

# Introduction to the NIHR Applied Research Collaboration (ARC) North East and North Cumbria (NENC)



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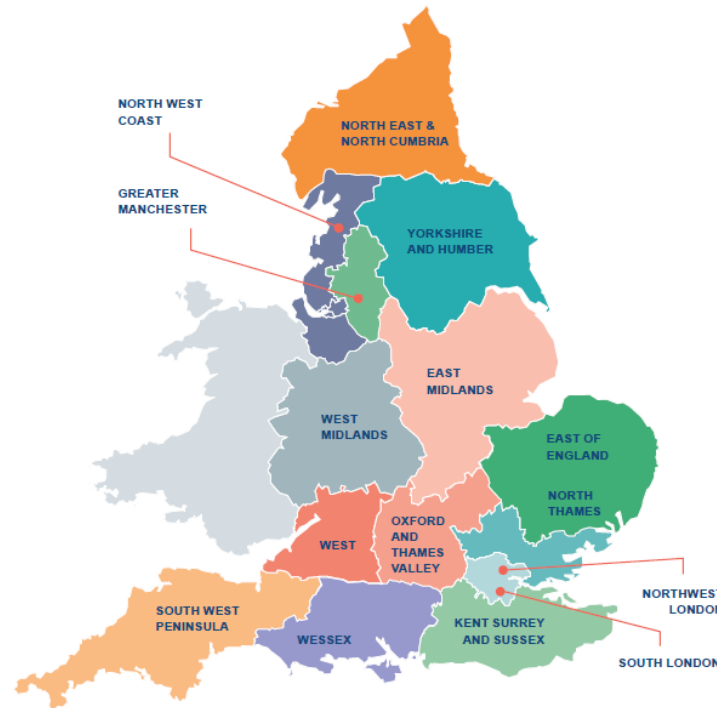
# NIHR Applied Research Collaborations (ARCs)

There are 15 ARCs in England, which focus on the priorities of health and care systems.

**NIHR** | Applied Research Collaboration  
North East and North Cumbria

Hosted by CNTW NHS  
Foundation Trust

Includes all six regional  
universities as partners.



## Remit:

- To generate evidence – on regional priorities
- Increase capacity and capability
- Mobilise knowledge – support implementation
- Engage and involve public members

They work closely with all ICSs (ICBs + ICPs) in their areas.

Began in 2019, extended to 2026

University of  
**Cumbria**



 **Durham**  
University

 **Newcastle**  
University

 **Northumbria**  
University  
NEWCASTLE



**University of**  
**Sunderland**



**Teesside**  
University

**NIHR** | Applied Research Collaboration  
North East and North Cumbria

# ARCs areas of research and leadership



ARCs are responsive – to help meet existing and evolving needs of local populations and local health and care systems.

- Aim to **improve outcomes** for patients and the public and improve the quality, delivery and efficiency of health and care services.
- Conduct research on **system needs** including: the challenges of an ageing society (multiple long-term conditions, increased complexity/demand); health inequalities; mental health; prevention of poor health.
- Deliver **national-level impact** through collaboration between ARCs, with individual ARCs providing national leadership within their fields of expertise.
- Connect universities with NHS providers, charities, Local Authorities, Health Innovation Networks (HINs), businesses and industry to increase the rate at which innovations and research findings are **implemented into practice**.

Our vision is to achieve:

‘Better, fairer, health and care  
at all ages and in all places’

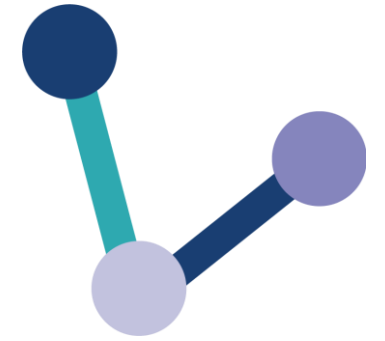
Through:

- Relevant, timely and useable evidence
- Mobilising knowledge across the region
- Supporting implementation/innovation/evaluation
- Engaging and involving people from all backgrounds
- Working in partnership





# We lead two of the ARCs' National Research Priority Consortia



## Health and Care Inequalities

The aim of this National Priority Consortium is to work across all Applied Research Collaborations (ARCs), the Northern Health Science Alliance (NHSA) and with national stakeholders to support the health and care system nationally and across our region, to reduce health care inequalities.

