

New funding available

Dementia Capacity Internships

NIHR ARC East Midlands is pleased to be able to announce three funded Internships to build capacity in dementia research. We are looking for interested applicants to come and work with our ARC Dementia group, to develop your own research skills and help us develop and deliver research that matters to the community.

Our internships offer the chance to develop essential research skills in applied health and care. Envisioned as a placement for 2 days a week over 6 months, these internships present invaluable opportunities for work-based learning. We particularly encourage applications from those at a pre-doctoral stage (undergraduates or masters level students), health and social care practitioners working up to an NHS Band 6 level (or equivalent), and members of the dementia community who would like to get more involved in research.

The purpose of these internship opportunities is to introduce applied dementia research to a new generation of prospective researchers, especially those who may not normally apply for traditional academic posts.

Interns will work with each of our Dem-Comm fellows, to support one of the following areas of work:

1. Co-identifying culturally appropriate psychosocial digital resources to support Caribbean older adults with dementia.
2. Exploring the unmet needs and access to technology for people with Young Onset Dementia and their families in rural areas.
3. Qualitative study of use of digital technologies for people with dementia in South Asian communities

Full details of each of these projects can be found later in this document.

Overview of activities

Each of our internships is unique; however, you may be asked to

- Explore the current evidence base and undertake a review of the literature;
- Undertake qualitative data collection and analysis;
- Build research partnerships across community settings and undertake patient and public involvement and engagement (PPIE) activities to coproduce research and deliverables;
- Help with academic writing outputs.

What support will you get from us:

In addition to the dedicated, bespoke support you will get from our 3 Dem-Comm fellows, Orii, Neil and Esther, who will act as your project supervisor, as a member of ARC East Midlands, you will also

be a part of our Dementia research group led by Professor Martin Orrell, and our wider Mental Health and Wellbeing research theme, led by Professor Richard Morriss.

Both Martin and Richard are experienced clinicians, who work in mental health services; both are also very experienced senior researchers, with a wealth of experience in conducting research and being awarded grant funding.

We pride ourselves in that we train all our staff to be aware of EDI issues in research; as such, we would offer you access to our training on how to be culturally competent, effective community engagement, and also how to conduct an equality assessment of research. You would also have access to our resource bank of recorded training sessions, and to our Academic Career Development Lead, Dr Emma Rowley, to discuss what options you might want to pursue in the future in order to develop a research career.

Time required:

Each internship will be available for 2 days (15 hours, or 40% FTE) a week for 6 months (although we are happy to consider more flexible arrangements). Internships will commence from April 2025.

Funding – compensation for time

Funding available per internship ranges between £38,000 - £44,000 pro rata full time equivalent. For a 40% role over 6 months, this equates to between £7,750 - £9,000.

If you are currently employed, we will ask your employer to invoice us once we have agreed the level of salary compensation payable. If you are currently not employed, we will arrange for you to be paid directly by us. All non-pay and training costs will be paid directly by ARC EM.

Application process

We don't have a standard application form, as we want you to tell us why we should appoint you to the internship you wish to apply for!

What we'd like you to do is to write a summary which might include; what has led you to apply for this position, your work and study background, or maybe personal motivation. Explain how your particular skills and expertise will be applicable to the projects outlined.

We are keen to help you develop your research career, so can you summarise what aspects you would like to develop within the internship?

You will need to also evidence that you have approval (if appropriate) from your line manager or supervisor to undertake this internship, including, if relevant, any release from existing roles or hours.

We are happy to be contacted with any questions you might have – there is a contact email address for each our Dementia Capacity fellows below. Please do feel able to contact them if you need advice, guidance or just want to ask something.

- **Applications will close on 23.59pm on Sunday 9th March 2025**, and should be emailed to ARC-EM-Training@nottingham.ac.uk. Any applications received into the inbox after this date will not be eligible.
- We will let you know if you have been shortlisted for an interview by 13th March 2025.

- **Interviews will take place on 19th March 2025** – either online (using Teams) or in person, depending on interviewees preference. If interviews are in person, they will be held at the Institute of Mental Health at the University of Nottingham. **Please make sure that you can attend an interview on this date if you apply for the internships.**

Eligibility:

To be eligible for one of these internships, you will need to provide evidence that you have the following:

- Support from your line manager or supervisor, if necessary, to undertake the internship.
- Ability to start the programme from April 2025 and complete it on time (within 10 months).
- Please see details of individual projects for project specific suitability.

