



**School for
Primary Care
Research**



**National Institute for
Health Research**

Training and Development Programme



“You only have to look at the successes of our trainees to see that we are making a big difference in the School for Primary Care Research. Our trainees have got fantastic grants and wonderful publications that are already influencing national guidelines and being put into practice.”

Christian Mallen, SPCR Training Director

“Being the holder of a SPCR award has enabled me to establish a programme of research and be mentored by world-renowned primary care researchers. The close links with other institutions within the School has facilitated networking with leading researchers outside my department. All of which has been hugely enriching.”

Adam Geraghty,
Post-Doctoral Fellow



The School for Primary Care Research brings together expertise from nine leading academic centres for primary care research in England. The aims of the School are to increase the evidence base for primary care practice and to provide a strong foundation of support for future leaders in primary care research.

Every year the School recruits trainees from clinical and non-clinical backgrounds, funding over 100 trainees to date. Our unique collaboration between academic centres provides a setting where trainees benefit from the leadership of researchers at the top of their fields. The highly competitive training awards offered by the School are designed to complement existing fellowship schemes offered by the NIHR Training Co-ordinating Centre (TCC) and other funding bodies such as the MRC and Wellcome Trust.

www.spcr.nihr.ac.uk



“A really fantastic event - a great opportunity to see the variety of research being conducted and gave me plenty of food for thought for my own research. The biggest impact for me was the opportunity to network and meet the trainees in such a supportive environment.”

SPCR Trainees' Event

Benefits of attending

- Meeting new and existing members
- Networking with colleagues across the School
- Presenting work in supportive, constructive environment
- Increased understanding of cross disciplinary collaboration
- Introduced to further funding and training opportunities offered by the School and NIHR and beyond
- Learning about innovative research from peers.

The SPCR Annual Trainees' Event encourages networking, research development and enhances a sense of belonging to the School and to the wider NIHR infrastructure.

Trainees are given opportunities to learn about the scope of multidisciplinary research skills, methods and perspectives from lectures and discussions.

Small interactive poster sessions help to develop presentation skills in a facilitated and supportive environment. Trainees are also exposed to, and inspired by, research from different disciplines and departments within the NIHR and the wider academic primary care environment.

The School encompasses research expertise from diverse areas such as sociologists, health economists, anthropologists, statisticians, behavioural scientists, clinicians and public health practitioners, all converging at the event to discuss their work and potential future collaboration.

Trainees are introduced to a variety of different patient and public engagement methodologies, influencing the integration of these elements in their own studies.



“The annual SPCR Trainees' Event is an excellent forum to meet bright and enthusiastic researchers from departments within the School.”

“The event was very interactive, informing and inspiring.”

www.spcr.nihr.ac.uk/training

“I greatly benefitted from being a part of the TUTOR-PHC training. Primarily, this training course has offered insights into the contribution and role of multiple disciplines in enriching primary care research.”

Jasmin Knopp, Doctoral Student

“On the first day each mentor presented some of their work in a poster session. There was a lot of inspiring and novel research on view, and for me it was really interesting to see what primary care research looks like outside the UK.”

Ben Fletcher, Doctoral Student

Read the blog: www.spcr.nihr.ac.uk/blog/tutor-phc-2013-four-day-symposium-in-toronto

TUTOR-PHC Transdisciplinary Understanding and Training on Research Primary Health Care

TUTOR-PHC is a one-year, pan-Canadian, interdisciplinary research capacity building program that has been training primary and integrated health care researchers and decision-makers from family medicine, nursing, psychology, epidemiology, social work, education, policy and many other disciplines since 2003.

The programme includes:

- an onsite 3-day symposium in Toronto
- two 3-week online research skill development workshops - June and November
- two 7-8 week online interdisciplinary discussion groups - September to November and January to March
- autumn - present your own research project to peers and receive interdisciplinary feedback
- winter - work with an interdisciplinary team to create a primary health care research project
- trainees accepted to the program will have their research supervisor participate in aspects of the program.
- at the end of the program trainees will be able to complete an interdisciplinary primary health care research proposal.



