

Dear Member,

We couldn't send you an update without referencing this extreme weather... hope you've all been managing to stay safe and cool in the heat.

It has felt worryingly timely that we have been working with West Midlands Combined Authority and University of Birmingham on a project called **WM-Adapt** (community researchers pictured on the right).

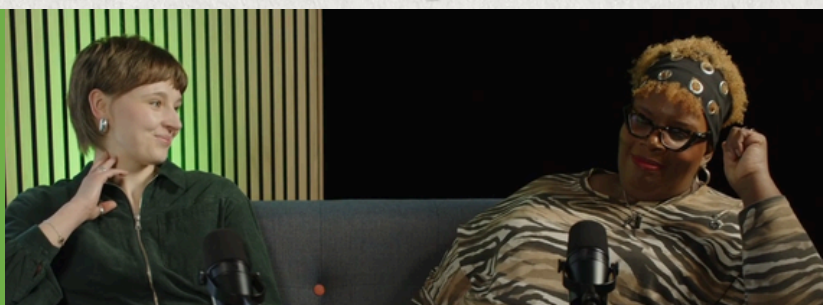


This work focuses on extreme or 'wild' weather, and aims to understand how communities at a neighbourhood level are affected. The project continues until next year, culminating with suggestions on how neighbourhoods can be supported to adapt. I think we can all acknowledge the importance of this.

If you're interested to know more, and see some of the resources already developed, please do [head to our CHERP hub here](#), and reach out if you have any questions!

★ Have you listened to our podcast series *CHERP Conversations* yet?!

If not, [head to our YouTube Channel](#) now and hear directly from our community researchers ★



The CHERP hub



The CHERP hub is an online platform designed for **you** to learn more about research and share opportunities.

If you haven't received a log in link, need help, or have feedback please contact researchadmin@bvsc.org

[**Visit the hub to connect and share your work.**](#)

Funding Calls

We are now recruiting for the next cohort of the Stepping into Research Programme (STiR). More information, including details on how to apply, can be found at:
<https://sites.manchester.ac.uk/mhsci/stepping-into-research/>

Please share this news amongst your colleagues and network.

For any queries, please contact this mailbox

NIHR | Research
Support Service

Specialist Centre for Public Health

Funding call - June 2026

The award call this description relates to is now closed. Funding opportunity from NIHR Research Support Service (RSS) Specialist Centre for Public Health – Public Health Grassroots Awards Opportunity to apply for Public Health Grassroots Awar...

 google.com

Career development funding opportunities - NIHR SSCR

Round 3 of the SSCR Career Development Awards is now open to applications.

This funding provides awards of £20,000 to £75,000 for individuals to undertake personalised training activities and advance their professional development in social care research. Deadline for applications: 5pm Thursday 24th September 2026

[Read the guidance and download an application form](#)

NIHR | School for Social
Care Research

20
Years

Research Involvement Opportunities

Please feel free to share the following opportunities within your networks, or to contact the named researchers directly for more information.



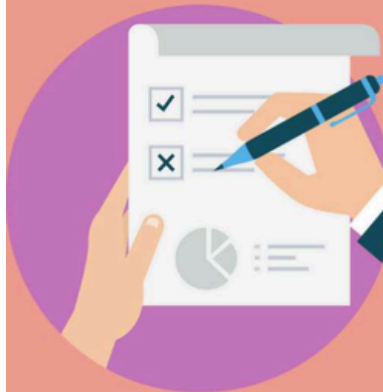
Help improve maternal heart health

Join the PREG-HEART study



The number of pregnant women with heart disease is rising.

We want to understand how heart health affects women during and after pregnancy, to help improve future care.



What you'll need to do:

STEP 1.

Sign an online consent form

STEP 2.

Fill out a short health survey each year, for as long as you wish to take part

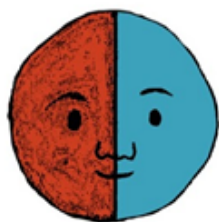


Who can take part?

- Women diagnosed with heart disease before, during, or up to 6 months post-pregnancy
- Pregnant women without heart disease

Find out more at thehearthive.org/preg-heart

thehearthive.org



**CSA
Reps**
Books - Films - Tv Series



Do depictions of child sexual abuse in fiction affect your work?

