



Research Newsletter

Brett and Lucy Update

Thank you to all staff for sending on your profile updates which will form part of the wider website project. The website content was submitted in July and we are excited to see what the first draft of the website looks like soon!

Thanks to all also for attending the latest DSES mentoring knowledge café where we discussed mentoring best practices. We hope your mentoring relationships are flourishing.

Thanks to all staff who completed their Personal Research Plans (PRPs) for this academic year and discussed their PRPs with me (Brett). In the anonymous survey, all but one staff deemed the PRP process 'very useful'.

We are now in the last stages of finalising our first Research Excellence Framework (REF) submission. DSES will be submitting 30 outputs, 2 case studies, and an extremely detailed document describing and evidencing our research environment. Emily and I (Brett) will share more with you on our REF submission later in the year. But for now, a huge thanks - thank you to the academic and professional support staff within DSES and across the university who have worked hard so that important and often fun research can be pursued.

And finally, but most importantly, welcome to the latest member of the DSES team, Eva Jane Rankin-Wright. Eva arrived on Monday 7th September at 5:26am. AJ, Chris and Eva are all well.



Inside this issue:

Research Projects

Read the latest research project news, including Covid-19 research that has been undertaken in the department

Research Theme Update

Read the latest research theme news

Durham Research Methods Centre

Caroline Dodd-Reynolds explains her involvement in the DRMC

DSES Successes

Let's celebrate! 🎉

Examples of Recently Published Outputs

Budden, T., Dimmock, J., **Smith, B.** Beauchamp, M., Rosenberg, M., & Jackson, B. (2020). Overweight and obese men's experiences in a sport-based weight loss intervention for men. *Psychology of Sport and Exercise*.

Clarkson, B., Culvin, **Pope, S.**, & Parry, K. (2020). Covid-19: Reflections on threat and uncertainty for the future of elite women's football in England. *Managing Sport and Leisure*.

Dodd-Reynolds, C.J., Vallis, D., Kasim, A., Akhter, N. & Hanson, C (2020). The Northumberland Exercise Referral Scheme as a universal community weight management programme: a mixed methods exploration of outcomes, expectations and experiences across a social gradient. *International Journal of Environmental Research and Public Health* **17**(15): 5297.

Hind K, Konerth N, Entwistle I, Lewis G, Theadam A, Chazot P, Hume P. (2020). Cumulative sport-related injuries and longer-lasting impact in retired rugby code athletes and non contact athletes: a retrospective study. *Sports Medicine*. Special issue: Rugby Health.

Hockin-Boyers, H., Pope, S. & Jamie, K (2020). #gainingweightiscool: The use of transformation photos on Instagram among female weightlifters in recovery from eating disorders. *Qualitative Research in Sport, Exercise and Health*.

Lindsey, I., Metcalfe, S., Gemar, A., Alderman, J., & **Armstrong, J.** (2020). Simplistic policy, skewed consequences: Taking stock of English physical education, school sport and physical activity policy since 2013. *European Physical Education Review*, 1356336X20939111

Malden S, Gillespie J, Hughes A, Gibson A-M, Farooq A, Martin A, **Summerbell C,** Reilly JJ. (in-press). Obesity in young children and its relationship with diagnosis of asthma, Vitamin D and Iron deficiency, specific allergies and flat footedness: a systematic review and meta-analysis. *Obesity Reviews*. Manuscript ID is OBR-05-20-4470.R1.

