our work at a high level



# Dementia care

ARC Wessex is the national coordinating centre for DEM-COMM (led by prof Ruth Bartlet) and facilitate a learning community for 60 dementia researchers across the 15 ARCs through the delivery of a programme of events designed to promote development, enable networking and support the advancement of Chief Investigator skill and knowledge across the cohort.

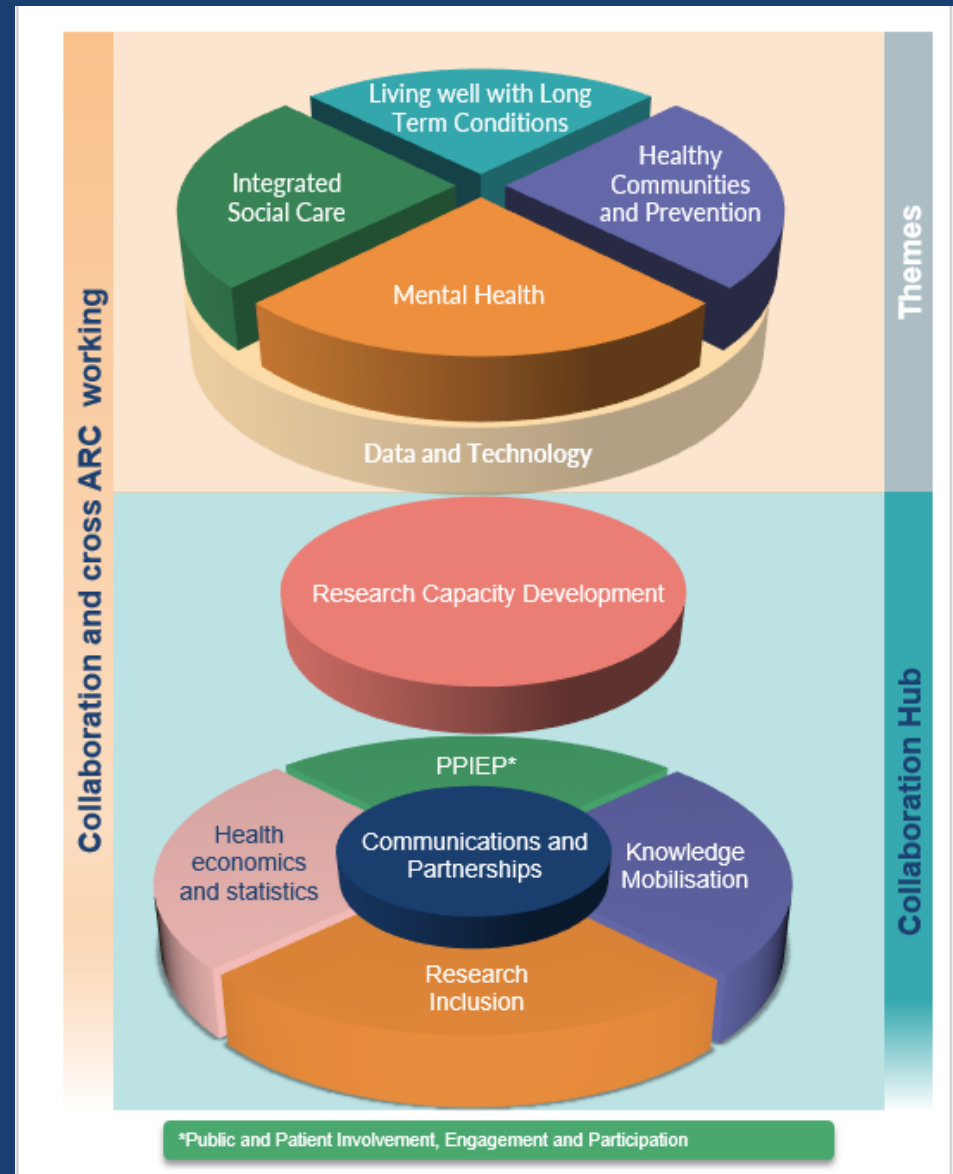


# Where next?

From 2026 until 2031 we proposing this..

