

NIHR ARC South London Research Leadership Academy

To enhance the leadership qualities needed to develop successful 'applied health and social care' research careers.

Prof Cilla Harries

Feedback from last year's Academy participants

"This academy helped me to develop a deeper understanding of research leadership qualities and provided me with strategies, ideas and directions on how to improve my research career."

"For me the most valuable aspect was the action learning sets - this was a great opportunity to meet and troubleshoot with peers outside of my department."

"The academy has provided more insights on how to build collaboration and networks. I have now more ideas about the importance of a good research project and the planning of costs and the logistics of it."



Content

- 14th January 2026 12.30pm - 2.00pm - action learning set training online and peer group leadership volunteering.
(grouped with those with similar levels of experience, as indicated by you in the application form).
- 10 x one hour, online, action learning sets.
- 15 x one hour, recorded, online lectures (Wednesdays 1-2pm, Jan-March, breaks for hols) and when ARC funding finishes option to join 5 lectures 12-1pm April-June.
- 1 hour mentorship online, probably online.
- Total 27.5 hours

Introduction and context

- Led by Professor Cilla Harries, lead, research capacity building theme, ARC South London
- Website [link](#)
- 2022 was for ARC South London applicants only ([evaluation report](#)), in 2023 for London ARCs -2024 onwards open nationally.

Applicants

- academic staff
- researchers
- clinical academics
- PhD students
- PPI/E representatives
- Managers of researchers
- Health and social care professionals
- No cap on number of places
- We particularly encourage applications from people from diverse backgrounds.
- Apply at: [NIHR ARC South London Applied Research Leadership Academy | ARC South London](#)
- Please complete anon Equality, Diversity and Inclusion form at end of application submission (separate link provided on submission)

Purpose

Participants will be supported to be more able to:

- Reflect on their personal vision for their research career
- Develop a deeper understanding of their research leadership qualities
- Develop skills to design, and deliver research projects and impact
- Understand the value of stepping up for leadership opportunities
- Understand how to strategically lead research at local/national/international levels
- Understand how to organise, give and receive mentorship/coaching

South London Applied Research Academy

Date	
6th October 2025	Scheme open for applicants - apply here
8th October 2025	Briefing session for prospective applicants (online)
5pm on 10 th November 2025	Deadline for applications
Late Nov/ Early December 2025	Applicants informed of outcome
January – March or June 2026	Academy participation

Content

- Research leaders' journeys: successful research leaders will give talks about their journey and career decisions and will host Q&A.



Content

- Skills training: to learn how to cost grant applications, manage research finance, project management, rules about applying for specific funding streams.



Content

- Leadership qualities development: learn how to build effective collaborations, be resilient and support diversity in leadership.



Content

- Action learning sets (peer led): problem solving and action progression (sets/teams of 10) Meet weekly online 10 times at time of group's choosing.



Content

Exploring and accessing Centres of Research Excellence (REF 3*/4*)



Individual mentorship/coaching session – guidance given on how to organise the mentorship yourself and how to use the 1 hour session.

Research Leadership Academy Programme

January – March 2026

All sessions will take place online on Wednesdays

The first session Introduction/Action Learning Sets training will take place between 12.30pm and 2.00pm.

Sessions will take place between 1.00pm and 2.00pm except 18 March and 25 March which will take place 12.00pm – 1.00pm

14 January 12:30 – 2:00	Introduction to the Academy/Action learning sets training Professor Cilla Harries , ARC South London Deputy Theme lead for capacity development
21 January 1:00-2:00	International Partnership Building (Palliative Care Theme) Professor Richard Harding , Herbert Dunhill Professor of Palliative Care & Rehabilitation, Cicely Saunders Institute of Palliative Care, Policy & Rehabilitation, King's College London
28 January 1:00-2:00	Health Inequalities/Diversity in PPI Savitri Hensman , Patient and Public Involvement Coordinator, Applied Research Collaboration (ARC) South London, Institute of Psychiatry, Psychology & Neuroscience at King's College London Professor Tushna Vandrevala Professor of Health Psychology and Director of the Centre for Applied Health and Social Care Research at Kingston University
4 February 1:00-2:00	How to form and run research collaborations/consortia (former ARC Director) Professor Sir Graham Thornicroft , Emeritus Professor of Community Mental Health at King's College London
11 February 1:00-2:00	Navigating collaborations and partnerships successfully Professor Susanne Cruickshank , Strategic Lead for Applied Health Research at the Royal Marsden NHS Foundation Trust; Honorary Professor, University of Stirling; Lead Editor, The Royal Marsden Manual
25 February 1:00-2:00	Costing up and Contracting NIHR Grants Irrum Afzal , Research & Outcomes Manager, Academic Surgical Unit, South West London Elective Orthopaedic Centre

- 4 March**
1:00-2:00
- Research Mentorship & Coaching**
Professor Cilla Harries, ARC South London Deputy Theme lead for capacity development
- 11 March**
1:00-2:00
- Research Capacity building and research leadership in applied health research**
Professor Jane Sandall, Professor of Social Science & Women's Health, King's College London and Head Maternity and Midwifery Research NHS England
- 18 March**
12:00-1:00
- Research at the NHS Coal Face: navigating the challenges, facilitators and systems**
Professor Gita Ramdharry, Consultant Allied Health Professional in Neuromuscular Diseases, National Hospital for Neurology & Neurosurgery, UCLH; Honorary Associate Professor & Chair of Equality Diversity and Inclusion Committee, Department of Neuromuscular Diseases, UCL Institute of Neurology
- 25 March**
1:00-2:00
- TBC**
Nana Anokye, Professor of Health Economics, Brunel University of London

From April to June – option to join the Kingston University Research Leadership Academy for five lectures on:

Working with Stakeholders - Prof Irene Tuffrey Wijne

My Research Leadership journey and top tips for success – Prof Rick Hood

Driving research quality - The Research Excellence Framework (REF) - Prof Cilla Harries

Research resilience – adapting to change and stakeholders' needs – Prof Reem Kayyali

Half term break

Equality in Research Careers – Emerita Prof Fiona Ross

- 10 online, Action Learning Sets
- 10-12 members in each, peer led set
- Set members grouped using experience level (you identify level in your application)
- Lead and Deputy for each set. Dates for set to meet organised, by **leads**, around set availability.
- Training to **use** and **lead** the set at first event on 14th Jan.



For further information or enquiries

- Contact, NIHR ARC South London, Capacity building theme
email: arcshortcourses@kcl.ac.uk

Thank you