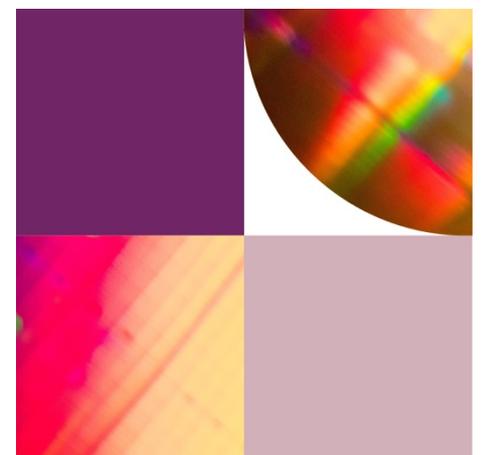
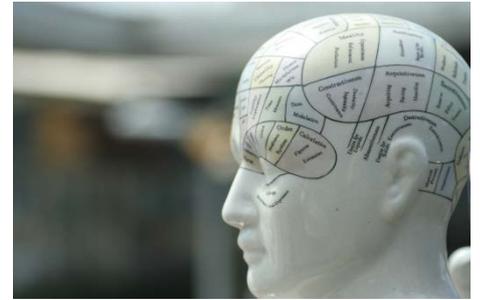
Porter A, Kipping R, **Summerbell C,** Dobrescu A, Johnson L. (2020). What guidance is there on portion size for feeding preschool aged children (one to five years) in the UK and Ireland? A systematic grey literature review. *Obesity Reviews* 21(7):e13021. doi: 10.1111/obr.13021.

Rankin-Wright, A.J. and Hylton, K. (2020). Black women, intersectionality and sport coaching. In: *'Race', Ethnicity and Racism in Sports Coaching*, edited by Steven Bradbury, Jim Lusted, and Jacco van Sterkenburg.

Sharma A, **Hind K,** Hume P, Singh J, Neary P. (2020). Neurovascular coupling haemodynamics by functional near infra red spectroscopy and sport-related concussion in retired rugby players: the UK Rugby Health Project. *Frontiers in Human Neuroscience*.

Smith, B., & Monforte, J. (2020). Stories, new materialism and pluralism: Understanding, practising and pushing the boundaries of narrative analysis. *Methods in Psychology*, 2.

Wiltshire, G., Clarke, N., **Phoenix, C.** & Bescoby, C. (2020). Organ transplant recipients' experiences of physical activity: health, self-care and transliminality. *Qualitative Health Research*.



Recent Awards Received

Caroline Dodd-Reynolds and **Carolyn Summerbell** were awarded an NIHR SPHR grant, with Sheffield and London School, to examine how to enable children and young people's involvement in whole system action to reduce inequalities in the social determinants of health.

Damian Haslett and **Brett Smith** has secured funding from Golf and Health to conduct research on disability and golf for the European Disability Golf Association.

Iain Lindsey has secured funding from County Durham Sport to support a Durham Active Places Master by Research scholarship. The studentship will begin in October 2020 to 30 September 2021. Iain has also secured further funding from County Durham Sport, to fund a research project titled Tackling Inequalities Fund Evaluation.

The department has been successful in securing a Chinese Scholarship Council application for the project: Chinese Female Football Fans and the Professional Football League: A Sociological Study of Female Spectatorship and Consumption of Men's Professional Football in China, supporting **Stacey Pope's** research.

Emily Oliver has secured funding (c.£125k) from the National Institute for Health Research to evaluate community-based interventions and policies for adult mental health. The project, which will launch in October 2020, is part of a £1.8million award to the School of Public Health Research. Emily and postdoctoral research associate **Fiona Duncan** will work with peer researchers from The McPin Foundation alongside collaborators at Imperial, UCL, and through Fuse, the Centre for Translational Research in Public Health.

Brett Smith has secured funding from Aspire (InstructAbility) to support research on disability and physical activity.



Top 10 Success for the Department of Sport & Exercise Sciences

The department was again ranked in the Top 10 in the UK 2021 Complete University Guide for Sports Sciences. Ranked 7th, up from 8th in 2020, further demonstrates that we are amongst the very best Sports Sciences departments in the UK for teaching and research.



Only a few years after starting as a department, this *Complete University Guide* success follows on from our first entry into the 'top 100' of the QS World University Ranking 2020.