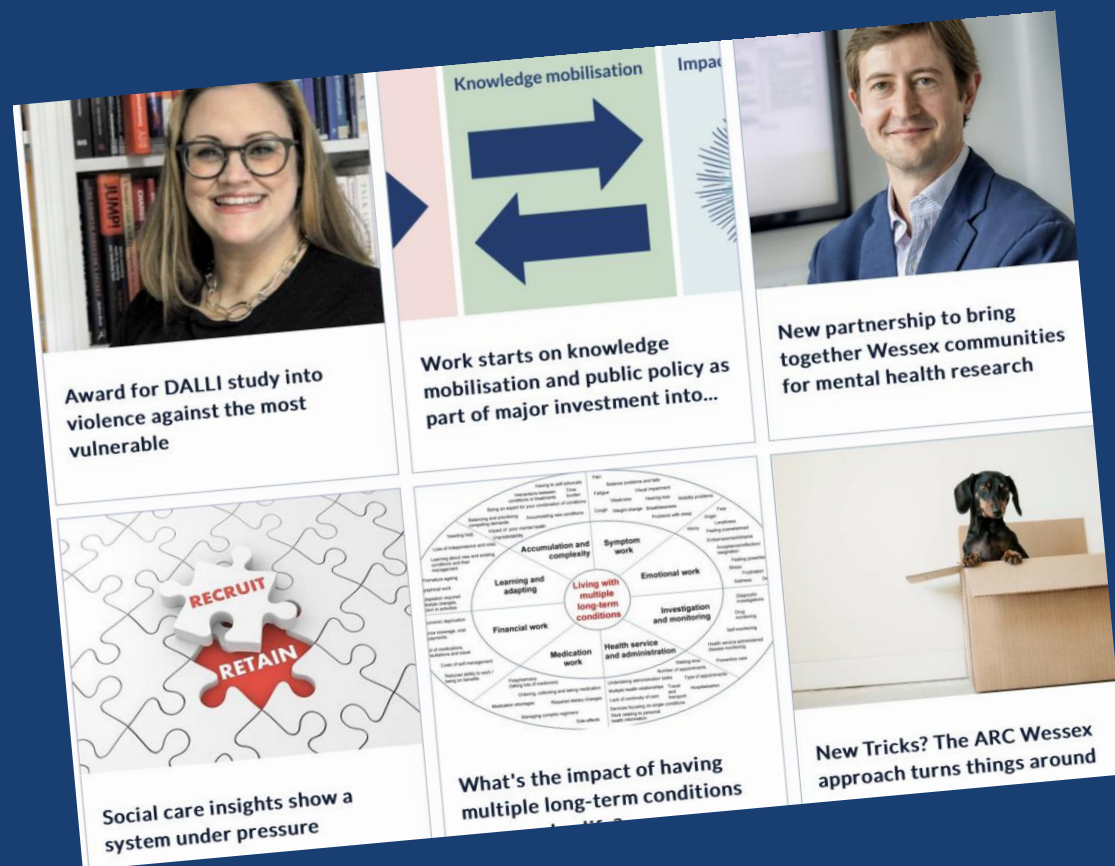
We find out if about that in Autumn this year

Be part of our story..





# More information



Find us on social media



[www.arc-wx.nihr.ac.uk](http://www.arc-wx.nihr.ac.uk)

# South Central INSIGHT Programme (SCIP)

An NIHR INSIGHT programme for the South-Central Region



UNIVERSITY OF  
PORTSMOUTH



UNIVERSITY OF  
WINCHESTER

OXFORD  
**BROOKES**  
UNIVERSITY



University of  
**Southampton**



# Overview

South Central NIHR INSIGHT programme provides:

- ✓ Training for early career health and social care professionals to undertake research inclusive careers
- ✓ Support for a wide range of health and social care professionals to study at one of five regional Universities
- ✓ Opportunities for multi-professional extra-curricular activity and CV Building
- ✓ Masters course fees (full or part-time)
- ✓ Stipend of up to £20,780\*



\*based upon UKRI standard rate, may be subject to change

# MRes Clinical and Health Research

Dr Ivaylo Vassilev  
Programme Lead, School of Health Sciences  
[i.i.vassilev@soton.ac.uk](mailto:i.i.vassilev@soton.ac.uk)

# MRes Clinical and Health Research

- + Strong global reputation for research excellence.
- + Teaching by world-renowned academics and educators.
- + Suitable for healthcare professionals and those engaged in, or aspiring to work in, clinical and health research environments.
- + Develop in depth understanding of research methodologies and the skills to design, plan and conduct clinical, healthcare, and academic research.