Internship project # 1: Co-identifying culturally appropriate psychosocial digital resources to support Caribbean older adults with dementia.

To find out more about this internship, please contact Orie.McDermott@nottingham.ac.uk



Research context

Around 25,000 people living with dementia in the UK are from ethnic minority communities. People from diverse ethnic backgrounds often present to diagnostic and therapeutic services at a later stage of their dementia. Research has found that there are barriers to accessing appropriate support. Researchers have sought to understand help-seeking behaviour people from diverse ethnic groups. However, this is a complex task as individuals' acceptance and understanding of dementia and wider mental health issues are deeply rooted in their long-standing cultural, religious, societal and personal values.

We have been working with local 'Windrush generation' elders for the last 18 months. Our medium-term goal is to raise dementia awareness amongst the local Windrush generation, 'normalise' talking about dementia, and encourage their dementia support-seeking behaviour. Appointment of co-researchers with Caribbean backgrounds helped us to link up with existing local Caribbean community groups and conduct informal discussion sessions. Caribbean community members have highlighted that the local mainstream dementia charities do not provide culturally appropriate food or activities to encourage Caribbean elders to attend, and dementia is still not widely or openly discussed amongst community members.

Project aims

The main purpose of this internship is to work closely with local Caribbean community members and support the ongoing work to co-identify culturally appropriate digital resources to help initial implementation of evidence-based psychosocial interventions for Caribbean older adults. The work will include: 1) working with a co-researcher to identify culturally appropriate resources to support

implementing Cognitive Stimulation Therapy (CST) with Caribbean older adults with dementia, and 2) conducting informal focus groups and individual interviews with local Caribbean older adults to explore how culturally appropriate psychosocial interventions may be able to support wellbeing of Caribbean community members and encourage more open discussion around mental health. The intern's contribution to the 'digital resource pack' for the Caribbean community members will be acknowledged, and there may be an opportunity to contribute to a qualitative paper exploring the preferred dementia support of Caribbean older adults.

Are you who we are looking for?

- We are looking for someone who is: 1) able to respect cultural differences in understanding mental health, and 2) motivated to support Caribbean older adults to maintain their physical, psychological and social wellbeing by listening to their preferred methods of help and support.
- Previous experience of working with older people may be advantageous, but not essential.

Benefits to the intern

Research skills and knowledge you as an intern will obtain:

1. Experience of Public and Patient Involvement and Co-production;
2. Experience of conducting interviews and focus groups with a 'underserved' community;
3. Deeper understanding of the challenges and the needs to provide culturally appropriate dementia support services for diverse ethnic communities.

The internship project is linked to an [ongoing research project](#). You will have opportunities to meet and learn from [Centre for Dementia](#) researchers based at the [Institute of Mental Health](#), Nottingham. To make most of this internship, you will be expected to attend/ conduct in-person focus groups/ consultations in Nottingham on several occasions which may fall outside of regular working hours (i.e. evenings or weekends). Academic work can be undertaken remotely while keeping regular contact with the supervisory team via online meetings.

Internship project # 2: Exploring the unmet needs and access to technology for people with Young Onset Dementia and their families in rural areas.

To find out more about this internship, please contact Esther.Loseto-Gerritzen@nottingham.ac.uk



Research context

Dementia often affects older adults, but it is estimated that there are currently 70,800 people in the United Kingdom (UK) with Young Onset Dementia (YOD). With YOD the symptoms start before the age of 65. While people with YOD may experience similar dementia symptoms as older people with dementia, the way that dementia impacts the person, and their family is quite different. For example, people with YOD may experience difficulties at work and many people have to stop working. People with YOD may also have relatively young children or older parents that they are supporting, and YOD can have a big impact on someone's family as well. And rare forms of dementia are more common

among younger people, resulting in symptoms such as speech and language difficulties, vision impairments, or changes in behaviour and personality.