Recent Grant Applications Submitted

Oliver, E: Understanding Ethnic Inequalities in COVID-19-related Mental Health and Well-Being [Aequitas study], in collaboration with researchers based at UCL, Imperial and The McPin Foundation.

Phoenix, C: has submitted a grant application to the AHRC (~£400k), led by Dr Clifton Evers (Newcastle University) with Cassie Phoenix as Co-Applicant. If successful, the 2 year project will examine how men experience pollution in gendered ways through their nature-based leisure in blue spaces (e.g. seas, rivers, and other waterways).

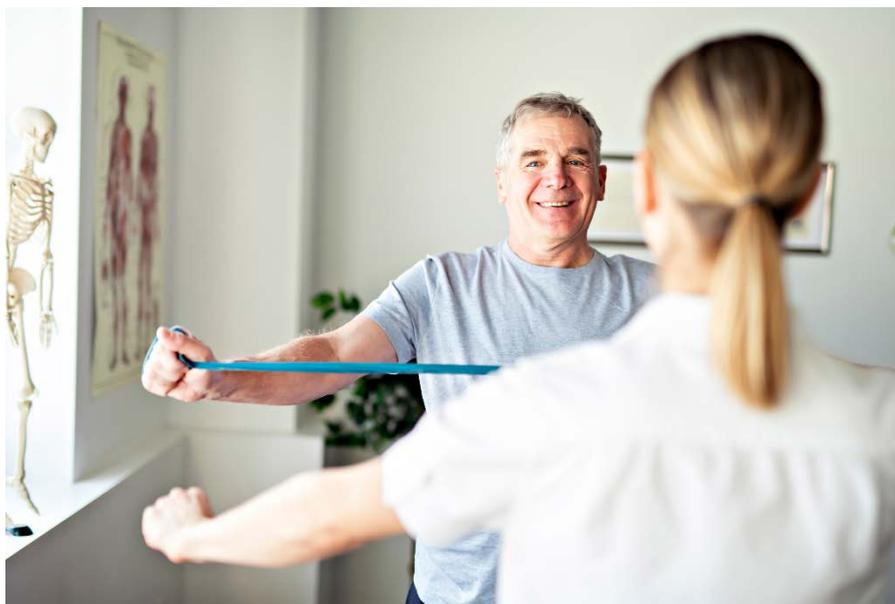
Pope, S: Submitted 'expression of interest' application to AHRC for project: A Social History of Women Football Fans in Iran. Invited to submit full application. Submitted full application to AHRC GCRF Urgency Grant application.

Rankin-Wright, A.J. submitted a grant application to the AHRC Networking grant lead by Kay Schiller (History Department) on Violence and Politics in Martial Arts and Combat Sports: Identities and the Fighting Body.

Smith, B. Making every contact count for the health of disabled people: Training the social workers of today and tomorrow in supporting disabled people to be physically active. £130K

Summerbell, C: Newton Fund Impact Scheme. Extending the reach, impact and sustainability of ToyBox Study Malaysia: a kindergarten-based healthy behaviour intervention. £140,971. Start date 12/06/2020. Duration of new collaboration (in months) 18. CI. (Co-PIs Roehampton and Universiti Kebangsaan Malaysia).

Summerbell, C: NIHR. The Kids Will Eat Better study: how can local authorities improve the efficiency and effectiveness of interventions to address inequality in childhood obesity? £1,004,000. From: 01/09/2020 to: 29/02/2024 (42 months). CI. (PI City, London).





Recent Research News

Karen Hind has been involved in a new research study revealing the [long-term impact of rugby injuries](#). The research has shown that rugby players are more likely than other athletes to suffer long-term injuries, which continue into the retirement from the sport. This received a large amount of media coverage and interest in this study, covered by The Guardian, Telegraph and other news outlets. Karen featured on Sky News, LBC radio, and other stations to talk about the research. The full article can be found in [The Conversation](#) and the full [research paper](#) can be read here.

