**Cultivating Academic Research and Empowerment (C.A.R.E): A workshop for Racially Minoritised Health and Care Professionals**

**Monday 12th May 2025**

**Time:** 9:30 AM to 5:00 PM

**Location:** Hyatt Regency, 55 Booth Street West, Manchester, M15 6PQ (18th floor, meeting room)

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| **Target Audience** |
| Ethnic minority health and care professionals, early career researchers, and those interested in clinical and applied research. |
| **Aim of the Event** |
| The aim of this event is to empower ethnic minority health and care professionals and early-career researchers by providing them with the tools, insights, and support needed to advance their careers in clinical and applied research.* Through the event, we will offer a comprehensive overview of the NIHR Academy Fellowship Programme, successful grant application strategies, mentorship opportunities, and the lived experiences of ethnic minority researchers.
* The ultimate goal is to inspire and enable participants to engage more actively in research, enhance their career development, and increase their representation in the health and care research community.

**Faculties:** Prof. Bhuvaneswari Krishnamoorthy, Prof. Heather Iles-Smith (University of Salford)Prof. Yemisi Takwoingi (University of Birmingham and REDiC lead)Dr. Humaria Abbas and Dr. Henry Mbawa Jr (NIHR Academy)Dr. Fozia Ahmed, Ms. Angela Kelsall (NIHR BRC)Prof. Catherine Robinson and Prof. Rachel Cowen (University of Manchester)Ms. Jo-Anne Simpson and Ms. Gillian Southgate (NHS R&D Northwest) and many more.  |

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| **Programme for the day** |
| **9:30 AM – 10:00 AM: Registration & Welcome Coffee*** Arrival of delegates
* Registration and distribution of event materials
* Networking over coffee and light refreshments
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| **10:00 AM – 10:30 AM: Opening Remarks and Introduction*** Welcome by the event host
* Event objectives and outcomes: Empowering ethnic minority groups in clinical and research careers
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| **10:35 AM - 11:00 AM: The NIHR Academy Fellowship Programme: Unlocking Opportunities for Ethnic Minority Professionals*** Overview of the NIHR Academy Fellowship Programme.
* Application process, eligibility, and potential funding opportunities
* Success strategies for applications from diverse backgrounds
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| **11:05 AM – 11:30 AM: Navigating the Grant Application Process*** Overview of the grant application process.
* Common challenges faced
* Success strategies
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| **11:35 AM – 12:30 PM: Demystifying the fellowship: Lived Experiences of Minority Ethnic Researchers*** Insights from ethnic minority researchers who have navigated the fellowship journey
* Personal stories of overcoming barriers and leveraging diverse perspectives in research
* How ethnic minority healthcare professionals can enhance their applications with lived experiences?
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| **12:30 PM – 1:15 PM: Coaching, Supervision, and Mentorship** * The importance of mentorship and coaching
* Overcoming unique challenges with tailored mentorship and supervision
* Best practices for building a supportive mentorship relationship in both clinical and research settings
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| **1:15 PM – 2:00 PM: Lunch** |
| **2:00 PM – 3:30 PM: Meet the Expert Researchers (Speed Dating Style)** * Small groups of delegates (5-6 participants per group)
* Experts rotate every 15 minutes for focused discussions
* Participants meet with professors, mentors, funding programme managers, and researchers from both academic and clinical settings
* Discussions on fellowship applications, research areas, and career development
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| **3:30 PM – 4:45 PM: Workshop Session – Advancing Careers to practice EBP*** To discuss career pathways and opportunities.
* Practical advice on advancing careers in clinical research and applied health research, with a focus on overcoming barriers
* Navigating academic and clinical environments for career growth and development
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| **4:45 PM - 5:00 PM:** * Closure and evaluation.
* Additional networking opportunities available post-event for those who wish to continue discussions.
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