

Thank you for your interest in our work. This short document aims to explain a little more about who we are and what we do.

About us

We are the National Institute for Health and Care Research (NIHR) Applied Research Collaboration (ARC) North East and North Cumbria (NENC). It's a lengthy title which is explained a bit further, below. You might hear people calling us 'The ARC' or 'ARC NENC' in conversation – which is much easier to say.

The NIHR

The National Institute for Health and Care Research (NIHR) is a national body that funds a wide range of health and care research. NIHR is funded by the government's Department for Health and Social Care. NIHR is sometimes described as 'the research arm of the NHS'.

We (the ARC NENC) are funded by the NIHR. Find out more about the NIHR here > [National Institute for Health and Care Research | NIHR \(www.nihr.ac.uk\)](https://www.nihr.ac.uk)

Applied Research

In very simple terms, applied research is research which is focused on finding practical solutions to problems or issues. Applied research creates or examines evidence (research findings) to come up with those solutions.

In our case, our applied research is focused on a very wide range of health and social care issues.

Applied research also tends to be research that can be 'applied' (put into practice) in a relatively short space of time.

Applied Research Collaborations (ARCs)

Applied Research Collaborations (ARCs) are regional partnerships between universities, health and social care providers, local authorities, charities, the

voluntary sector, businesses, members of the public and others.

ARCs aim to improve health and social care through high quality research on the most important health and care issues.

There are 15 ARCs in England, each focused on their own local priorities. We also work together as a group of ARCs to tackle national challenges.

Our region - the North East and North Cumbria (NENC)

As our name suggests, our work is mostly focused on the health and care challenges we face in the North East and North Cumbria – and on improving health and care for people in our region.

As our name also suggests, our focus is on ‘collaboration’ – that is, bringing people together. This includes clinicians (doctors, nurses, dentists etc.), public health and social care staff, decision makers, people who provide health services, charity and voluntary workers, members of the public and researchers who are all involved in, or want to be involved in, research and innovation in our region.

Our vision

We have a ‘vision statement’ for our ARC which sets out what we’d like to achieve. This is:

Our vision is to achieve better, fairer health and care at all ages and in all places.

Where are we located?

Our ARC for the North East and North Cumbria is a ‘virtual organisation’ which spans the North East and North Cumbria.

Each ARC needs a host organisation to look after management and administrative aspects of our work, and we are hosted by the Cumbria, Northumberland, Tyne and Wear (CNTW) NHS Foundation Trust. We have a small, core management team who are based at CNTW headquarters in Newcastle upon Tyne.

We also work in close partnership with regional NHS bodies, local authorities, and universities across our region.

The academic researchers who are funded by us are spread across our six regional universities; Cumbria, Durham, Newcastle, Northumbria, Sunderland and Teesside.

Our funding

We are funded by the NIHR, and our regional partners have also contributed significant amounts of additional finance and support 'in kind' from their staff. We can also bid for extra funding for specific projects.

Our objectives

We have simplified and summarised our objectives, below.

- Support research on a region-wide basis
- Carry out high quality research into our most important health and social care issues
- Work with other NIHR teams in the region
- Build and increase our research skills and potential
- Improve what we're capable of, through training and development
- Ensure the public and local communities are actively involved in our work
- Put our work into practice to make a real difference to people's lives

Our research themes

Our research work covers seven broad themes. Some of our work falls into more than one theme, so there is a lot of collaboration and cross-working within our ARC.

Each theme is led by a senior academic or practitioner.

Theme	Description
Multi-morbidity, Ageing and Frailty	Supporting the wellbeing and care of older people, particularly those living with multiple health conditions, age-related illness and frailty.

Supporting Children and Families	Supporting health and care across childhood, with the aim of giving all children the very best start in life.
Prevention, Early Intervention and Behaviour Change We are the national lead for this research theme, across the 15 ARCs	To improve the overall health of our communities, improve patient health outcomes and improve the treatment and recovery of patients – both locally and nationally.
Integrating Physical, Mental Health and Social Care	This work aims to understand more about the integrated physical, mental and social needs of people with different health conditions.
Inequalities and Marginalised Communities We are the national lead for this research theme, across the 15 ARCs	This work aims to support the health and social care system to reduce health inequalities within the North East and North Cumbria, as well as nationally, and to improve the health and wellbeing of our most disadvantaged groups.
Enabling methodologies	This work supports researchers to develop robust evidence that can be used to make improvements to health and social care.
Knowledge Mobilisation and Implementation Science (SKIM)	Using research and knowledge in innovative ways, to improve health and care across our region.

The ARC works closely with people, organisations and groups across the region (and nationally) to make sure we stay up to date with local developments and our evolving care system.

We also have a structure of management and advisory groups who drive our work forward, including a Public Advisory Network and Young People’s Advisory Network.

Our ARC researchers

As well as the senior researchers involved in each theme, we have a number of ARC Fellows (career researchers) and PhD students hosted by the ARC, who are actively involved in a wide range of research work across all seven themes and across the region. The Fellows and PhD students are spread across our six regional universities.

Public involvement and community engagement

The involvement of people and groups from our local communities is central to our work. You can find out more about public involvement and community engagement at:

www.arc-nenc.nihr.ac.uk/public-involvement-and-community-engagement

If you're interested in finding out more, visit our website:

www.arc-nenc.nihr.ac.uk

Or email arcnenc@cntw.nhs.uk

You can also follow us on Twitter @NIHR_ARC_NENC