Emma Poulton was awarded a contract for an edited book with Routledge for the Critical Research in Football Series entitled *Antisemitism in Football: International Perspectives*. She also undertook media interviews with BBC Radio Oxford and BBC Radio London around the term 'Yiddo' being added to the Oxford English Dictionary in relation to Tottenham Hotspur.

Commissioned by the Football Association, **Martin Roderick** produced the groundbreaking report 'Experiencing the England Pathway' that challenges many commonly held assumptions about being an international athlete and what it means to work as an athlete

Covid-19 Research by DSES staff

Receiving a substantial amount of media coverage, including in the i newspaper and Euronews in Italian and Spanish, **Stacey Pope** published a research paper and a piece in The Conversation on Covid-19 and the impact on women's football.

Iain Lindsey has carried out research on exercise in children during lockdown and [why better guidance on school PE is needed](#). The full research paper can be found [here](#)

A new artwork by internationally renowned artist [Luke Jerram](#) – a partner on the Wellcome funded *Living Well with Weather* project led by **Cassie Phoenix** premiered in Belgium 7-16th August for Zomer Van Antwerpen before heading to the Greenwich & Docklands International Festival 28-31st August. [In Memoriam](#) is a temporary memorial for the public to visit to remember those lost from the COVID-19 pandemic and to pay tribute to all the NHS health and care workers who have been risking their lives during the crisis. Acknowledging those people who have been in hospital and care homes during this crisis, the flags are created from bed sheets and arranged in the form of a medical logo.





Presented in the open air and in windy locations, *In Memoriam* also references the role the weather has played in our health and mental wellbeing during lockdown. Changing minute by minute, the artwork reflects and responds to the altering weather conditions. It amplifies the weather while making the invisible air currents visible. Our capacity to weather the pandemic has been grossly influenced by a multitude of inequalities. *In Memoriam* makes visible what must ultimately become, the winds of change.

With ESRC IAA funding, **Brett Smith** is working with Disabled Rights UK and Sense to lead a project that will produce physical activity resources for disabled people during times of crisis (e.g. Covid-19). To understand the needs of disabled people, and create an evidence base to drive the design of resources, the team have successfully designed an inclusive methodology to reach over 500 disabled people, many of whom had no internet access and lived in deprived communities. The resources will be created soon and disseminated by user-led organisations, Sport England other organisations around the UK.

Brett Smith was invited to contribute to South African government policy briefs and the new 'South African Policy Framework on Physical Activity and Health for Children and Adolescents during Covid-19 and Beyond'. These have now been endorsed by *The African Physical Activity Network* and *Government Departments of Health*.

Check the [DSES News and Events page](#) for all of the latest news stories.



In Memoriam
Image credit: Sigrid Spinnox

Is being busy tantamount to being 'productive'? Has the quest to be more effective at work hatched misconceptions about what having a 'productive' and 'good' workday really means? This might be of interest and stir some thoughts!

<https://www.inc.com/arry-kim/the-differences-between-busy-productive-people.html>



Significant Invitations

Following the production of the briefing paper: Physical Activity Referral Systems: Supporting inclusive practice to reduce health inequalities based on research by **Emily Oliver** and **Caroline Dodd-Reynolds**, Emily presented the work, along with recommendations from research using a national database of referral systems, to UKActive, a research partner and the professional representative organisation for over 4000 partners in the physical activity sector.

Iain Lindsey was invited to contribute to an international MOOC on 'Sport for sustainable development: Designing effective policies and interventions'. He was also invited contribute to County Duham's PE, School Sport and Physical Activity online conference.

Stacey Pope was invited to deliver a presentation at the Women's Football 2020 conference. Stacey presented on Male Football Fans Attitudes in a 'New Age' of Women's Sport. Stacey was also invited to an editorial board for the journal *Frontiers*. This is for Sports and Active Lives - the history, culture and sociology of sports.