## Prevention with Behavioural Risk Factors

The aim of this National Priority Consortium is to work across all 15 ARCs and with national stakeholders to reduce ill health and prevent premature mortality.

# ARC 2019-24 (extension to 2026) - what we've achieved so far

## Funding

- £9M & £7M matched funding
- £3.8M National Consortia x 2
- £125K Beneficial Changes
- £750K Mental health capacity
- £480K Dementia capacity
- £260K Social Care capacity
  
- £2.7M for 18Mo extension
  - Dementia £360K+£42K
  - Inequalities £652K
  - Prevention £387K
  - *MH extension* £340K
  - Knowledge Mobilisation (2fte, 3 years) £560K\*



## Capacity, Capability and Output

- 21 ARC fellows in 6 HEIs
- 10 Mental Health fellows
- 5 Dementia fellows
  
- 16 Practitioner Fellows
  
- 6 Social Care Fellows
  
- 27 PhDs & 25 Masters places
- >500 practice/public members
  
- 53 projects funded (£2.7M)



# Our work within Cumbria

Contributed £640,000 in funding to the University of Cumbria  
Conducted extensive community engagement work in North Cumbria

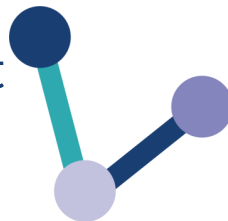


- Funded University of Cumbria ARC Inequalities Research Fellow (Dr Elaine Bidmead)
- Two funded PhD studentships (Lydia Pell and Adam Webb)
- Delivered a joint ARC NENC, University of Cumbria & Centre for Health and Research in Society Engagement & Networking Event (2020)
- Hosted an ARC NENC Inequalities networking event at the University of Cumbria (2022)
- Hosted a Multiverse Lab event at the University of Cumbria (2023)
- Delivered a joint ARC/VONNE/VCSE Co-Production Workshop at Harraby Community Centre (2023)
- Supported the Fuse Public Health network to extend, to include the University of Cumbria
- Both ARC and Fuse have helped support the Cumberland HDRC bid



# Funded projects led by the University of Cumbria

- **Universal Credit Study** – Elaine Bidmead (collaborative with colleagues in Northumbria and Newcastle Universities) Awarded £29,000 external funding (QR Policy fund).
- **Mental Health Research Capability Funding- £29,920**  
*Understanding the mental health needs and support mechanisms for Gypsies and Travellers in the North East and North Cumbria - Lindsey Regan.*
- **ARC Mental Health funding- £37,485**  
*Understanding the complexities of reach and gatekeeping in suicide prevention training within disadvantaged localities in West Cumbria – Tom Grimwood*
- **ARC Open Funding Competition funding - £74,921**  
*An Exploration of Therapeutic Horticulture and Agriculture as Supports for Vulnerable Young People’s Wellbeing – Mark Christie*
- **ARC Open Funding Competition funding - £88317**  
*Experts by Experience: Youth Perspectives on Social Determinants of Wellbeing – Kaz Stuart*



# ARC 2 – alignment with ICS NENC Health Strategy

*‘Better health and wellbeing for all’*

**North East  
North Cumbria  
Health & Care  
Partnership**



## Overarching objectives

1. Longer and healthier lives (Multimorbidity; Prevention)
2. Fairer outcomes for all (Inequalities)
3. Better Health & care services (Integration)
4. Giving children & young people the best start in life (Children & Families)

# Public Involvement and Community Engagement

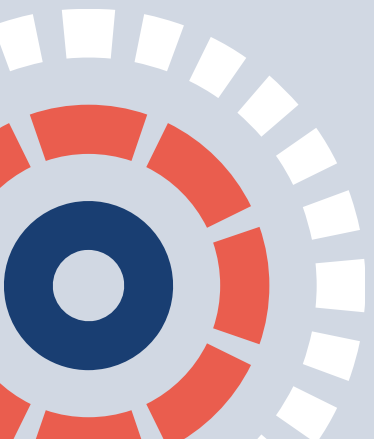


## Examples of work delivered in partnership with communities in Cumbria

- **West Lakes Academy** - Year 8 students took part in a year-long research project to develop health and wellbeing research ideas, which led to a report on '*The Impact of the School Environment on Young People's Health and Wellbeing*', April 2022 – April 2023
- **Cumbria Youth Alliance** - were partners in the development of a bid to NIHR to develop a **North East North Cumbria Children and Young People's Research Partnership**
- **Networks within the VCSE**
  - The ARC Public Advisory Network includes public contributors and VCSE organisations including those in North Cumbria
  - Our ARC PICE Manager is involved in the North Cumbria VCSE Networks
  - Our ARC PICE Manager & Research Fellow are co-authoring a book chapter with The Centre in Maryport



# Project examples



# Personalised safety planning to support adults at risk of suicidality

Developed in partnership with lived experience contributors from Cumbria, and staff from Cumbria and Eden Mind.