TUTOR-PHC

“ Mentors are, like the trainees, from a wide range of Primary Care backgrounds, and being able to chat to all of them informally was a great way to understand exactly how primary care can really benefit from collaborative, interdisciplinary research teams.”

Ben Ainsworth, post-doctoral fellow

Read the blog: www.spcr.nihr.ac.uk/blog/the-2018tutor-phc2019-experience-transdisciplinary-understanding-and-training-on-research-2013-primary-health-care-2016

The International Leadership Programme has given us a unique opportunity to extend our professional networks and broaden our horizons ... Our cohort is a safe place to reflect on our work, career progression and balance between personal life and work. We learned leadership skills to increase our personal effectiveness and to distinguish between signal and noise. The cohort offers a tremendous peer support in all of these aspects."

Prof Christian Mallen,
SPCR training director

Oxford International Primary Care Research **Leadership** programme

The International Primary Care Research Leadership programme is designed to foster and develop future leaders in primary care research. The programme consists of three residential meetings in Oxford designed to help participants explore different aspects of leadership in primary care research.

Participants are encouraged to identify their own development needs, form peer learning sets and establish a two year follow up programme. They are provided with access to current leaders in primary care research, experts in strategic leadership and one-to-one coaching. The SPCR funds up to two places per year on the programme.

"Unknown to us beforehand was the key outcome of the course: to make us work as a collaborative self-supporting group of researchers at a similar level in our careers. The benefits from such a "bonding" exercise are obvious ranging from independent advice on work issues to research collaborations."

Evan Kontopantelis, Reader in biostatistics and health services research, University of Manchester

"It was a great way to consider different types of people in an organisation and the range of strategies needed for good leadership. Meeting and working with my fellow cohort members will prove to be the most enduring benefit of the programme"

Fiona Stevenson, Senior Lecturer, Primary Care & Population Health, UCL

Read the blog: www.spcr.nihr.ac.uk/blog/oxford-leadership-programme-points-of-view-from-a-statistician-and-a-qualitative-researcher





NIHR Infrastructure Doctoral Research Training Camp

“The camp also presents an opportunity for trainees to develop networks which are an important ingredient for collaborative research work.”

Edmore Chamapiwa, Doctoral student

Read the blog: www.spcr.nihr.ac.uk/blog/developing-your-post-doctoral-career-the-art-of-communicating-your-science

“Overall, the training camp was a fantastic, if intense, experience. We got an insight into the trials and tribulations of grant application writing and meeting other NIHR trainees and working closely together in such a beautiful setting was a fun and rewarding experience. There were plenty of networking opportunities over scrumptious dinners too! If you get the chance to go to something like this in the future, we’d highly recommend it!”

Kieran Ayling and Priyanka Chandratre,
Doctoral students



“It was a fantastic opportunity to learn new skills and network with other researchers from all over the country, from different disciplines and a wide range of research interests. A really valuable and enjoyable experience which has given me the confidence and skills to contribute to future funding applications.”

Jane Vennik, Doctoral student

Read the blog: www.spcr.nihr.ac.uk/blog/learning-about-successful-grant-applications-in-ashridge-house

The NIHR Doctoral Research Training Camp is a three-day intense annual event for NIHR Trainees from the Biomedical Research Centres (BRCs), Biomedical Research Units (BRUs), Collaboration for Leadership in Applied Health Research and Care (CLAHRCs), Patient Safety Translational Research Centres (PSTRCs) and the School of Primary Care Research.

The challenging event offers workshops and guest speakers with established research careers as well as poster presentations and opportunities for networking and mentoring.

www.nihr.ac.uk/our-faculty/nihr-infrastructure-doctoral-training-camp.htm

“The research on ageing at UCL overlaps with my fellowship at UEA. Opportunities to learn from what researchers in the department had done by sitting in on training and informally discussing research with different members of the team was helpful in the development of my current fellowship. Additionally, discussing my research with a range of different academics and being able to learn from their experiences was invaluable.”