**Modules:** Design and Methods for Clinical and Health Research; Applied Quantitative Research Methods; Qualitative Research Design and Methods; Conducting Clinical Research; Developing Research Skills: Practice-Based Learning; Planning Clinical and Health Research; Independent Research Project.

**Career Opportunities:** Graduates of this program have progressed to PhD programs, careers in the health service, academia and research management in the UK and globally.

**For Further Information Contact:**

**Ivo Vassilev, Program Lead**

**[i.i.vassilev@soton.ac.uk](mailto:i.i.vassilev@soton.ac.uk)**

**To learn more about  
this program visit:**



This program is subject to program approval and review

# MRes Programme structure

Full time (1 year) or Part time (2-5 years)

**HLTH6200** – Design &  
Methods for Clinical and  
Health Research  
10 ECTS

**Choose 20 ECTS from:**

**HLTH6194** – Applied  
Quantitative Research  
Methods  
10 ECTS

**HLTH6223** – Qualitative Design and  
Methods for Clinical and Health  
Research Qualitative 10 ECTS

**Optional module**  
UoS choice of module  
10 ECTS

**HLTH6262**- Planning clinical &  
health research  
10 ECTS

**HLTH6199** – Conducting  
clinical & health research  
10 ECTS

**HLTH6263** - Developing  
research skills: practice-  
based learning  
10 ECTS

**HLTH6198(FT)/  
HLTH6237(PT)**  
Independent Research  
project 30 ECTS

# MRes application process

Applications are submitted online (<https://engage-uos.powerappsportals.com/SignIn>). There is no application fee.

Applicants to upload the following supporting documents:

- Colour copy of degree certificate
- Colour copy of degree transcript
- Personal Statement
- CV (optional)
- Two reference letters – signed and dated on institutional headed paper, within the last two years
- If English is not their first language, to complete or provide a valid English Language Test.

*Application deadline:* International applicants - **29<sup>th</sup> July 2025** at midday; (**7<sup>th</sup> April 2025** if applying for SCIP funding)  
UK applicants - **9<sup>th</sup> September 2025** at midday; (**7<sup>th</sup> April 2025** if applying for SCIP funding)

*Contact information:* [enquiries@Southampton.ac.uk](mailto:enquiries@Southampton.ac.uk)

*Programme information:* <https://www.southampton.ac.uk/courses/clinical-health-research-masters-mres>



# Masters in Applied Health Research

Dr Helen Aveyard, Programme Lead, Faculty of Health and Life Sciences  
[haveyard@brookes.ac.uk](mailto:haveyard@brookes.ac.uk)



# Masters in Applied Health Research

The overall aim of this course is to prepare registered healthcare, social work and public health professionals to confidently engage with research practice. The focus of the programme is to support your knowledge and skills development and enable you to begin integrating a research element into your existing role.

	Semester 1	Semester 2	Semester 3
Year 1	Research Development Framework (DNUR7001, 20 Credits)		Foundations in Applied Health Research (DNURS7003, 40 Credits)
	Concepts in Healthcare (MAHR7002, 20 Credits)	Evidence Based Practice (HESC7013, 20 Credits)	
Year 2	Systematic Review (MAHR7005 30 Credits)	Dissertation in Applied Health Research (MAHR7004 50 Credits)	

# Masters in Applied Health Research

- Annual intake in September
- Online application
- Candidates will be required to submit:
  - Copy of their degree certificate
  - Project idea/outline
  - Reference
  - Evidence of a degree studied in English or IELTS 7
- Modules will be delivered one Saturday per month PT  
(With an option for FT study)
- Coursework assessments at the end of each module





