



Research Newsletter

Brett and Lucy Update

Work continues on the new website. We will be working over the Summer on further improvements and will be in touch with colleagues for ideas on how best to move forward. In line with the University's Honorary and Visiting Titles Policy, and to further enhance our strategic research priorities, we are also working on a supporting Honorary and Visiting Professor, Fellow and Associate guidance document for consultation.

Our new departmental research briefing template is now up and running. This can be used for short policy document which can support a project you are working on. Please contact Lucy for further information and guidance on this. An example can be found [here](#).

A reminder we now have a range of images that represent our research interests as a department. These can be used across the wider department on various materials (not only research materials!). Please view them [here](#).

Personal Research Plans (PRPs) are underway. If you'd like to provide confidential feedback on the process to enhance PRPs in the future, please email ideas to Lucy.

Last, Dr Katie Di Sebastinao and Dr Patrick Jachyra are anticipated to be with us in August whilst Dr Toni Williams will be joining the DSES family in January. They will bring a great deal to our department. Times continue to be exciting for us.

Inside this issue:

New Publications

View the latest list of publications produced by DSES colleagues

Research Theme Update

Read the latest research theme news

Research project updates

Read about the recent research projects from colleagues in DSES

DSES Successes

Let's celebrate! 🎉

Recently Published Outputs

Evans, A., ... **Phoenix, C., Smith, B.**... Qualitative research in sports studies: Challenges, possibilities and the current state of play. *European Journal for Sport and Society*. 2021. 18(1); 1-17.

Gemar, A. & Pope, S. (forthcoming). Women's following of men's professional sport in Canada: Evidence of the 'Feminization' of sports fandom and women as omnivorous sports consumers?' *International Review for the Sociology of Sport*.

Lee C, Kuhm, I, McGrath M, **Oliver EJ, Duncan, F**, Kaner E et al. A systematic scoping review of community-based interventions for the prevention of mental ill-health and the promotion of mental health in older adults in the UK. *Health and Social Care in the Community*. 2021; 1-31.

Martin Ginis K.,... **Smith, B** et al. Physical activity among people with disabilities: A global perspective. 2021. *The Lancet*.

Mcgrath M, **Duncan F**, Kaner E, **Oliver EJ** et al. Effectiveness of community interventions for protecting and promoting the mental health of working-age adults experiencing financial uncertainty: a systematic review. *Journal of Epidemiology and Community Health*. 2021.

Netherway J, Smith B, & Monforte J. Training healthcare professionals on how to promote physical Activity in the UK: A scoping review of current trends and future opportunities. *International Journal of Environmental Research and Public Health*. 2021; 18(13):6701.

Oliver M, Pérez-Samaniego, V, **Monforte J.** Humiliation, physical education, and sport tertiary education: A modest autoethnography. *Movimento*. in press. 10.22456/1982-8918.111554

Oliver EJ, Dodd-Reynolds, C, Kasim A, Vallis D. Inequalities and Inclusion in Exercise Referral Schemes: A Mixed-Method Multi-Scheme Analysis. *International Journal of Environmental Research and Public Health*. 2021; 18:3033.

Pans M, Úbeda-Colomer J, **Monforte J**, Devís-Devís J. Physical activity and accomplishment of recommendations in university students with disabilities: A longitudinal study. *International Journal of Environmental Research and Public Health*. 2021; 18(11):5540.

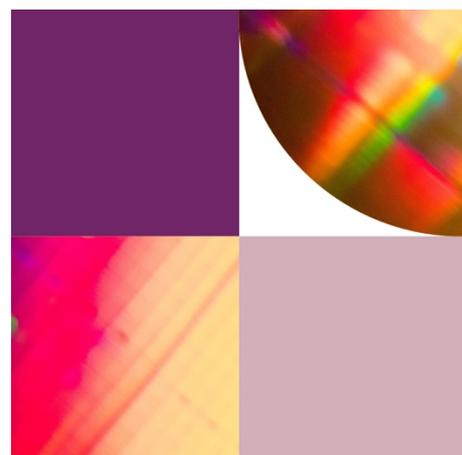
Phillips, S. M., Summerbell, C., Hobbs, M., Hesketh, K.R., Saxena, S., Muir, C., & Hillier-Brown, F.C. (Accepted). A systematic review of the validity, reliability, and feasibility of measurement tools used to assess the physical activity and sedentary behaviour of pre-school aged children. *International Journal of Behavioral Nutrition and Physical Activity*.

Recent Grant Successes

Stacey Pope was awarded a COA Extension for her AHRC project Female Sports Fandom in the North East. This will involve developing an online exhibition from her research.