Dementia services are often designed for older adults and do not always meet the unique needs of people with YOD. Specialised YOD services, such as specialised admiral nurses, Young Dementia Advisors or YOD pathways within the NHS, are not available everywhere in the UK and are especially limited in rural areas. Technology could help improve access, but there are growing concerns that this could exclude those who lack the skills, resources or infrastructure to access them. Therefore, taking Technologies as a default solution for those in rural and remote areas may worsen inequalities.

Project aims

This project aims to explore the unmet needs of people with YOD and their families in rural areas regarding access to post-diagnostic support. It will also explore whether technology could be helpful in improving access to post-diagnostic support services and identify potential challenges. The outcomes of this work can inform directions for further research and practice.

To ensure that the research is meaningful and has a positive impact, the intern, in collaboration with the supervisor, will identify and consult with key stakeholders. The intern will conduct qualitative interviews with people with YOD and their supporters in rural or remote areas to learn more about their support needs and to explore potential facilitators and barriers to technological solutions.

This project offers the intern valuable skills and experience in stakeholder engagement, qualitative research and Patient and Public Involvement. The intern will be based at the [Institute of Mental Health](#), University of Nottingham, and will be involved in the [Centre for Dementia](#) monthly meetings. They will also have the opportunity to present their work nationally and internationally through the Dem-Comm and [INTERDEM](#) networks.

The internship is expected to be 1-2 days per week over a period of 6-12 months. There is room for flexibility, but we need someone who is available for at least 6 months.

Are you who we are looking for?

- Someone with a study background in a health-related field or with professional experience in dementia or mental health.
- A good understanding of dementia or mental health conditions is essential.
- Experience in research, particularly in working with people affected by dementia or mental health conditions, is a plus.
- Prior experience in conducting interviews would be beneficial but not essential.
- We seek a highly motivated person that is interested in building their research skills and academic experience.

Benefits to the intern

In this project the intern can develop valuable skills and experience in stakeholder engagement, qualitative research and Patient and Public Involvement and Engagement (PPIE). The intern will be based at the [Institute of Mental Health](#), University of Nottingham, and will be involved in the [Centre for Dementia](#) monthly meetings. They will also have the opportunity to present their work nationally and internationally through the Dem-Comm and [INTERDEM](#) networks.

Internship project # 3: Disparities in digital support for people with dementia and memory problems in South Asian communities.



To find out more about this internship, please contact

Neil.Chadborn@nottingham.ac.uk

Health and social care services increasingly involve online booking systems, or are actually delivered online, or involve digital devices in the home. Digital systems have many advantages, but may also create barriers for people with dementia. Digital exclusion can mean that some of the most vulnerable people may be excluded from services. People from minoritised ethnic backgrounds may prefer digital services (e.g. for privacy) but may also be at greater risk of digital exclusion. An example is telecare which is an emergency call device, in case an individual has an accident or a fall. Anecdotal information suggests that South Asian communities may have lower uptake of these technologies compared to White British, and therefore this may be another inequality in dementia care.

Project aims

The primary aim of this project is to learn more about how people from South Asian and other ethnicities access support for memory problems and dementia. The secondary aim is to investigate technologies that could be helpful in supporting family care. You will carry out interviews with to explore the topics in more depth and listen to concerns of community members (firstly South Asian community, then other ethnicities, including White British, as comparators). Interviews will explore whether technologies including telecare, could be helpful, or whether some people may feel digital technologies create a greater barrier to accessing services. You will conduct qualitative analysis together with the lead researcher and write up the findings. There may be possibility to work together with the research team to write up your findings for publication in an academic journal.

Who are we looking for?

- We are looking for someone with knowledge of dementia or similar conditions and awareness of family care for people with chronic health conditions.
- You may be a health or social care practitioner, a health or social scientist with interest in older people's care, or a member of the public who has an interest in research in dementia care.
- It would be ideal if you had knowledge of South Asian language or traditions, so that you could build rapport with participants.

Benefits for the intern

The intern will learn about the state of the art of digital health, as implemented in practice. In addition, the intern will learn how to critically assess the benefits but also the drawbacks, including how technology may also exacerbate inequalities. Whilst working on this project you will gain experience in qualitative interviews and analysis. This will include recruiting research participants, collecting and analysing data, and academic writing.