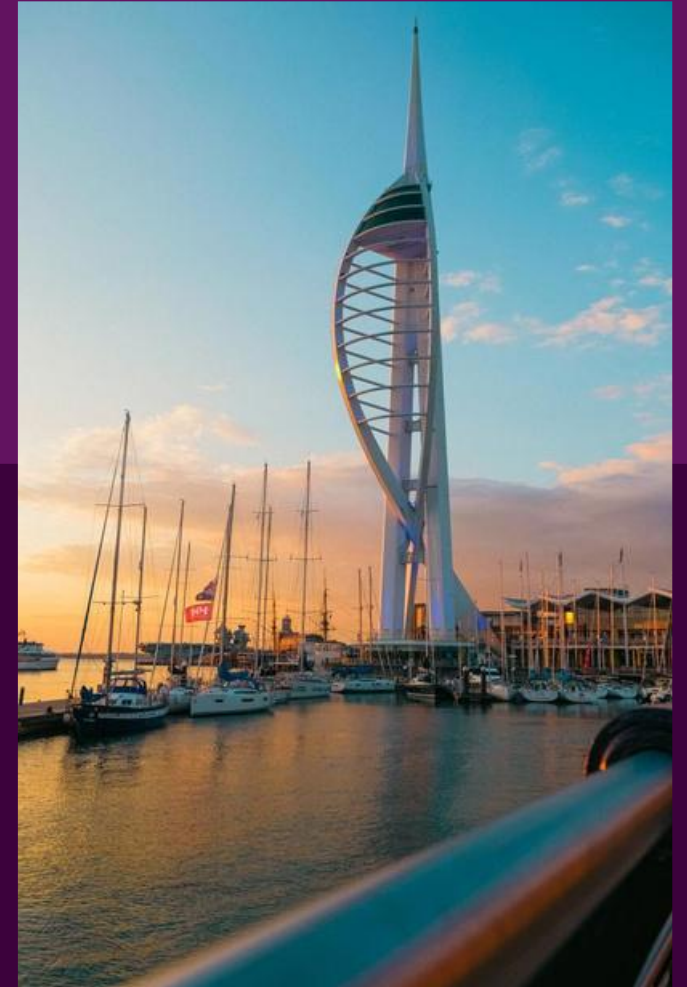
UNIVERSITY OF  
PORTSMOUTH

# MRes (Science and Health)

**Dr Rebecca Stores**

Departmental Director of Postgraduate Research  
School of Dental, Health and Care Professions  
(SDHCP)

[Rebecca.Stores@port.ac.uk](mailto:Rebecca.Stores@port.ac.uk)



# MRes (Science and Health)

- Two modules:

- Research Preparation module (60 credits)

- Literature Review

- Project Funding Proposal

- Research Project module (120 credits)

- Poster presentation

- Research interview

- Research presentation

- Research manuscript (Journal article format)

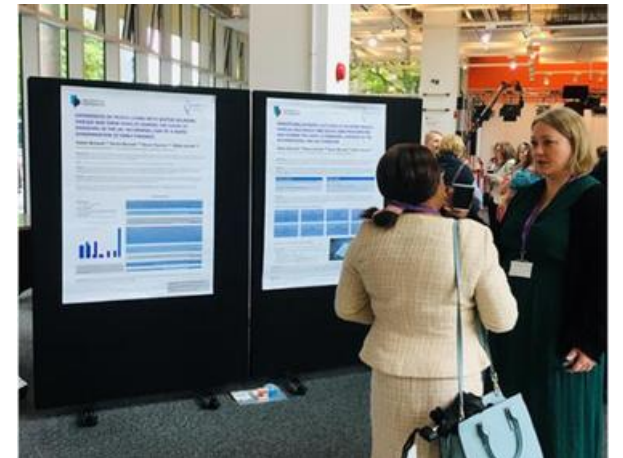
- Graduate School Development Programme (GSDP) workshops and subject specific training.

- The majority of your time will be spent undertaking research with your supervisors.



# MRes (Science and Health)

- **Two** intakes a year:
  - September - Full time (1 year) & Part time (2 years)
  - January - Full time (1 year)
- You will be required to submit a personal statement and short research proposal as part of your application.
- Further information is available here:  
<https://www.port.ac.uk/study/postgraduate-research/research-degrees/phd/explore-our-projects/south-central-insight-programme-scip-mres-science-and-health-studentships>
- Please quote **Project Code: CIP50380425** within your Project Proposal Form.
- Please apply online here by 7 April 2025 (23:00):  
<https://www.port.ac.uk/study/courses/postgraduate-taught/mres-science-and-health#apply>
- Full course information here:  
<https://www.port.ac.uk/study/courses/postgraduate-taught/mres-science-and-health>
- For further information, please contact: [Rebecca.Stores@port.ac.uk](mailto:Rebecca.Stores@port.ac.uk) or [admissions@port.ac.uk](mailto:admissions@port.ac.uk).