Cassie Phoenix has been invited to join the British Society of Gerontology (BSG) Executive Committee. The BSG provides a multidisciplinary forum for researchers and other individuals interested in the situations of older people, and in how knowledge about ageing and later life can be enhanced and improved. BSG is a registered charitable company and is the professional organisation representing gerontologists in Britain.

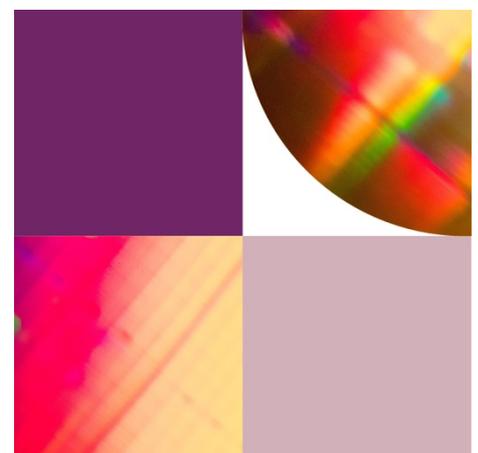
Cassie Phoenix has been invited to join the Steering Committee of Durham University's Centre for Culture and Ecology. The centre consists of a group of scholars and researchers who work on environmental issues from a range of different disciplines. It aims to foster and stimulate debate between scholars, activists and the general public around pressing current ecological issues.

Martin Roderick was invited to contribute to the *Wiley-Blackwell Encyclopaedia of Sociology on 'Professional - Sport'*. He was also invited to write a chapter on Sport, Athletic Careers and Retirement for the *Oxford Handbook of Sport and Society*.

Brett Smith was invited by the Korea Paralympic Committee (KPC) to give a keynote on disability sport and social justice. He was invited to give multiple national and international talks on co-production, including to the ESRC, AHRC, and Nuffield Foundation. Brett was also invited to contribute a chapter on Co-production for the *Sage Handbook of Qualitative Research* (6th Ed) and a chapter on Narrative Inquiry for the *APA's Handbook of Research Methods in Psychology* (2nd Ed).

Department of Sport and Exercise Sciences Research Animation

We are delighted to introduce our new research animation. It communicates what research we do, who we are, and where we are going. View the video below:





Durham Research Methods Centre

What is it and how can it support the Department of Sport and Exercise Sciences?

By Caroline Dodd-Reynolds (Co-Director Durham Research Methods Centre: MARM Coordinator)

Following a conversation with our DoR, I thought it would be worthwhile properly introducing the Centre (and my 0.2 role within it) to the Department. The DRMC was launched in 2018 following a university-wide review of 'quantitative methods provision, need and opportunity, over and above existing arrangements within Schools and Departments'. In parallel, the Faculty (SSH) led a review of the ESRC Masters in Research Methods (MARM) programmes and it is this latter aspect which now directly underpins my role. In terms of an overall vision, we do have one and it's broadly this,

"the DRMC aims to promote the understanding and application of research methods, through traditional to state of the art techniques, innovative approaches and exploiting a range of data sources, to enable academics and post-graduate students at Durham to lead the way in producing world-changing research"

It's an ambitious statement, but we do have a strategy and a business case and report back to our Management group (four Executive Deans and Deputies) twice a year. We've also a website which, if you're at a loose end over Summer, can be viewed [here](#). In terms of practical support for DSES PGR students and staff, there are a number of options and Stacey has kindly invited us to come and talk through these at one of the forthcoming Research Seminars. In the meantime, for advice on statistics, high performance computing support, methods training and grant applications, you can access our weekly [Research Methods Café](#) which has been running online in recent months.