Sophie Phillips was successful in securing School for Public Health Research (SPHR) funding to host a summer intern working on the project 'Exploring the effectiveness of 'Forest Schools' on the health and development of pre-school aged children.

Brett Smith. Communicating the Chief Medical Officers' physical activity guidelines to disabled children and young adults. ESRC IAA



Recent Grant Applications Submitted

Iain Lindsey has submitted a bid for \$83,534.64 submitted to a call by the Laureus Sport for Good Foundation to fund a PhD scholarship on 'Socio-anthropological study of the impact of Sport for Development interventions in the lives of girls and young women'.

Lindsay Macnaughton has submitted an application for the European Society for Clinical Nutrition and Metabolism Research Fellowship - Resting metabolic rate as a tool to monitor recovery from Relative Energy Deficiency in Sport (RED-S)

Significant Invitations

Emily Oliver (2021). Mapping the complexities of public mental health interventions and approaches in local systems. PHE Public Health Research and Science Conference 2021. 25th May 2021.

Emily Oliver (2021). Learning from the development of peer-led support in a new postgraduate research community. 2nd International Conference on the Mental Health & Wellbeing of Postgraduate Researchers, UK Council for Graduate Education, 18th May, 2021.

Iain Lindsey delivered a keynote presentation entitled "Policies for Sport for Development and Peace: Global contexts and national approaches" at the 2nd International Conference of Sport for Development and Peace hosted by Universitas Pendidikan Indonesia on 2nd July

Javier Monforte was invited to deliver a Keynote presentation at the UAB (Universitat Autònoma de Barcelona) and led a seminar on post-qualitative inquiry.

Javier Monforte is was invited to be and now is the new associate editor of the Spanish Journal of Physical Education and Sport (Revista Española de Educación Física y Deportes).

Stacey Pope attended a meeting with representatives from the Sports Ground Safety Authority and the Football Association to discuss the future of women's sport and women's football in May 2021.

Brett Smith was invited to write the 'British Association of Sport and Exercise Sciences (BASES) Expert Position Statement on Disability'. He was also invited to give 4 international talks and a Keynote presentation at the 'Celebrating Disability Sport and Physical Activity Conference'.

Recent Research News

On May 19th 2021, **Sophie Phillips** and **Caroline Dodd-Reynolds** gave a presentation to County Durham's Evidence Based Approach Task Group. The presentation included findings from an initial analysis of the county's physical activity data (using Sport England's national-level Active Lives Survey) to draw out sociodemographic inequalities related to whether certain groups are able to meet physical activity guidelines of 'active' and 'less active'. The analyses were undertaken through a partnership between the Department of Sport and Exercise Sciences, and Durham Research Methods Centre. Sophie had the momentous task of data cleaning, extracting and collating during her University SPF-funded internship with County Durham Sport, earlier this year. A series of multinomial

QS World Rankings

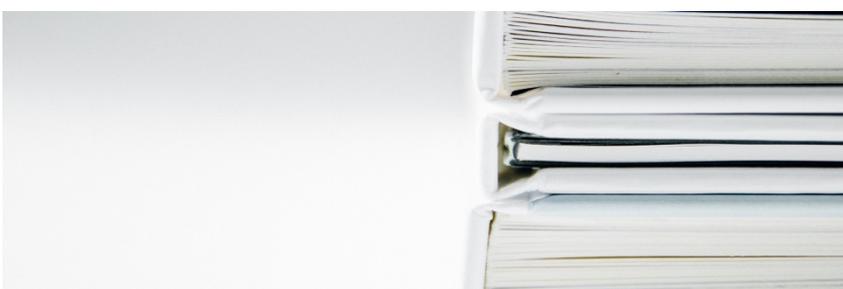
The latest QS World University Rankings puts us in the world top 100 for sport and exercise sciences. The QS rankings recognise our global reputation for research and world-class employability outcomes. For further information, view the [QS world rankings page](#)



analyses were then undertaken and the final presentation contained information on the likelihood of certain groups to meet thresholds, looking across four years of the survey. They are due to present further work around walking for leisure, walking for travel and gardening, to County Durham Sport later in June. The final stage in this project will be to consider the magnitude of local-inequalities compared to those seen at national-level. Thanks to Bilal Ashraf and Adetayo Kasim for their support with analyses and to Iain Lindsey for his ongoing work linked to the internship and consideration of evidence use for County Durham Sport.