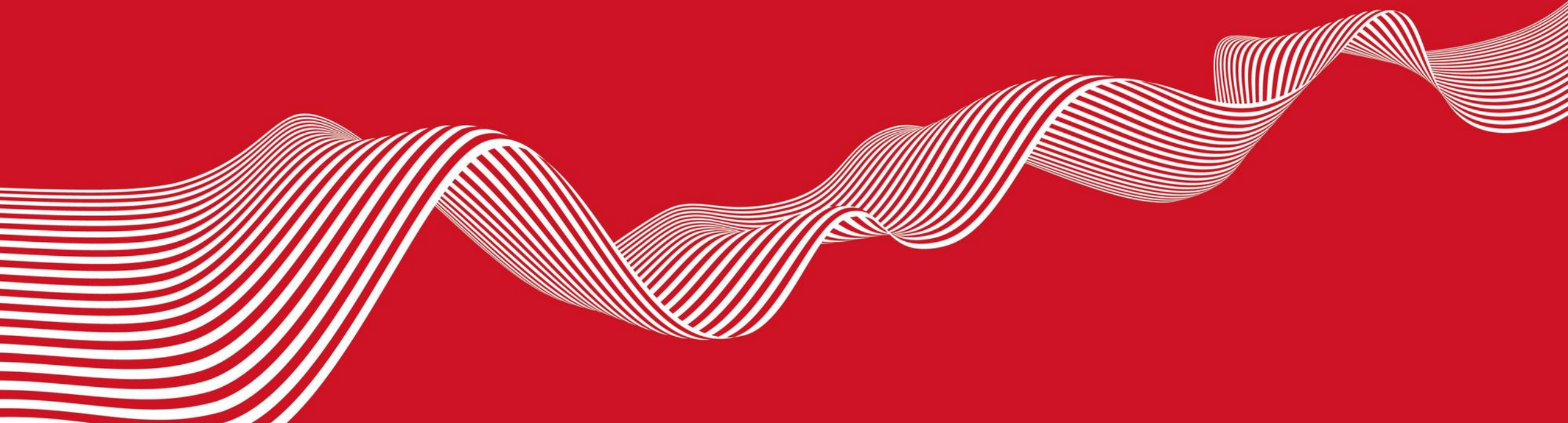


# MRes

**Master by Research -Postgraduate Research Degree**

**Dr Karen Burnell, Associate Professor of Applied Psychology,**

**Graduate School [Karen.Burnell@solent.ac.uk](mailto:Karen.Burnell@solent.ac.uk)**



# MRes: Structure of Degree

- As a PGR MRes, there are no credits or modules attached. Students are monitored throughout their journey through a series of 'touchpoints' when they present their work to the wider research community.
- Students produce a portfolio of work as follows:
  - 1 x Research Portfolio: research proposal poster, literature review, research presentation slides, a journal article/book chapter/creative output, a funding bid.
  - 1 x Development Portfolio: a professional development reflection aligned to the Vitae RDF to demonstrate the gaining of research knowledge and skills, and the research proposal 'pitched' in response to a live brief.
- The MRes journey is 12 months Full time and 24 months Part Time A 2:1
- or 1st Class undergraduate degree is required

# MRes: Application Process

- Applications can be submitted online (<https://www.solent.ac.uk/research-innovation-enterprise/research-at-solent/graduate-school/applying-for-a-research-degree>). There is no application fee.
- Applicants to upload supporting documents:
  - A CV
  - A personal statement clearly
  - A research proposal of c.500 words
  - Two suitable references (normally at least one should be an academic reference)
  - Evidence of English language proficiency (if applicable)
  - Qualification transcripts / certificates
  - Photograph ID page of your passport A confirmation of funding letter, or guarantee form from your funder / employer (if your studies will be sponsored)

You must indicate in your supporting statement that you are applying for the scheme.

