

## **NIHR Applied Research Collaboration Greater Manchester (NIHR ARC-GM): Mental Health Internship Opportunity**

We are delighted to be able to offer one paid internship within the [NIHR ARC GM Mental Health theme](#). Our internship is specifically aimed at adult service users or informal carers living in the Greater Manchester locality who have an interest in exploring opportunities to become involved in research in the field of mental health.

### **About us**

The [NIHR ARC-GM](#) supports applied health and care research that responds to, and meets the needs of local populations and local health and care systems. Our overarching goal is to improve the health of the GM population and the quality and sustainability of the health and social care they receive. We will achieve this by co-producing excellent research in prioritised areas and by enhancing its impact through supported implementation into policy and practice.

Within the Mental Health Theme we work closely with the [University of Manchester Mental Health Research Group](#) which has an award-winning track record for patient and public involvement. We are very enthusiastic about involving service users in our research and have run several research methods courses for adult service users and carers over the past few years. Some members of this course now advise on our research projects. We are looking to expand on this work and recruit two service user or informal carer interns to work with us flexibly over the next 18 months.

### **What does the internship involve?**

Our internship programme will give an essential introduction to research and focus on the personal development needs of the intern. The internship will give candidates:

- time to develop key skills which are relevant and useful for future goals
- an understanding of how to formulate research questions and identify appropriate research designs
- skills in which methods to use when searching and reviewing literature
- tips on conducting research and understanding, analysing, and presenting findings
- access to a whole host of resources including the University of Manchester library, online research resources and training opportunities
- the opportunity to join activities across the wider NIHR ARC-GM Mental Health research theme and attend team and relevant project meetings

### **Practicalities of the internship**

- Internships are for 30-days (or 210 hours), to be used flexibly over the next 18 months to suit the needs of the intern's work and life balance.
- Our internships will be based at the University of Manchester and aim to be as inclusive as possible - teaching and meetings will be delivered using a hybrid model of both online and in person working depending on requirements. We will endeavour to work towards the intern's needs and provide flexibility where required.
- Internships are funded at £150 per day, in line with NIHR payment guidance and with a budget of £700 available for training needs.
- Internships will begin in January 2023.

**Eligibility criteria:**

The ARC GM Mental Health Internships are open to applicants fulfilling the following criteria. Either:

- i) A Mental Health Service User who has accessed services in Greater Manchester in the last 3-5 years
- ii) An informal carer for someone who has accessed Mental Health services in Greater Manchester

**Key dates:**

Week beginning 24 <sup>th</sup> October 2022	Advertisement for applicants
Monday 5 <sup>th</sup> December 2022	Deadline for submission of application
Week beginning 12 <sup>th</sup> December 2022	Shortlisting panel decisions
Week beginning 9 <sup>th</sup> January 2023	Interviews
Week beginning 16 <sup>th</sup> January 2023	Interview outcome
Monday 30 <sup>th</sup> January 2023	Internship start date (this is flexible)

**Application process:**

If you are interested in applying for an internship with us, please complete the short application form on page 4 and send this back to [arc-gm@nihr.ac.uk](mailto:arc-gm@nihr.ac.uk) by midnight on Monday 5<sup>th</sup> December 2022. Shortlisted candidates will be invited to an informal interview which will take place in the week beginning 9<sup>th</sup> January 2023. We will notify candidates of the outcome of interviews no later than Friday 20<sup>th</sup> January 2023.

**We welcome applicants from all sections of the community regardless of age, sex, gender, gender expression, ethnicity, disability, sexual orientation and transgender status. All appointments are made on merit.**

**Assessment criteria:**

Eligible applications will be assessed by a shortlisting panel which will include at least 3 members of the Mental Health Research Theme. The following criteria will be used to assess suitability of candidates based on their application form and, for those short-listed, their performance at informal interview:

- The reasons the applicant is interested in pursuing an internship
- The applicants previous experience of research and interest in learning more
- The relevance and potential benefit to the applicant by undertaking an internship
- The suitability and commitment of the applicant to pursuing an internship

**Contact Information:**

For any further questions on the internship opportunity, the application form, or the process of applying please feel free to contact Alison Littlewood (ARC GM Mental Health Programme Manager) who will be happy to help: [alison.j.littlewood@manchester.ac.uk](mailto:alison.j.littlewood@manchester.ac.uk)

# NIHR ARC-GM Mental Health Theme Internship

## Application Form

Please complete your personal details in Section 1 and application questions in Section 2 and then send an electronic copy of this form to: [arc-gm@nihr.ac.uk](mailto:arc-gm@nihr.ac.uk) by midnight on Monday 5<sup>th</sup> December 2023.

### SECTION 1: Applicant details

<b>Applicant name</b> <i>Title, First name, Surname</i>	
<b>Address for correspondence:</b>	
<b>Email address:</b>	
<b>Preferred telephone contact number:</b>	
<b>Are you a Mental Health Service User who has accessed services in Greater Manchester in the last 3-5 years?</b>	Yes / No – please delete as appropriate
<b>Are you a family carer for someone currently accessing Mental Health services in Greater Manchester?</b>	Yes / No – please delete as appropriate
<b>Are there any reasonable adjustments or support that you require in order to complete this application form, at interview or if you were awarded an internship?</b>	

## SECTION 2: Application questions

<p>1. What attracted you to apply for this internship and what would you like to gain from the opportunity (i.e., knowledge/skills)?</p> <p>(250 words maximum)</p>	
<p>2. Have you had any previous research experience? If so, can you describe your experience or involvement to date.</p> <p>(250 words maximum)</p> <p>Examples could include:</p> <ul style="list-style-type: none"><li>• research you have been involved in, whilst in school / college / university</li><li>• research you have been involved in as part of a job</li><li>• involvement in research as a public contributor</li></ul>	

<p>3. What would you like to be able to do at the end of the internship that you don't have the knowledge or skills to do now?</p> <p>(250 words maximum)</p>	
<p>4. Why do you want to undertake this internship and how might it help you in your future plans or interests?</p> <p>(250 words maximum)</p>	

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