John Ford, NIHR doctoral fellow

NIHR Infrastructure Doctoral Training Exchange Scheme

The Infrastructure Doctoral Training Exchange (IDTE) Scheme allows doctoral trainees supported by NIHR to spend time in other parts of the infrastructure to network, train in a specific technique or collaborate with other researchers/specialists in their topic area.

The scheme is open to all NIHR trainees, that is, trainees undertaking a PhD or a MD, and whose research training is funded by an NIHR infrastructure award or whose supervisor is supported by an NIHR infrastructure award.

John Ford is a Public Health registrar currently out of programme on a NIHR doctoral fellowship at the University of East Anglia. After attending a qualitative methods course at UCL's Department of Primary Care and Population Health early in 2015, he was encouraged to apply for the NIHR exchange programme. Kate Walters is Senior Clinical Lecturer and SPCR training lead at UCL.

Why would you encourage others to apply?

JOHN:

“I think it's really important and healthy for early career researchers to spend time working with lots of different people. It's not just about learning new skills, but also seeing how other people approach research and think critically through research problems.”

KATE (left):

“Based on our experience, I would encourage the SPCR members to use this opportunity to promote cross-departmental collaboration and as a good experience for our NIHR funded students. The application process was very straightforward and simple, so the whole thing was surprisingly easy to set up.”



www.nihr.ac.uk/our-faculty/infrastructure-doctoral-training-exchange-scheme.htm



NIHR Annual Trainees Meeting

“The event runs over two days and is jam packed with seminars, workshops, poster presentations, and ample networking opportunities. It was a buzzing atmosphere with an abundance of material covered, and if you are an NIHR trainee and haven’t gone yet, we recommend you look into it for next year!”

Jamie Hartmann-Boyce and David Jameson

Read the blog: www.spcr.nihr.ac.uk/blog/highlights-from-the-2015-nihr-trainees-meeting

NIHR trainees, including those appointed by the School, have the unique opportunity to attend the annual NIHR Trainee Meeting in Leeds, hosted by the NIHR Trainees Coordinating Centre (TCC).

Trainees present posters of their work, network with and meet other trainees, share experiences, take part in workshops and learn more about the NIHR.

Jamie Hartmann-Boyce and David Jameson have captured highlights of the 2015 event in a blog 'Making a difference: from evidence to impact.'

How to Make a Successful Fellowship Application

JAMIE

Talk to funders early on in the process – they all have people whose job it is to talk to potential applicants, and want to hear from you!

The earlier you approach the NIHR Research Design Service, the more they can do for you.

If you make it to interview, remember it's ok to be nervous and to not know everything. Admit what you don't know, be happy to take advice, relax, and be yourself.

In NIHR interviews (and presumably for other funding bodies, too), the last slide of your presentation stays up for the remainder of the interview. So make it strong and visual – you don't need to be formulaic.

DAVID

Apply to a wide range of funders early on in the application process, including the MRC, BBSRC, MRC, NIHR and charities. They may all have money available to support your application.

The focal points of the application differ for fellowships and grant proposals. For **fellowship** applications the focus is on the person (you!), the project you will undertake and finally the place where you will undertake the project. **Grant** applications focus more on the project you will undertake, the people you'll work with (why they are the best people to collaborate with) and the place where you'll undertake the project (why is this the best place for this research project to be carried out).

Discuss how the application fits in with your own career trajectory. What career outputs would you like to see from the results of your project?

Include your training needs as part of the application process. This shows you have thought about your project, and identified the skills you have and need for it to be successful.



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courtesy of the
NIHR TCC

www.nihr.ac.uk/our-faculty/annual-trainees-meeting.htm