

## NIHR ARC East Midlands is pleased to announce a competitive call for PhD funding, for a doctoral studentship at the School of Medicine, University of Nottingham.

NIHR ARC EM is an applied research centre working across the East Midlands. Our research aims to improve outcomes for patients and the public, and to increase the efficiency, quality, accessibility and sustainability of health and care services.

Proposals for the PhD should be aligned to our [Building Resilience in Later Life Theme](#), complement the [ARC's portfolio of applied research](#) and address the Department of Health priorities '[hospital to community](#)', '[analogue to digital](#)' or '[treatment to prevention](#)'.

The NIHR are committed to equality, diversity and inclusion in everything we do. Diverse people and communities shape our research, and we strive to make opportunities to participate in research an integral part of everyone's experience of health and social care services. We develop researchers from multiple disciplines, specialisms, geographies and backgrounds, and work to address barriers to career progression arising from characteristics such as sex, race or disability.

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| <b>Award</b>          | NIHR Infrastructure Doctoral Award                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Aim</b>            | An opportunity to develop research skills by PhD and establish your career as a researcher / clinical-academic.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Host</b>           | <ul style="list-style-type: none"> <li>• NIHR host: ARC East Midlands - Building Resilience in Later Life Theme.</li> <li>• Academic host: School of Medicine, University of Nottingham.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Award duration</b> | This is a 3 year full-time doctoral studentship, commencing in October 2026. Part-time applications (6 years pro-rata) will be considered.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Funding</b>        | <p>This Doctoral studentship award covers University registration fees (Home rate: £5,238) and an annual tax-free stipend at UKRI rate of approximately £21,805 (full time registration; award is 50% pro-rata for part-time registration).</p> <p>A fixed contribution of £3,000 towards additional training and research costs will also be made available. Costs over this amount will need to be covered by other means.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Eligibility</b>    | <p>To be eligible to apply for this Doctoral funding, you should already have a 2.1 or above at undergraduate degree level.</p> <p>Applications are particularly welcome from nurses, midwives, allied health professionals, pharmacists, healthcare scientists, social workers and registered public health professionals. NHS, public health, local authority and social care employees who wish to apply should provide written confirmation from their employer that they support the application, and explain how they will be released from their duties to conduct the PhD.</p> <p>International students are welcome to apply but will need to fund the remainder of their fees from alternative sources. See <a href="https://www.nottingham.ac.uk/fees/tuitionfees/202627/postgraduate-">https://www.nottingham.ac.uk/fees/tuitionfees/202627/postgraduate-</a></p> |

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|                                         | <p><a href="#">research.aspx#Medicine</a> for costs. Confirmation of the funding source is required, in writing, at the time of application.</p> <p>Prospective applicants are welcome to contact the ARC's Head of Research Capacity Development to explore their suitability for these career development opportunities. Contact details can be found below.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>How to apply</b>                     | <p>Applicants should complete the ARC PhD application form and a CV of no more than 2 pages (using Arial 11 font). Documents should be submitted as Word files and not as PDFs. Please save the application form and CV using the naming conventions: Surname_ApplicationForm_ARCNOTTPHD26 and Surname_CV_ARCNOTTPHD26.</p> <p>Applicants should propose their own PhD project. However, projects must align with:</p> <ul style="list-style-type: none"> <li>• Our ARC East Midlands <a href="#">priorities</a> which include prevention, rehabilitation and long-term care of older adults;</li> <li>• <a href="#">The NHS 10-year plan for England</a>, explaining how your proposed work addresses the 3 shifts;</li> <li>• NIHR 4 I's (impact, innovation, inclusion and investment)</li> </ul> <p>Applicants must include a mandatory consideration of how inclusion has been built into all stages of the research lifecycle, and describe how their proposal development to date has been shaped by working with people and communities (PPIE).</p> <p>Applications must name the University of Nottingham academic supervisor with whom the project has been discussed and who has agreed to act as primary supervisor for the PhD. The named supervisor will be contacted to identify the extent of their role in the preparation of the PhD application.</p> <p>Applications should be submitted to: <a href="mailto:ARC-EM-Training@nottingham.ac.uk">ARC-EM-Training@nottingham.ac.uk</a></p> |
| <b>Closing Date</b>                     | <p>Applications will close on 28<sup>th</sup> June 2026 @ 23.59pm.</p> <p>Applications that arrive after this time/date will be ineligible for consideration.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Interview date</b>                   | <p>Interviews will be held via MS Teams on 17<sup>th</sup> July 2026.</p> <p>Interviews will last 30-40 minutes. Interviewees will be asked to give a 5-minute presentation on their proposal.</p> <p>The interview panel will comprise of: Professor Elizabeth Orton, Dr Katie Robinson and Dr Emma Rowley.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Selection process &amp; criteria</b> | <p>Applications will be assessed by the interview panel and the ARC's head of Research Capacity Development, according to the assessment criteria set out in the application form.</p> <p>Applicants selected for interview will be contacted on 6<sup>th</sup> July 2026 by email.</p> <p>Unsuccessful applicants will be informed by email, and feedback provided.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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| <p><b>Further details/<br/>Useful resources:</b></p> | <p>In the first instance, if you would like to know more about NIHR ARC East Midlands, please refer our webpage: <a href="https://arc-em.nihr.ac.uk">https://arc-em.nihr.ac.uk</a></p> <p>For research / thematic fit enquiries, please contact the BRILL theme:</p> <ul style="list-style-type: none"> <li>• <a href="mailto:Elizabeth.Orton@nottingham.ac.uk">Elizabeth.Orton@nottingham.ac.uk</a></li> <li>• <a href="mailto:Katie.Robinson@nottingham.ac.uk">Katie.Robinson@nottingham.ac.uk</a></li> </ul> <p>For further queries, including technical help, confidential enquiries and reasonable adjustments, please contact the ARC's Head of Research Capacity Development, Dr Emma Rowley on <a href="mailto:Emma.Rowley@nottingham.ac.uk">Emma.Rowley@nottingham.ac.uk</a>. Please note, Emma is on leave 22<sup>nd</sup> – 31<sup>st</sup> May.</p> <p>Other information that you may find useful includes:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.nihr.ac.uk/career-development/research-career-funding-programmes/supporting-career-development/opportunities-infrastructure">https://www.nihr.ac.uk/career-development/research-career-funding-programmes/supporting-career-development/opportunities-infrastructure</a>.</li> <li>• NIHR Research Support Service (RSS): <a href="https://www.nihr.ac.uk/support-and-services/research-support-service/rss-hub-leicester">https://www.nihr.ac.uk/support-and-services/research-support-service/rss-hub-leicester</a></li> </ul> |
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## DETAILS OF TRAINING OPPORTUNITIES AT THE UNIVERSITY OF NOTTINGHAM