We would like to understand how fictional depictions of child sexual abuse (CSA) in novels, films and TV series affect people with lived experience of CSA and support professionals who work with them.

If you are a support professional (e.g., social worker, psychologist, therapist, legal adviser)

**working with people with lived experience of child sexual abuse
and**

**would like to give your opinions about how child sexual abuse is depicted in fiction (books, TV/streaming series, films),
please consider taking part in our focus group study!**

The ultimate aim of the research is to help address some of the misconceptions about child sexual abuse and to understand if fiction can help reduce the stigma around this important issue.

For more information on our project visit the [CSAReps Project Website](#)



Your opinion
counts

Help shape the future of thyroid research

Thyroid disease affects millions, yet it remains
under-researched.

We are on a mission to identify the top 10 areas that researchers
should focus on next—but we can't do it without you!

Please complete our survey to tell us which areas of thyroid
research matter to you.

How to have your say

- **Fill out our survey:** Online or contact us for a paper copy: jlappsp@btf-thyroid.org or 01423 810093
- **Tell us:** What questions do you want researchers to answer?
- **Share:** Help us reach as many people as possible.



Your opinion matters. Complete our survey today.



This survey is part of a James Lind Alliance Priority Setting Partnership led by the British Thyroid Foundation. This will help to identify the top 10 research priorities for the UK thyroid community.

Find out more www.btf-thyroid.org

#jlathyroid



Poor pre-pregnancy health is a major contributor to adverse maternal and infant outcomes across Birmingham and Solihull. To better understand current awareness and experiences of pre-pregnancy healthcare, researchers at the University of Birmingham and Birmingham Women's and Children's NHS Foundation Trust are conducting a short online survey.

The findings will help establish baseline measures of pre-pregnancy health awareness and inform the future planning and development of local services and support.

Who can take part?

Aged 18–50 years

Any gender

Not currently pregnant

Living in Birmingham or Solihull

The survey is anonymous and should take approximately 5–10 minutes to complete.

As a thank you for your participation, you will have the opportunity to enter a prize draw to win a £50 voucher.

Your views are important and will help shape future pre-pregnancy health services for local communities.

Survey link:

https://bham.qualtrics.com/jfe/form/SV_bQ0FFSfQlXAs45w

Alternatively, you are welcome to complete the questionnaire by scanning the QR code below:



Thank you very much for your support.

Empowering workplace self-management for individuals with long-term health conditions and health-related disabilities: a randomised controlled feasibility trial of the 'Co-Manage' intervention compared with usual workplace support.

Expression of Interest

Study Title:	Empowering workplace self-management for individuals with long-term health conditions and health-related disabilities: a randomised controlled feasibility trial of the 'Co-Manage' intervention compared with usual workplace support.
Lead Researcher:	David Maidment
Study Sponsor:	Loughborough University

Study Synopsis:	Research aims This research aims to test whether a trial of an online toolkit, called Co-Manage, can be done. Co-Manage is designed to help workers with any long-term health condition (eg. mental ill-health) or health-related disability (eg. hearing loss) to self-manage their health at work. Self-management describes the actions people can take to stay well, such as taking medication, exercising, or working flexibly. Co-Manage offers guides and tools that workers, managers and employers can use on their own or jointly to support self-management. Background In the UK, 5.53 million workers live with a long-term health condition or health-related disability, costing the economy around £100 billion per year due to increased sickness leave. To help working people stay well, the UK Government and professional groups want employers to support workers to self-manage their health. Research in the USA has found that workplace self-management support programmes can reduce sick and disability leave. These kinds of programmes have not been tested in the UK, which has different health and social care services. We have developed Co-Manage with input from 85 people including workers, managers, employers, and professional
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	group members. Co-Manage includes online guides and resources that can be downloaded for use in paper form. For employers, Co-Manage provides resources to help them to understand which policies or practices will help workers to self-manage their health in the workplace. For workers and managers, online toolkits provide step-by-step actions that they can take to support self-management, such as when and how to request or offer support. A strength of Co-Manage is that it can be used for any long-term health condition or disability and can be applied in any workplace setting. We now want to assess whether Co-Manage can reduce the number of sick or disability leave days workers take by improving their work, health and wellbeing. We also want to understand how Co-Manage is used by workers and managers and embedded into organisations by employers. Design and methods We are working with 8 workplaces from public, private, and voluntary and community sectors. Four will receive Co-Manage and four will offer usual workplace support (control group). To assess the impact of Co-Manage on both workers and employers, we will measure days lost to sick and disability leave. We will ask workers to complete questions about their health and wellbeing before the intervention, as well as three and six months after. We will also ask workers if we can obtain their sick and disability leave records from their employer over 12 months. Interviews will be completed to capture the views of workers, managers and employers about their experiences of using Co-Manage. Dissemination Findings will be shared with workers, managers, employers, the UK Government, professional groups, and researchers. By the end of this research, we will know whether we can assess Co-Manage in a larger trial involving a broad range of workplaces from across the UK.
Inclusion Criteria:	1. For employers, organisations from any sector with more than 10 employees with no existing processes or policies that conflict with Co-Manage (e.g. an alternative self-management support programme).