My own remit within the DRMC is to lead a strategic redevelopment of University PGT MARM programmes, in order to promote accessible and inclusive cross-disciplinary advanced research methods training for our students. The University offers 12 M-level programmes and one PG Cert, many of which are accredited by the ESRC Northern Ireland and [North East Doctoral Training Partnership](#) (NINE DTP). A number of the programmes attract non-DTP students, both home and overseas. The programmes sit within eight University Departments, across all four Faculties, so redevelopment is a complex undertaking. We are planning a single common framework which will consist of 60 credits Advanced Methods Training (coordinated through the DRMC), 60 credits Core Discipline Training (Departments) and a 60 credit Dissertation. At the time of writing, six new methods modules have recently been approved by the DTP and associated changes to the University's accredited pathways will be sent for ESRC consideration in September, 2020. Thereafter, everything will be submitted for Departmental and University approvals and we hope to implement the new university-wide postgraduate research methods framework ready for incoming students in October 2021 (fingers hugely crossed).

If you would like to learn more about how the DRMC can support DSES staff or postgraduate students, please give me a shout, or contact our Centre Coordinator Laura Masterman via enquiry.drmc@durham.ac.uk



Postgraduate Researcher News

As the new academic year approaches, we are looking forward to welcoming our largest ever cohort of new postgraduate researchers to the department. Bolstered by notable successes in national and international scholarship competitions, our new arrivals bring both a wealth of experience and outstanding academic expertise to our postgraduate community (see @DUSportExSci for profiles of incoming researchers). While not all will be able to join us for the start of the academic year, we have planned a rolling induction programme of dual-mode (in-person and online) events, opportunities to meet staff and existing students, as well as specialist training available to all our postgraduate researchers throughout the year.

A warm welcome back to the department to Amée Bryan after her maternity leave. Amée's PhD research is focused on women in leadership roles in men's professional football.

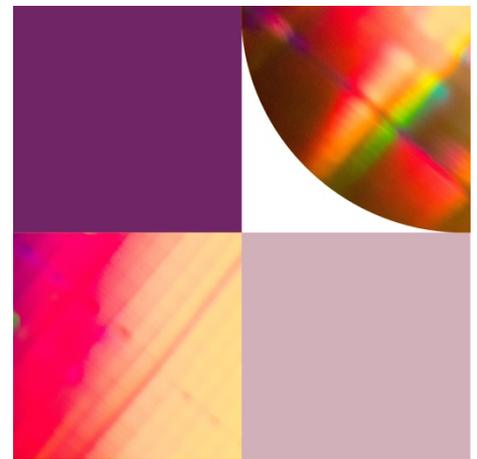
New publications from our postgraduate community, include:

- **Choi, I., Haslett, D.,** Monforte, J., & Smith, B. (2020). The influence of Confucianism on Para-sport activism, *Sociology of Sport Journal*, 38(2).
- **Choi, I.,** Smith, B., Jung, J. W., Oh, I. H., Park, S., & Foster, C. (2020). Development of a physical activity infographic for adults with disabilities - A case study from Public Health England. *Korean Journal of Disability and Social Welfare*, 11(1).
- **Haslett, D.,** Monforte, J., **Choi, I.,** & Smith, B. (2020). Promoting Para athlete activism: critical insights from key stakeholders in Ireland. *Sociology of Sport Journal*.
- **Hockin-Boyers, H.,** Pope, S. & Jamie, K. (2020). Digital Pruning: Agency and Social Media Use as a Personal Political Project Among Female Weightlifters in Recovery from Eating Disorders. *New Media & Society*.
- **Rigby, B.,** Dodd-Reynolds, C., & Oliver, E.J. Inequities and inequalities in outdoor walking groups: a scoping review. *Public Health Reviews*.