The NIHR Doctoral Student will be part of the NIHR ARC East Midlands 'Building Resilience in Later Life' theme. We are keen to receive applications from individuals interested in ageing well through public health measures (prevention), rehabilitation and long-term care in the community. ARC EM has particular expertise in falls prevention, physical activity and frailty, and rehabilitation.

Our main research groups related to this PhD areas are as follows:

- **Injury Epidemiology and Prevention**

Injuries are a common cause of death, disability and healthcare use. Our research is aimed at understanding who suffers injury, how best to prevent injuries and how to improve the lives of injured people. We use a range of methods to answer these questions including randomised controlled trials, systematic reviews, case-control and cohort studies, epidemiological studies using large primary and secondary care databases and qualitative studies. We are passionate about implementing the findings of our studies into clinical and public health practice, and many of our studies include implementation work streams.

For further information please contact us, or see our website:

<https://www.nottingham.ac.uk/research/groups/injuryresearch/index.aspx> or contact [Professor Elizabeth Orton](#)

- **Rehabilitation and Ageing**

The Rehabilitation and Ageing Research group is home to a collective of clinical and academic healthcare professionals (doctors, occupational therapists, physiotherapists, speech and language therapists, and health psychologists) with a research portfolio in two broad thematic areas. Rehabilitation, including neurological, vocational and stroke rehabilitation, and Ageing and Care of Older People, including care home residents.

- Ageing and Care of Older People: To conduct internationally significant applied health research that leads to improvement in the health and wellbeing of older people.
- Vocational Rehabilitation: To promote wellbeing and enable people who sustain injuries or develop health conditions to maximise participation in meaningful work and social lives.
- Neurological, Psychological and Stroke Rehabilitation: To optimise recovery, restore function and empower and support people of all ages and their carers/family to lead the lives they wish.

The group's methodological expertise is in developing and evaluating complex interventions, multicentre (and feasibility) randomised controlled trials testing the clinical and cost effectiveness of rehabilitation interventions, implementation research, process evaluation, translational social care research and evaluating rehabilitation technologies.

### Examples of studies include:

- [Implementing Action Falls in care homes: What works, and how? | ARC EM](#)
- [Return to Work after Major Trauma](#)
- [Falls in Stroke Survivors](#)
- [e-OPTIMISE - Optimising Pathways of Psychological Care after Transient Ischaemic Attack and Minor Stroke](#)
- [Falling in the lives of adults with cerebral palsy: Taking action to prevent, manage,](#)

[and support through the life course \(FIDELIO\)](#)

**For further information see:** [Rehabilitation and Ageing - The University of Nottingham](#) or  
contact [Dr Katie Robinson](#)