

Research Newsletter



Brett and Lucy Update

The new department website has now launched. We will be working to develop each individual page further over the coming months. Please do send any ideas for how to improve to us. Please also do send us news items for the website as often as you can. Don't be shy!

Congratulations to the department on finalising our REF2021 submission. This will be the first submission for the department. We very much appreciate the work that has gone into it from colleagues across the department and university. And a special shout out and thank you to Dr Emily Oliver.

Thank you to all colleagues for attending the Research Away Day this term. Part of the focus was 'Celebrating our Achievements'. The other part was dedicated to 'Moving Forward' by thinking about grant pipelines and income, citations, esteem indicators, quality outputs rather than quantity, and developing further a reputation for research of world-leading quality. The session provoked useful and productive discussions to help bring focus for the department moving forward. We look forward to working together to help achieve some of the aims and objectives that were discussed. As always, please continue sending ideas to us.

And finally, our increasing global reputation for research was shown in our world top 100 ranking in the 2021 QS World University Rankings for sport. Another great achievement. Well done!

Inside this issue:

New publications

See what new publications DSES staff have recently produced

Research Theme update

Read about recent activities relating to each research theme

Future events

Take a look at our upcoming seminar series

DSES Successes

Recent Publications

Baskin, C., Zijlstra, G., McGrath, M., Lee, C., **Duncan, F., Oliver, E.J.**, Osborn, D., Dykxhoorn, J., Kaner, E. & Gnani, S. (2021). Community interventions improving mental health in minority ethnic adults in the UK: a scoping review. *BMJ Open*.

Bryan, A, Pope, S., & Rankin-Wright, AJ. (accepted). On the periphery: Examining women's exclusion from core leadership roles in the "Extremely Gendered" organization of men's club football in England. *Gender & Society*.

Gould, N., Yau, A., **Rigby, B.P.**, Dyke, C., Remfry, E.A. and Chadborn, T. (accepted). Effectiveness of digital intervention for reducing behavioural risks of cardiovascular disease in non-patient adult populations: a review of reviews. *Journal of Medical Internet Research*.

Hockin-Boyers, H., & Warin, M. (2021). Women, exercise, and eating disorder recovery: The normal and the pathological. *Qualitative Health Research*, 1049732321992042.

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* 13(1): 94-112.

Monforte J, Úbeda-Colomer J, Pans M, Pérez-Samaniego V, Devís-Devís J. (2021). Environmental barriers and facilitators to physical activity among university students with physical disability: A qualitative study in Spain. *Int J Environ Res Public Health*, 8;18(2):464.

Monforte, J. & Smith, B. (2021). Introducing postqualitative inquiry in sport and exercise psychology. *International Review of Sport and Exercise Psychology*.

Smith, B., Mallick, K., Foster, C., & Monforte, J. (2021). Disability, the communication of physical activity and sedentary behaviour, and ableism: A call for inclusive messages. *British Journal of Sports Medicine*.

Tamminen, K., Bundon, A., **Smith, B.**, McDonough, M., Poucher, Z., & Atkinson, M. (2021). Considerations for making informed choices about engaging in open qualitative research. *Qualitative Research in Sport, Exercise and Health*.

Successful Awards

Iain Lindsey and **Caroline Dodd-Reynolds**, with Durham Research Methods Centre, were awarded SPF QR Funding for research on 'Data and evidence use to identify and address inequalities in community-based physical activity within County Durham'.

Brett Smith, Emily Oliver, Caroline Dodd-Reynolds and **Ben Rigby** were awarded a grant from the Department of Health.

Grants Submitted

Pope, S. Tackling loneliness and isolation through football fandom: Developing a digital community forum for older football fans. ESRC/Zinc. £62k.

Research on Health Inequalities

With SPF QR funding, Iain Lyndsey and Caroline Dodd-Reynolds are leading research on developing data and evidence use to identify and address physical activity inequalities in community based physical activity within County Durham. As part of this work Sophie Phillips has a secondment with County Durham.

Chief Medical Officers' Physical Activity and Disability Guidelines

Funded by the Department of Health, Brett Smith, Caroline Dodd-Reynolds, Emily Oliver and Ben Rigby will be producing the 1st UK Chief Medical Officers' Physical Activity Guidelines for Health for Disabled Children and Young Adults. This will involve an evidence review and working with disability groups to co-produce an infographic.

Recent Research News

Emily Oliver and **Fiona Duncan** were invited by the Health Improvement Directorate at Public Health England to produce a research briefing on their School of Public Health Research-funded work on promoting public mental health. Emily presented this work and its recommendations at a PHE-hosted webinar on “*Engaging the whole system in preventing and promoting better mental health during COVID-19 and beyond*”. Together, work is continuing to promote the National Prevention Concordat alongside detailed service-focused work to identify and share national good practices. Additionally, one of the review papers from the first phase of the funded work was accepted for publication in *BMJ open* this month, titled: ‘Community-centred interventions for improving public mental health among adults from minority ethnic populations in the UK: a scoping review’.