More success in studentship competitions, with an exciting cohort of new PGRs joining us next year including: **Caroline Dower** was awarded Durham's Doctoral Studentship to explore experiences of anxiety (supervised by Emily alongside Ben Smith (Philosophy) and Jane Macnaughton (Anthropology)). **Zhuotong Wu**, who has been awarded a Chinese Scholarships Council PhD studentship for work exploring Chinese female football fandom. She will be supervised by Stacey alongside Cassie. **Jessica Woodward** has been awarded a County Durham Sport MRes studentship to research the effectiveness of place-based activity pilots, working with Iain.

And finally, congratulations to:

- **Natalie Connor** was awarded her PhD in January 2020, exploring 'The effectiveness of 'green exercise' in improving health and well-being in older adults', supervised by Carolyn Summerbell and Helen Moore.
- **Mark Ogilvie**, who was awarded his PhD in February 2020, exploring 'Masculinities and Sexualities of Elite Male Team Sport Athletes', supervised by Emily Oliver and Mark McCormack.
- **Zack Philyaw**, who was awarded his Masters by Research examining 'Sports Teams as Contexts of Cultural Change: The Roles of Culture and Social Identity in Social Dominance Orientations', supervised by Emily Oliver and Richard Crisp (Psychology).
- **Rory Hardman**, who was awarded his Masters by Research examining 'Deviant or Criminal? On-field Sports Violence and the Involvement of Criminal Law in English Rugby Union.
- **Alice Choi**, who in July successfully defended her thesis on 'Disability Sport and Activism in South Korea', supervised by Brett Smith.
- **Michael Slater**, who completed his Masters by Research examining 'Coaches' dehumanisation in sport: exploring antecedents and relationships with wellbeing



Research Theme News

As we move into the start of the next academic year, I am delighted to launch the new **Research Seminar and Workshop Programme**. Details of the programme can be found in the 'Upcoming events' section on the final page of this newsletter. Thank you to everyone who has offered to lead sessions and put forward ideas for content. Having integrated suggestions from colleagues, we will focus on a number of topic areas, including theme specific sessions, open sessions, research presentations, research training events and impact focused sessions. If you have ideas for useful sessions for the second term please do get in touch – I am keen to allow flexibility to incorporate new sessions as and when opportunities arise.

It has been extremely positive to see colleagues in the department contributing significantly to Covid-19 related research across both theme groups. This has included research on exercise in children during lockdown, a Wellcome funded project involving the production of *In Memoriam*, a temporary memorial to remember those lost from the Covid-19 pandemic, research involving improving the health and wellbeing of disabled people in times of crisis, and work on the impact of Covid-19 on elite women's football. I believe this is something we can take great pride in. It is something likely to continue in future work – directly or indirectly – given our commitment to reducing inequalities, promoting social justice and ensuring better health and wellbeing and the impacts that the pandemic (and its aftermath) is having on a whole range of areas of people's lives.

Across both theme groups there have been a number of prestigious contributions. For example, we have made contributions to policy, including a new briefing paper on Physical Activity Referral Systems (*Healthy Communities*), a report for the Football Association (*Sporting Lives*) and an interview with the Korea Paralympic Committee (*Sporting Lives*). There have also been invitations to join the Executive Committee of the British Society of Gerontology (*Healthy Communities*), the steering committee of the Centre for Culture and Ecology (*Healthy Communities*), along with invites to join editorial boards, including *Frontiers* (*Sporting Lives*) and an invited presentation for the Women's Football 2020 conference (*Sporting Lives*). Research in *Sporting Lives* has received significant media exposure, along with staff publishing two articles in *The Conversation*. We should take time to celebrate these successes – especially given the challenges we have faced this year – and look forward to celebrating new research contributions moving forwards.

Stacey Pope



New Colleagues

Lindsay Macnaughton
Assistant Professor



What excites you about joining the department?

I am really looking forward to joining the department as it seems that integration between different areas is highly valued. I am excited about collaborating within the department and hopefully across departments too. I think this cross-area collaboration leads to strong research projects, so I am looking forward to getting involved and tapping into the expertise of my new colleagues.

Could you describe the research you are going to pioneer here?

