

North London Research Internship for Skills Building and Excellence (NL RISE)

NIHR Health and Care Professional Internship programme
Sept 2025 – Cohort 1

Introductions

Programme leads:

Dr Hortensia Gimeno – Barts Health NHS Trust

Dr Imogen Skene – Barts Health NHS Trust

Programme Partners

Deirdre Brooking – North London Regional Research Delivery Network

Jamila Kassam – Queen Mary University of London

Prof Eamonn McKeown – City St George's University of London

Key contacts

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What is the NIHR North London RISE Internship programme

- Explore, Engage, Evolve tiers
- Eligibility
- Funding
- Application process
- Timescales



North London RISE INTERNSHIPS

- The new Health and Care Professional (HCP) Internship Programme is based on the previous ICA Internship Programme
- It has increased eligibility and scope as part of the NIHR Academy's expanded portfolio of career support for health and social care professionals to support individuals across the full range of research related career aspirations



North London RISE types of internships

In North London, we are offering a three-tier approach:

The *Explore, Engage, Evolve* Tiers.

Each tier includes core learning, alongside the opportunity to further build an internship programme to suit your own circumstances, interests and work needs.



Eligibility

NORTH LONDON



Work in the North London Region in NHS healthcare, social care and public health settings

Registered with one of these professional bodies

- Academy for Healthcare science
- General Chiropractic Council
- General Optical Council
- General Osteopathic Council
- General Pharmaceutical Council
- Health and Care Professions Council
- Nursing and Midwifery Council
- Social Work England
- UK Public Health Register
- General Medical Council (excluding doctors)
- General Dental Council (excluding dentists)

Plus

Have the signed support from your employer for release for the duration of the programme

Explore

Step into research for the first time

- Structured teaching
- Taster placement with a research delivery team
- ~1 day a week for 3 months

Engage

Grow the research pillar of their role

- Structured teaching
- Embedded placement
- ~ 1 day a week for 6 months

Evolve

Advance research delivery skills / Pursue a clinical academic path

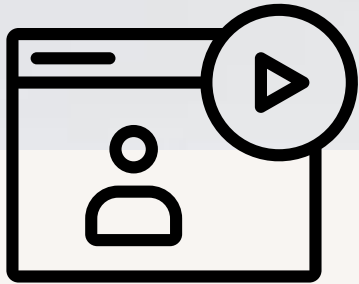
- Structured teaching
- Bespoke mentorship and training
- ~1 day a week for 9-12 months

Mentorship and Opportunities

- A mentor can be identified by the intern prior to starting the programme or can be allocated
- A directory of opportunities will be available to interns to support their bespoke development plan



Timescales



12.09.2025



09.10.2025

Evolve: Jan 2026
Engage: Jan 2026
Explore: May 2026

Core components

You will be expected to:

- Complete a learning needs analysis to help target the right opportunities to your needs
- Engage with the opportunity in the ringfenced internship time funded
- Engage with any dedicated mentor or supervisor
- Support your community of peers during your internship award
- Present to your community at the end of the internship
- Provide open and honest feedback to the internship team and mentors
- Notify the programme leads of any changes in employment circumstance

Core components

The programme includes a blend of self-directed learning and in-person or online teaching.

The interns will also have access to a dedicated network that supports the development of a community of practice.

All interns will have the occasion to present their reflections and achievements to peers, supervisors, and an invited audience from partner organisations across the region.

EXPLORE TIER

This tier supports HCPs who have *limited or no prior experience of research* but have an interest to explore research as a future career development opportunity.

Structured programme at QMUL,
the 'Research Externship'

As part of this programme, interns will develop a research question and work up an idea as a group. There will be sessions about what happens in a clinical trials unit, developing a trial idea, and public engagement.

Work-shadowing a research team to understand the delivery of research in a clinical setting.

They will gain insight and understanding of:

- The National Institute for Health Research (NIHR)
- Good Clinical Practice (GCP) and Informed Consent.
- Process of research delivery from set-up to archive and dissemination.
- Local research delivery priorities (e.g. portfolio reviews, departmental meetings).
- First-hand experience of recruiting participants into research

ENGAGE TIER

This tier supports HCPs who ***have some understanding or prior experience of being engaged*** in research as part of their role and an ambition to grow their research skills and embed a research culture in their workplace

As part of this programme, interns will undertake a **short course in research** to develop some academic knowledge which underpins the work-based project and complements the internship learning needs.

work-based project

the size and scope of this project will vary depending on the interests of the intern and the length of the award

Examples include:

- Service evaluation
- Service improvement
- Audit or analysis of open access dataset
- A reflection on a research paper and how this might impact on practice
- An evidence synthesis
- Engagement in an existing research project, taking responsibility for a small sub-component of a wider pre-approved project

EVOLVE – CLINICAL & PRACTITIONER ACADEMIC PATH

This internship tier is designed for *HCPs interested in developing a clinical/practitioner academic career* combining practice with research and academic leadership.

core research module at QMUL or City University

to develop academic knowledge which underpins the change and complements the internship learning needs

Interns will identify a clinical academic/practitioner academic from our partner academic institutions (QMUL and City St George's) at the point of application who can support your development during the internship.

Interns will have the opportunity to build research networks and collaborations, develop career planning, access additional training and develop competitive applications for future clinical academic training.

EVOLVE – RESEARCH DELIVERY LEADERSHIP

This tier is specifically for HCPs *who wish to focus on developing research delivery leaderships skills*

Core research module at QMUL or City University

to develop academic knowledge which underpins the change and complements the internship learning needs

Work with a mentor to implement a change which is specifically for the NIHR portfolio in their chosen area.

Examples of initiatives include:

- Establishing a new environment research for the delivery of studies
- Try out new recruitment methods to increase the diversity of research participants
- Work with clinical/practice colleagues to develop new ways of ensuring as many people as possible are offered the opportunity to participate in research studies
- Identify opportunities for research culture change

Next steps and key dates

Applications close: 9th Oct 2025

How to apply:

https://qmulbusiness.qualtrics.com/jfe/form/SV_erO92Zmx91YXBuC

APPLICATION QR CODE



Any queries, please contact: bartshealth.hcpinternship@nhs.net

Funding

You can choose the funding tier that best matches your learning goals and interests

Tier	What's included?	Process
Explore	<ul style="list-style-type: none"> • Research externship at QMUL • Taster placement • Up to £3000 to be used for salary backfill 	<ul style="list-style-type: none"> • Training funded directly • Interns organisation to invoice for salary backfill
Engage	<ul style="list-style-type: none"> • Introduction to research (short course) • Up to £6000 to be used towards salary backfill, additional training and development needs 	<ul style="list-style-type: none"> • Training funded directly. • Interns organisation to invoice for salary backfill/additional training and development needs
Evolve	<ul style="list-style-type: none"> • Foundations in research methods course at either QMUL or City St George's University of London • Bespoke supervision • Up to £12,000 to be used for salary backfill or additional training and development need 	<ul style="list-style-type: none"> • Training funded directly. • Interns organisation to invoice for salary backfill/additional training and development needs

Application & Post-Offer Process:

During application: calculate expected salary backfill, include training/development costs if applicable

Once internship offered: work with finance manager to invoice for backfill and training costs, confirm protected research time

Q&A