In January 2021, Durham's Department of Sport and Exercise Sciences hosted the 5th Fuse (Centre for Translational Research in Public Health) Physical Activity Pop-up Workshop. We were delighted to welcome our keynote speaker, Professor Adrian Bauman (University of Sydney) who presented a stimulating talk entitled 'From science to the real world: how can we improve physical activity practices locally and nationally?' Professor Bauman was followed by our very own PGR student, **Ben Rigby**, who presented work on '*10 principles to translate national physical activity policy into local practice*'. A research briefing on these principles was published by Fuse. [View the briefing here.](#)

Cassandra Phoenix was invited to contribute to a global report of ageism by *WHO, Office of the High Commissioner for Human Rights, United Nations Department of Economic and Social Affairs, and United Nations Population Fund*. The report calls for urgent action to combat ageism and better measurement and reporting to expose ageism for what it is – an insidious scourge on society. Cassandra's specific contribution involved conducting qualitative research in collaboration with WHO to identify what has worked and what hasn't worked in past or ongoing local, national / regional campaigns to tackle ageism. View the report [here](#).



[Home](#) / [Social Determinants of Health](#) / [Demographic Change and Healthy Ageing](#) / [Combatting Ageism](#) / [Global report on ageism](#)





Training and/or Courses

Train for Tins! Equality Diversity and Inclusion Training

For 2 weeks over March our staff have been engaged in the '*Department of Sport and Exercise Sciences EDI Training Hackathon*'.

The "Hack" involves a fortnight long sprint event with a collective purpose of increasing the level of EDI training across our team.

We have been donating tins of food to the local food bank for every course completed during the hackathon. At the time of press, 19 courses have been completed! Well done everyone.

Invitations

Javier Monforte was invited by the Universitat Autònoma de Barcelona to give a day workshop on postqualitative inquiry.

Emma Poulton was an Invited Panellist at an event organised by Durham University's Equality, Diversity and Inclusion Unit on 'Understanding Antisemitism', alongside Rabbi Aaron Lipsey (Jewish Chaplain, Durham University) and Miriam Makin (President, Durham University Jewish Society). The event was chaired by the University's Co-ordinating Chaplain, Rev Gavin Wort. The event marked Durham University's adoption of the International Holocaust Remembrance Alliance's 'working definition' of Antisemitism. Key themes covered in the panel discussion included: forms of antisemitism, the impact of antisemitism, and ways of tackling and challenging antisemitism.

Brett Smith was invited by the British Association of Sport and Exercise Sciences (BASES) to give a talk on generalisability in qualitative research. The British Sociological Association Sport Study Group invited him to give a keynote on co-production.

Brett was also invited by Public Health England to contribute to the development of a new framework for integrating physical activity within undergraduate health-related curricula and the *Moving Health Care Professional Programme*.



PGR and PDRA News

Congratulations to Sarah Smith on completing her PhD studies exploring workplace food interventions. Well done to members of her cross-institutional supervision team including Carolyn Summerbell and Frances Hillier-Brown, and thanks to Caroline for examining.

Two of our current PGRs have been employed in career development placements, applying their research skills in partnership with external organisations. Sophie Phillips is working with County Durham Sport, exploring data and evidence use to identify and address inequalities in community-based physical activity within County Durham. Patrick Eveleigh is working with Middlesbrough FC Foundation, researching the views of a wide range of stakeholders including social workers, the police, and the local asylum-seeking population. His work is exploring the viability of tailored physical activity provision, and is underpinning the submission of a c.£1million grant from the Football Foundation. Thanks to Caroline and Iain for facilitating these opportunities.

PGR training: Securing an academic position post-PhD

In recent months, DSES offered three training sessions designed to prepare PGRs for securing an academic position post-PhD. For many PGRs (myself included) who are nearing the end of their doctoral studies, these sessions were an incredibly timely insight into the internal logics that determine longlisting, shortlisting, and (the holy grail) an interview offer. For those nearer the beginning of their PhD journey, the trainings provided an opportunity to reflect on the ways in which PGRs can be strategic about their current research activities, in order to put themselves in the best possible position to secure an academic post in future.

The first session of the series, 'What departments want', was led by Martin Roderick and covered how to approach an application - from deciphering job adverts to making first contact with a department. The second training, 'Making the cut', facilitated by Emily Oliver, went in-depth into the criteria according to which recruitment panels sift through and make decisions about applications. Emily also provided helpful tips on how to make the most of your research profile by emphasising *potential* and paying close attention to departmental 'fit'. Brett Smith led the third and final session in the series, titled 'Getting the most out of an interview'. Here, Brett walked us through 1) preparation, 2) the interview itself, and 3) reflecting on lessons learned. Throughout he provided practical tips on how best to prepare for an interview, perform in an interview and learn from the process to put yourself in a stronger position next time interviewed (if unsuccessful).

For me, this set of training has been invaluable in de-mystifying the academic application process - which I have recently learned can be frustratingly abstruse! Thank you to Martin, Emily and Brett for sharing your insights and experience with us over the past couple of months.

Hester Hockin-Boyers, PhD student.

Sport and Exercise Sciences Alumni

Sport and Exercise Sciences alumni, Dr Kate Baker, has recently been appointed as *Director of Performance for UK Sport*.

