

An overview:

# ARC Mental Health Research Fellowship Programme 2023

In collaboration with:

*Eastern* **AHSN**



# Mental Health Research Fellowship

## How to apply

### How it works:

- Funding for 1 day a week for 18-months to a maximum of £18,750 (via backfill)
- Carrying out a 12-month project under supervision with an ARC senior researcher
- Attend teaching workshops & action learning sets
- 6-months working on an implementation project with the Eastern Academic Health Science Network

### Main aims:

- Making sense of the research world
- Promoting the use of research-based evidence in healthcare and mental health organisations
- Turning research into practice with a 6 month implementation project

### Who is the fellowship aimed at:

This fellowship is for mental health practitioners and people who impact mental health more broadly. This includes clinicians, NHS managers, health and social care practitioners and those who work in education or third-sector settings. Applicants must also be based in the East of England.

The Mental health fellowship is aimed at people who are keen to develop an understanding of the research environment, and to develop skills in research methodology, service redesign and change management. The focus is on local applied research and evaluation projects, building local capacity for evidence-informed practice, and facilitating networking across health and social care.

Identify area of interest & **contact** ARCOffice@cpft.nhs.uk as **early** as possible

Discuss with Theme Lead, Kristy Sanderson, if the project is **suitable** for a fellowship

Identify a **supervisor and write proposal** ready for applying (support is available for this)

Access the **application form and guidance** on our website

**Submit your application by** 30 November 2022

If shortlisted, **attend an interview** 3 Feb 2023

Success?  
**Start in April 2023**

# Mental Health over a Life Course

The successful applicants will be part of the ARC EoE's Mental Health over a life course theme. Lead by Professor Kristy Sanderson, this theme includes researchers from world class universities (University of Essex, University of Cambridge, University of Hertfordshire and University of East Anglia).

Addressing a wide a range of areas that impact mental health in the UK, researchers are working towards achieving key aims, such as:

- building a research infrastructure to fill the damaging gap between physical and mental health services;
- working to improve identification of children's and young people's emotional and wellbeing problems through to adulthood, and
- exploring better ways to support the mental health and wellbeing of health and social care staff

To find out more about the theme and their current research projects, view the theme webpage [here](#).

## Mental Health over the Life Course

Professor Kristy Sanderson

email: [Kristy.Sanderson@uea.ac.uk](mailto:Kristy.Sanderson@uea.ac.uk)



This is an extension of our highly successful Fellowship scheme which has been running since 2010. Since then 120 fellowships have been awarded. Our fellows have come from a wide range of clinical and non-clinical backgrounds – Registered Nurses, Dieticians and Pharmacists, General Practitioners, Consultant Psychiatrists, NHS managers, Clinical Psychologists and Consultant Clinical Neuropsychologists, from all across the East of England.

Contact the theme lead, Kristy Sanderson (and CC in [ARCOffice@cpft.nhs.uk](mailto:ARCOffice@cpft.nhs.uk)) to advise you on your project protocol to ensure it is feasible and fits within the Mental Health over a Life Course theme. Deadline for applications is Wednesday 30th November 2022.

# Who will support you?

In our ARC fellowship scheme, fellows will be supervised by a senior researcher from one of our ARC research themes.

Our researchers aim to improve care by undertaking applied research which supports frontline NHS and Social Care staff to change practice and investigate whether care and treatments are effective and provide good value.

## Unsure where to begin?

Contact the ARC office ([arcoffice@cpft.nhs.uk](mailto:arcoffice@cpft.nhs.uk)) who will guide you in your application process.