- Research by ARC NENC has identified a pressing need to move away from standard risk assessment tools for adults at risk of suicidality.
- This project worked with people from a range of backgrounds, to create a guide which can be used by both patients and health care professionals, to support the development of personalised safety plans – which can be more effective.
- The project team included people with lived experience of suicidality, including those who have attempted suicide or who have lost loved ones to suicide.



*“If my daughter had a personalised safety plan and had known what to do when she was in difficulty, I am convinced she would have been with us today.”*

**Paula Mart from Penrith, who is one of the key collaborators on the project. She lost her daughter Jaymie to suicide in 2012.**

# Poverty proofing healthcare

Co-led by Dr Elaine Bidmead, ARC Inequalities Research Fellow, University of Cumbria

- Poverty impacts negatively on children's health and future life chances. Poverty also causes barriers to accessing healthcare services – despite the NHS being free at the point of delivery.
- This study aimed to understand what things make it difficult for families living on low incomes to attend medical or health appointments.
- We will be using the information we gained from this research to develop a toolkit which providers of healthcare services can use to address barriers to access.



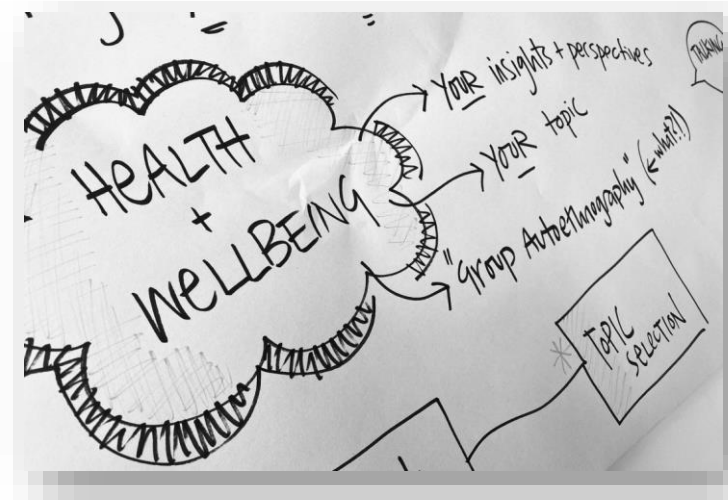
## What parents and VCSE staff told us they'd like to see:

- Make sure information on financial support is easy to find
- Make it easier for people to get to appointments by offering them at different times of the day and weekends
- Have pre-bookable appointments for families with ongoing health care needs
- Train health care staff so that they treat families sympathetically

# Putting young people in the driving seat of research

Students from the William Howard School Sixth Form in Brampton, and members of the Carlisle Youth Zone, were involved in participatory action research projects, supported by the University of Cumbria and Northumbria University.

- The projects included work looking into young people's wellbeing during Covid-19 lockdowns, and young people's self-image.
- This work can help us to understand the support young people want and how they want to access it.
- It can also help us understand the value of engaging young people in service design.



Alongside this project work, the academic team have produced a set of resources to support the delivery of youth-led research and co-production regionally and nationally.



# Putting research into practice

- **Research** is a key driver of improvements to health outcomes, often via deeper understanding of patients' and staff experiences.
- **Public involvement** and **community engagement** is key – ensuring work is grounded in real-world need.
- We produce **evidence** that is relevant, timely and meets the needs of the system.
- We **translate research findings** into plain language briefings for use by practice partners.
- We support the **mobilisation of evidence** from research to practice – via creative dissemination.
- We use theory and **knowledge from practice** to support **implementation** (evidence informed change).



## Work with us, to make a difference



- Register to become an associate member of our ARC – we can link you with the most relevant research theme/s
- Sign-up for our weekly newsletter and we can send you our latest research news, evidence briefs, information about events, funding opportunities and more.
- Visit our website at [www.arc-nenc.nihr.ac.uk](http://www.arc-nenc.nihr.ac.uk)
- Follow us on Twitter/X @NIHR\_ARC\_NENC