Summary report

This event was put together by Sally with the purpose of bringing members from across the IHW together to foster community, forge collaborations and share ideas and practice. The day was centred around a series of talks focusing on different aspects of research being carried out within the IHW. These are summarised at the end of the document.

In amongst the talks were a series of facilitated group sessions. The first of these was a get to know you session which asked the following questions: Who are you? What do you do? Why do you do it? Starting in random pairs the questions were explored and new introductions were made as bigger groups formed.

Subsequent group sessions focused on three main areas relevant to the IHW; namely collaboration, MRC studentships and postgraduate recruitment. These sessions produced significant outputs and these are summarised under the session headings below.

How can we best collaborate?

This question prompted lively discussion as groups formed to brainstorm ideas for bringing the IHW together. There was a strong sense that community of the IHW was key in inspiring action. The key suggestions brought out of the discussion are listed below.

- A common place *
- ‘Work in progress’ seminars
- Making a pitch to the university for space *
- To have a ‘matchmaker’
- Have time allotted for attending events
- Proactively using email lists
- Good networking events
- Special interest groups
- An annual ceilidh

At the end of the event there was a request for volunteers from with the IHW to help with making some these things happen. Participants were asked to sign up, either on the day or subsequently through Asha. Chris Brown got the ball rolling by putting his name down for the two starred events.
What MRC studentships should the IHW offer?

The participants worked through a structured creative process to form ideas for projects that would inspire people to study at the IHW and that would also solve real, relevant problems.

In the first stage new groups worked on big ideas for novel research projects. Participants were encouraged to think freely and think about the big problems that need researching. Groups then moved to explore another group’s suggestions and to choose one of interest. This idea was the scoped out for the context of a three year research project, considering what resources would be required to make it happen. In the final stage of the process groups returned to their original ideas and provided critical appraisals of the research plans.

The session was backed up in the afternoon when further groups began the process of putting specific project titles together, thinking about why these would be relevant to new students and who these could be marketed at.

Over the course of the day many project themes were offered and these were recorded with photographs which will be made available to those who attended. As selected summary of the projects with were most developed is included below.

- Multi-morbidity in younger patients
- Impact of the man in the family
- Hearing issues in younger children
- Volunteering at the Commonwealth Games
- Population and deprivation

How can we best improve PGT/PGR recruitment?

In the final group session of the day participants were asked to put themselves in the shoes of potential postgraduates and to think about what would motivate them to be part of the IHW. There was a particular focus on the recruitment of overseas students. A summary of the ideas is presented below:

- Clear career development support
- The opportunity to shape their project
- Knowledge of what transferable skills they’d gain
- City/ location
- Information about the student experience
- Personal contact/ mentorship **
- Employability information – What? Where? And help
- Stipend
- Publication
- Alliances
Volunteers were again requested to help with putting some of these suggestion in place. Michael Green put his name down to get involved in mentoring new PGRs. Further volunteers should contact Asha.

The research event provided a forum for IHW members to meet and talk with other. The volume of ideas generated was impressive and the motivation to move things forward was clear. The interest in generating more events was very strong and the willingness of members to put themselves forwards to implement these ideas is very encouraging.
Research presentations

The potential for research and new technologies to enhance health and wellbeing Professor Frances Mair, General Practice and Primary Care.

Can candidacy help us understand perception and experiences of health? Dr Sara Macdonald, General Practice and Primary Care

Reducing health inequalities: exploring the potential of social groups and mobile technologies to deliver sustained positive lifestyle change Dr Cindy Gray, Social Scientists working in Health and Wellbeing

How does our environment affect our health, and how do we know? Professor Rich Mitchell, Public Health

What research on inequalities in health might actually make a difference? Professor Graham Watt, General Practice and Primary Care

Using longitudinal studies, disease registries and NHS and other administrative data to study life course determinants of health, trends in health and its determinants, and the outcomes of policy or environmental changes or clinical trials Professor Ian Ford, Robertson Centre for Biostatistics

Professors Stewart Mercer, Chris Williams and Jill Pell presented three impact case-studies.