Application deadline: 30th April 2025

Contact information: [research.admissions@solent.ac.uk](mailto:research.admissions@solent.ac.uk)



# MRes Health Science

## University of Winchester

Programme Lead: **Dr Matthew Smith**  
**[matt.smith@winchester.ac.uk](mailto:matt.smith@winchester.ac.uk)**



# MResHealth Science

## Programme Overview

- Experience an engaging and contemporary curriculum that provides a research-intensive Programme designed to give students a bespoke experience.
- **Course start date:** September 2025.
- **Course length:** 1 year (Full-time) or 2 years (Part-time).
- **Programme type:** Distance learning ONLY.
- **Course structure:** 2 x 30 credit taught modules; 1 x 120 credit research project
- **Teaching delivery:** Synchronous (live) and asynchronous online content
- **Current students include:** Dietitians, Medical Doctors, Nurses, Ophthalmic imagers, Occupational Therapists, Pharmacists, Physiotherapists, Respiratory Physiologists



# MResHealth Science

## Programme Structure



MODULES Scientific	FULL-TIME	PART-TIME	CONTACT	ASSESSMENT
<b>Research Methods</b> (30 credits)	Sept' 2025 to Jan 2026 (Year 1, Sem 1)	Sept' 2025 to Jan' 2026 (Year 1, Sem 1)	2h pre-record <b>AND</b> 2h live online taught content each week	1 x 2,500 Quantitative RM assignment  1 x 2,500 Qualitative RM assignment
<b>Scientific Research Review</b> (30 credits)	Sept' 2025 to Jan' 2026 (Year 1, Sem 1)	Jan' 2026 to May 2026 (Year 1, Sem 2)	1h pre-record <b>AND</b> 1h live online taught content each week	1 x 4000-6000 Word literature review
<b>Extended Research Project</b> (120 credits)	Jan' 2026 to Sept' 2026 (Year 1, Sem 2 & Summer)	Sept' 2026 to Sept' 2027 (Year 2)	Ad-hoc pre-record and live sessions  Supervisor tutorials	1 x Oral presentation  1 x Critical rebuttal  1 x Critical reflection  1 x Journal article (4000-6000 words)

# MRes Health Science

**Application process:** Complete our online application form: [IPP login screen \(winchester.ac.uk\)](#)

For further guidance please visit: [How to apply \(Postgraduate\) -University of Winchester](#)

Application documentation	Key Dates
<ul style="list-style-type: none"><li>- <b>CV</b></li><li>- <b>Personal statement</b> highlighting why you want to enroll on the program and what type of research you intend to undertake</li><li>- <b>Academic transcripts/Certificates</b></li><li>- IELTS (if applicable)</li><li>- References</li></ul>	<ul style="list-style-type: none"><li>- Application deadline: <b>15<sup>th</sup> July 2025</b></li><li>- Induction: <b>w/c 15th September 2025</b></li><li>- Semester One start: <b>w/c 22nd September 2025</b></li></ul>

**Programme Information:** Visit our website ([click here](#))

**Contact information:** [admissions@winchester.ac.uk](mailto:admissions@winchester.ac.uk) or [matt.smith@winchester.ac.uk](mailto:matt.smith@winchester.ac.uk)

# How to apply

To apply you **must complete two applications**:

1. Apply **via application form to SCIP** for a place on the funded INSIGHT programme
2. Apply **directly to your first choice University** for a place to study

## Key dates:

- ✓ Deadline for SCIP application: **23.00 on 7th April 2025** using this [2025 SCIP application form](#) or QR Code
- ✓ Deadline for University application: varies by programme
- ✓ SCIP shortlisting: week commencing 14th April 2025
- ✓ SCIP notification of outcome: week commencing 5th May 2025



# For more information

- ✓ Contact the Masters programme leads
- ✓ Contact the SCIP team: [scip.insight@soton.ac.uk](mailto:scip.insight@soton.ac.uk)
- ✓ 2025 webinar recording: [South Central INSIGHT Programme \(SCIP\) - Cohort 2: webinar and information session](#)

## Reflections: From pre-doc to post-doc

- ❖ Virginia Rivers Bulkeley (PCAF)
- ❖ Holly Whitcomb (MRES)
- ❖ Chris Horler (PhD)
- ❖ Benjamin Jones (PhD)
- ❖ Rhiannon Joslin (Post-Doc)