

# Workshop on Promoting Health and Nutrition for Children and Young People

## Background

NorthHFutures is a collaborative, people-powered research programme that brings together the expertise and resources of six universities in the North East and North Cumbria (NENC) region to provide opportunities for everyone to engage in digital health and health-tech initiatives. These universities are Newcastle, Cumbria, Durham, Northumbria, Sunderland, and Teesside. They lead the academic partners in the hub consortium.

The hub also involves global technology companies, small to medium-sized businesses, and other enterprises and initiatives that have funding to promote research and innovation. We also work with organisations in the Voluntary, Community, and Social Enterprise (VCSE) sector, with advocacy groups, and with citizens.

We are motivated to address healthcare needs in our region that are currently not being met, and work to reduce inequalities and digital exclusion.

## Research Collaborations

NorthHFutures will facilitate and fund new research collaborations. Collaborative teams will undertake a research project addressing specific themes:

- Promoting Health and Nutrition for Children and Young People;
- Developing Digital Surgical Pathways (about care before, during and following an operation);
- Supporting Mental Health and Wellbeing;
- Living and Ageing Well with Multiple Long-term Conditions.

Each team can bid for up to £50k, and the project can be up to 12 months in duration.

We aim to address health and care needs in our region that are currently not being met, and work to reduce inequalities and digital exclusion.

**To apply for our funding, you need to attend one of our upcoming workshops to form a collaborative team and develop a new research proposal.**

## Join a Workshop

The workshops will bring together people from different fields to connect, share ideas, and tackle real-world challenges. They will be professionally led, making them accessible for those who are new to research to take part.

All experience and expertise relating to the topic area will be valuable; there is no expectation around prior knowledge about research, or being an expert in the workshop topic. In addition to working with others to develop ideas into a proposal, there will be supportive guidance and mentoring from NorthHFutures researchers and collaborators - on hand at each workshop.

### What does taking part in a NorthHFutures workshop involve?

We will need participants to commit to being available for the full day of the workshop. Given the focus of the workshops on collaboration, everyone will be expected to engage with each other to develop and refine their ideas. Where relevant, there may be some suggested reading or videos provided before and during the workshops to help participants explore and benefit from relevant research or other literature.

### Who can join a workshop or project team?

Everyone can apply to take part. Our workshops will be focused so we're asking interested people to demonstrate enthusiasm and interest in cross-sector, collaborative research activities.

There are funding rules from EPSRC (Engineering and Physical Sciences Research Council) about who can lead a project team and how different organisations can receive funds from the award – find out more about this in the call guidance document, or get in touch with the NorthHFutures Hub Programme Manager Jen Wood: [jennifer.wood@newcastle.ac.uk](mailto:jennifer.wood@newcastle.ac.uk).

### After the Workshop: Application and Assessment Process

If you apply for funding from NorthHFutures, your application will be reviewed by our Research Board. This board includes representatives from the Health and Care sector, the VCSE sector, and academics from our six partner universities.

The board uses a juried process to review applications. This means that the board members will discuss each application together before making decisions about funding. They will use specific criteria to assess each bid.

### How to apply

To participate in the workshop, applicants need to show enthusiasm and interest in pursuing cross-sector, collaborative research.

We invite expressions of interest for workshops from those in:

- Academic roles - including researchers at any stage of their research career from all disciplines;
- Professional practitioner roles (non-academic) - including NHS, industry, VCSE, local government.

**Please complete the expression of interest form: <https://www.surveymonkey.com/r/V2ML6JV>.**

### Contact

If you have any questions about this Call for Participation, or about your eligibility to take part, please contact NorthHFutures Manager, Jen Wood: [jennifer.wood@ncl.ac.uk](mailto:jennifer.wood@ncl.ac.uk).

## Promoting Health and Nutrition for Children and Young People: Theme Summary

[northfutures.org](http://northfutures.org)



Credit: SolStock

Children and young people make up 25% of the current UK population, and 100% of the future population. Health in childhood and youth has a fundamental impact on Individuals' life-course health and well-being, and a significant impact on the nation's health, wellbeing, and prosperity [1]. Yet children's health is deteriorating, and digital innovation and research lacks significantly behind adults.

Research on this theme focuses on babies, infants, children, and young people from conception to age 18 years old. We encourage a focus on populations that have, so far, been underserved by digital health technology research and innovation (to be justified by applicants). We encourage ideas that work across usual population boundaries, for example ideas across the traditional clinical-public health divide.

We are interested in broad health and wellbeing outcomes with focus on populations at high risk of immediate or long-term ill health. We consider health broadly, including prevention, management, or cure of illness as well as the key behaviours known to have a major impact on health (e.g. sleep, healthy eating, being active, social relationships). We recognise the impact of environmental factors (e.g. nutrition, parks, childcare and education) on health.

The health and wellbeing of children and young people is particularly significant concern in the North of England [2], where many of the national challenges are further combined with poverty and wider inequalities.

The North of England hosts an exceptionally strong cluster of research and Innovation activity relevant to children and youth [2]. Project teams awarded funding will develop and deliver research that enables them to leverage further national funding beyond the present project.

### What research projects or ideas are in scope?

The research or ideas in scope will enable children, young people, families, professionals, and/ or researchers to better understand any aspect of health (see above), to promote health or proactive health monitoring, to enable patient-involved care, and/or advance better health or care delivery, analytics, and/or strategic planning. The innovations will be proactively mindful of diversity of communities, responsible design and inequalities.

### What skills and expertise are the participants likely to have?

The participants will be able to clearly articulate the expertise that they bring, and cross-sector, cross-disciplinary contributions they can make. They will feel motivated by the opportunity to work and discuss with people from backgrounds and expertise that are different to theirs – and will see this as an opportunity to both learn and to contribute. They are good at articulating their ideas, as well as listening to others. We will seek to involve participants across experience levels, and especially encourage applications from early-to-mid-career applicants.

### References

[1] Prioritising early childhood to promote the nation's health, wellbeing and prosperity. The Academy of Medical Sciences, 2024: <https://acmedsci.ac.uk/file-download/16927511> Last Accessed: 2024-07-12

[2] N8 Child of the North Reports. See: <https://www.n8research.org.uk/research-focus/child-of-the-north/reports/> Last Accessed: 2024-07-12

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