	- Any individual worker aged 18 years and over with any long-term condition or disability requiring ongoing management for more than 12 months. To enable assessment of the primary outcome, participants must have been employed for at least 12 months prior to the start of the intervention. - Managers supporting workers with any Long Term Condition or disability. - All participants must be able access to the internet and be able to understand English sufficiently to provide informed consent, complete online questionnaires, and use Co-Manage.
Exclusion Criteria:	- Organisations with less than 2% of workers that have taken sick/disability leave (primary outcome) in the past 12 months, making it difficult to demonstrate potential impact of Co-Manage. - Worker participants who are under 18 years of age, do not have a long-term condition/disability requiring ongoing management for more than 12 months, have been in their current employment for less than 12 months prior to the start of the intervention, and/or are unable to provide informed consent or participate in study procedures (eg. due to cognitive or language barriers that cannot be reasonably accommodated).
Study end date:	Recruitment of workers due to end November 2026. The study is currently scheduled to complete data collection in December 2027.

**To express an interest in being involved or any queries please
contact; D.W.Maidment@lboro.ac.uk or
NIHR.RSS.PublicHealthDelivery@newcastle.ac.uk**

Upcoming Events

The Birch Network Quarterly Meeting

The next Birch Network Quarterly meeting will be in person on:

Thursday 23rd July

1pm-3pm, lunch provided

at BVSC offices: Latham House, 33-34 Paradise Street,
Birmingham B1 2AJ.

As usual, we will hear from researchers sharing insight into their projects, discuss issues related to community-engaged research, and have the chance to connect and network. We hope to see you there!



Please reach out if you'd like to attend but havent received an invite: researchadmin@bvsc.org

Birmingham LGBT DEP (Deep Engagement Partnership) EVENTS – JULY

Exploring and Coping with Disordered Eating: LGBTQ+ Group Six Mondays from 13th July, 5.45pm – 7pm, Birmingham LGBT Centre

Birmingham LGBT is hosting a six-week support & psychoeducation group, facilitated by Jessica Sharman MUKCP - Integrative Psychotherapist and Peer Support Worker in Eating Disorders.

This group will provide a safe space for LGBTQ+ individuals to explore their eating difficulties, gain peer support, and learn coping skills for eating and body image difficulties, facilitated by a psychotherapist and peer support worker with lived experience of eating disorder recovery and being a member of the LGBTQ+ community. You do not need a formal eating disorder diagnosis to join this group.

This group will be most applicable to those struggling with eating and body image. The group contents might feel less applicable to those experiencing ARFID or a restricted diet based due to sensory difficulties.

Places are limited, and will be offered to eligible people who are able to attend all six sessions, which are held on Monday evenings:

**13th July
20th July
27th July
3rd August
10th August
17th August**

In making this booking, you agree to the following terms:

That Jessica can phone you to go through a pre-sessions assessment, which will include a health risk assessment and noting details of your GP and emergency contacts.
Your commitment to attend all six sessions if you can. We understand that life can get in the way, but we want participants to gain the maximum benefit from the sessions.

To book: link.outsavvy.com/ecde

Any questions? Email MariaHughes@blgbt.org or call 0121 643 0821 and leave your details for Maria to call you back.