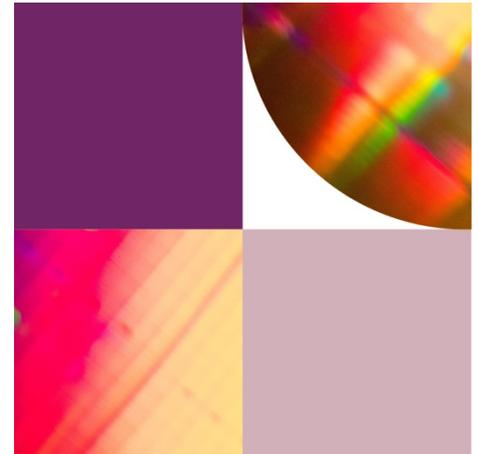
Combining my research and applied background as sports nutritionist, I would like to bring particular areas of sports nutrition research closer to the applied practice. Initially, I would like to gain an understanding of whether athletes follow current nutrition guidelines and if they do not then gain an understanding of why. Then potentially develop interventions with the view of bringing athlete nutrition practices closer to recommendations OR exploring what we can learn from athlete practice to inform research. I would like to explore the value of incorporating behaviour change science specifically to sports nutrition. I would love to collaborate with colleagues that have a focus around improving physical activity and potentially extending work to the wider sport environment for the general population using sport as a vehicle to improve nutrition choices and behaviours. I would like to explore feeding strategies for lean mass accretion, particularly in females and with food sources. Linked to this area, I would like to gain wider understanding of how anthropometry data are used in sport, related to body composition and potentially develop recommendations to minimise the negative impact of body composition perceptions on wellbeing.

Describe yourself in five words?

Enthusiastic, kind, supportive, friendly, considerate

What are your interests outside of academia?

In my spare time I play rugby and over the summer have enjoyed doing a lot more cycling. I enjoy learning about nature and wildlife from my monthly Wildlife Magazine, spend time watching the resident birds on the feeders and keeping my plants alive!



We are delighted to welcome back Naomi Griffin and Frances Hillier-Brown

And welcome to new colleagues, Damian Haslett and Adam Nichol who join us as Teaching Fellows.

It's great to have you all with us and we hope you enjoy being part of DSES team.



Upcoming Deadlines

HEBCI – make sure to complete the online Sharepoint form with any Table 5 information you have. Guidance on eligible activities can be found [here](#). The deadline for this is 30th September. If you have any queries, please contact Lucy.

A reminder that weekly funding and training opportunities will be circulated by the RIS team. Below are a few upcoming events:

- The BA/Leverhulme Small Research Grants (British Academy) are available to support primary research in the humanities and social sciences. These awards, up to £10,000 in value and tenable for up to 24 months, are provided to cover the cost of the expenses arising from a defined research project. More details can be found [here](#)
- Keep checking the [Covid-19 research related support page](#) for new funding opportunities
- [Fast track](#) your impact and impact skills workshop, only a few places remaining. Prof Mark Reed will be delivering a research impact session on 30th September/1st October. To register for a place, please complete this [form](#).

If you would like any information to feature in the next newsletter, please complete the following submission [form](#). If you would like to sign up to receive a copy of this newsletter, please contact Lucy at ses.researchadmin@durham.ac.uk

Upcoming Events

September 2020

Research Seminar: Healthy Communities Roundtable

9.30am-10.30am
Wednesday 23rd September

PGR Induction Event

9am-10am
Wednesday 30th September

October 2020

Reflections on our Department and Research Strategy

9.30am-10.30am
Wednesday 7th October

Supporting PGR Research in DSES

9.30am-10.30am
Wednesday 21st October

Impact in DSES

9.30am-10.30am
Wednesday 28th October

The full seminar programme for term 1 can be found [here](#). For further information and meeting details, please contact Lucy at ses.researchadmin@durham.ac.uk

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