Congratulations Kate!

[Further details can be found here.](#)



Research Theme News

This term we have hit the ground running with our weekly Research Seminar and Workshop programme. I want to start by saying a huge thank you to colleagues for contributions to this and making this possible, especially at a time when many have been balancing multiple commitments due to school closures and lack of childcare. Sessions so far have included: dedicated space to discuss work in our research themes; a session on 'Building Impact in the DSES'; and research seminar presentations. We have also run a number of research conversations on: 'Building Collaborations for Successful Projects'; 'Working Collaboratively across Different Disciplines'; and 'A Critical Discussion of the Use of Systematic Reviews in the DSES'. Recently, one colleague told me that they were finding the Research Seminar and Workshop programme: 'Really useful for me to develop as an all-round academic'. For me, this really hit home the need to continue the momentum we have been building and push on with our programme so as to not lose sight of our longer-term research goals during these challenging times.

I wanted to bring colleagues attention to a couple of updates that may be of interest. First, the university is currently exploring the potential for a formalised partnership between the University of British Columbia and Durham University. We already have some strong collaborations in place, especially in relation to the Sporting Lives theme group. If you currently have existing links with staff at the University of British Columbia or are planning to collaborate in future research projects, please do let me know so I can share this with colleagues in the international office and at UBC.

Second, this term we have dedicated space to in our programme to discussing building new partnerships and collaborations and new interdisciplinary research projects. As we move towards thinking about our medium to long-term research plans, we may want to think about target countries for reputation building activities in line with the university's suggested focus, such as China, the US and India. I have been invited to attend a strategic workshop on global reputation on Friday 26th led by Lucian Hudson, Director of Advancement & Communications, and am happy to feed back after this. We are also looking to organise a future session in our research programme with Marketing and Communications on enhancing reputation and research profile.

Stacey Pope, Research Theme Lead



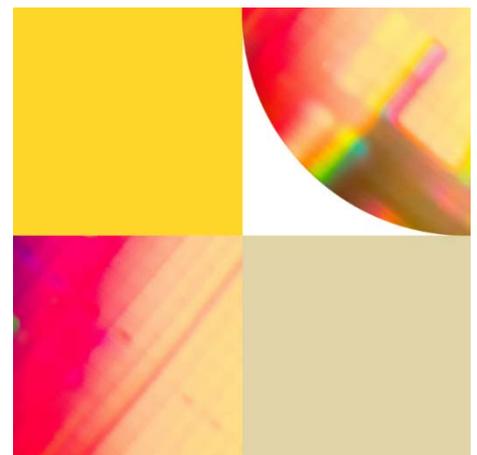
Research Themes

***Sporting lives:
Transforming sport,
transforming lives***

***Healthy communities:
Moving, growing,
thriving***

Want to know more about our research?

Please watch our 2 minute animation [here](#).



New Colleagues

Faith Jones

Learning and Teaching Manager



What excites you about joining the department?

I'm excited to join the growing team and growing taught and research programmes. There is lots to jump into with two feet! I'm also moving from a very transient role, so I am looking forward to having my own desk, and coffee mug, when we are back on site – and in a new building :)

Could you describe your role within the department?

I will lead on the administration of learning and teaching related activities (both undergraduate and postgraduate) including processes such as curriculum development, assessment/Board of Examiners, timetable, and student support processes. I will be the Secretary for Education Committee and Board of Examiners and I will manage the team of two learning and teaching administrators.

Describe yourself in five words?

Will probably run for chocolate.

What do you enjoy doing outside work?

I enjoy walking the coast, Yorkshire Dales, & Teesside area with my partner Sam and our poodle Ziggy (who has made himself famous in Teams calls already). We are renovating our (1900s) house so that keeps me fairly busy! I also love musicals, films, watching live music and I enjoy baking all sorts of things but am especially into sourdough at the moment (lockdown, anyone?).

Tell us a joke

Why can't ants get Covid?
Because they have little ant-y bodies





Upcoming Deadlines/Reminders

Please remember to keep a record of HEBCIS related activities over the course of the year (send these to Lucy if it helps) in order for us to add as much information as possible into the final submission.

Keep a check on weekly RIS updates circulated which contain useful grant application opportunities and deadlines.

Durham has recently joined [Aspect](#), a network for organisations looking to make the most of commercial and business opportunities from social sciences research. The next funding round is expected to start in July 2021, which will bring many new opportunities to engage with the network and other members.

We would like to wish everybody a very Happy Easter!



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

April 2021

Research Grants: What is a good proposal?

Zoom, 10am-11am
Wednesday 21st April

Research Training session

Zoom, 10am-11am
Wednesday 28th April

May 2021

Running Interdisciplinary Projects, Jane Macnaughton

Zoom, 10am-11am
Wednesday 12th May

Impact in DSES

Zoom, 10am-11am
Wednesday 9th June

Sporting Lives: Research Updates and Plans

Zoom, 10am-11am
Wednesday 16th June

Healthy Communities: Research Updates and Plans

Zoom, 10am-11am
Wednesday 23rd June

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