Key updates from the SPHR Children and Young People's programme, Work Package 4 include: Data collection is nearly completed and coding and analysis has begun. An initial findings document has been produced to inform the development of a toolkit based on critical health literacy, the production of which will lead by the project partner organisation 'Association for Young People's Health (AYPH). To increase the impact of the research project we are working with PSHE to develop lesson plans based on critical health literacy and health equity appropriate for up to 3 key stages. We are delighted to welcome Pip Kyle to the team working on SPHR-funded Work Package 4: Enabling children and young people's involvement in whole system action to reduce inequalities in the social determinants of health. Pip joins us as a Research Assistant on July 5th, working alongside Caroline, Naomi and Carolyn, as well as the teams at Sheffield and LSHTM. Pip is also hoping to undertake her PhD studies in the near future, focusing on dance - please do say hello virtually!

Dr. Stacey Pope has contributed to a major exhibition at the Venice Biennale, at the invitation of the Qatar Olympic and Sports Museum drawing on research from her AHRC grant. The Qatar Olympic and Sports Museum will be opening to the public later this year. The Museum has been asked to curate a major exhibition at the Venice Biennale, which is the world's leading arts festival. The invitation came from Hashim Sarkis, the Curator of the 17th International Architecture Exhibition at the 2021 Venice Biennale. The exhibition, called Sports Platform, is on the inter-relationship between sport, culture and architecture. A small number of world-leading academics and architects have been asked to contribute, with a short illustrated piece that will be featured in the display. Dr Stacey Pope was asked to contribute by the curator of the exhibition, Dr Kevin Moore, Deputy Director, Qatar Olympic and Sports Museum, because of Dr. Pope's world-class academic expertise in this field. Dr. Pope contributed research findings on: 'The Football Stadium as a Cathedral' and 'The Gendering of Football Stadia'. The exhibition will bring Dr. Pope's cutting-edge research to a wide international audience. The exhibition will be seen by up to 500,000 visitors attending this year's Biennale in Venice.



Dr. Stacey Pope was interviewed about her research for an article in Al Jazeera in May 2021. The article '[Is this the tipping point for football fan power](#)' discusses her research on the importance of loyalty for being a fan and the role of localism in football fan identity.

Hester Hockin-Boyers, Dr. Stacey Pope and Dr. Kim Jamie (Sociology) produced a 'Thought Leadership' piece for the Durham University website entitled: '[Can Women Curate their Social Media Feed to Protect Mental Health?](#)' in May 2021.

Hester Hockin-Boyers, Dr. Stacey Pope and Dr. Kim Jamie (Sociology) were featured in an article in The Northern Echo on 6 June 2021 entitled "[Digital Pruning](#)' Helps Women Protect their Mental Health'. This is based on their research article published in New Media and Society.



National talks and blog post:

Woodrow, N., Crowder, M., Fairbrother, H., **Griffin, N.**, & Holding, E. (2021) 'Discussing 'Tricky Topics' with Young People at a Distance: the Challenges of Exploring Sensitive Subjects in Virtual Focus Groups' <https://covidrealities.org/researching-poverty/tricky-topics-young-people/>

Griffin, N., Dodd-Reynolds, C., Crowder, M., Fairbrother, H., Holding, E., Scott, S., & **Summerbell, C.** Exploring LGBTQ+ young people's perspectives regarding inequalities in health in the North East of England: a participatory mapping approach, Naomi presented as part of the Health Inequalities panel, Public Health Research and Science Conference, Monday 24 - Thursday 27 May 2021, held by Public Health England

Holding, E. (presenter), **Griffin, N.**, Wistow, J., Powell, K., Carolyn, C. Exploring the local policy context for reducing health inequalities in children and young people: analysis from one local authority in the North of England, UK, presentation as part of the Health Inequalities panel, Public Health Research and Science Conference, May 2021, held by Public Health England



Woodrow, N., Crowder, M. (presenter), Fairbrother, H., **Dodd-Reynolds, C., Griffin, N.**, Holding, E., Quirk, H., **Summerbell, C.**
 Exploring young people's perspectives regarding inequalities in health: a qualitative study

Griffin, N., Crowder, M., Woodrow, N., Holding, E. Exploring Young People's Perspectives on Health Inequality (joint presentation/paper that I turned into a video for the panel) NIHR School for Public Health Research, Annual Scientific Meeting, April 2021

Principles document

NIHR SPHR researchers (Ellie Holding, Mary Crowder, Hannah Fairbrother, **Naomi Griffin** & Nick Woodrow) have published a [strategy for engaging and working with children and young people](#). The strategy is part of a wider project to enable children and young people's involvement in whole system action to reduce inequalities in the social determinants of health.



RIS Update

Colleagues from the Research Innovation Services team have produced the below infographic, to provide clarity on key RIS contacts that are available to support you with your research.

RIS – Research Grants Support - At a glance* (DSES)



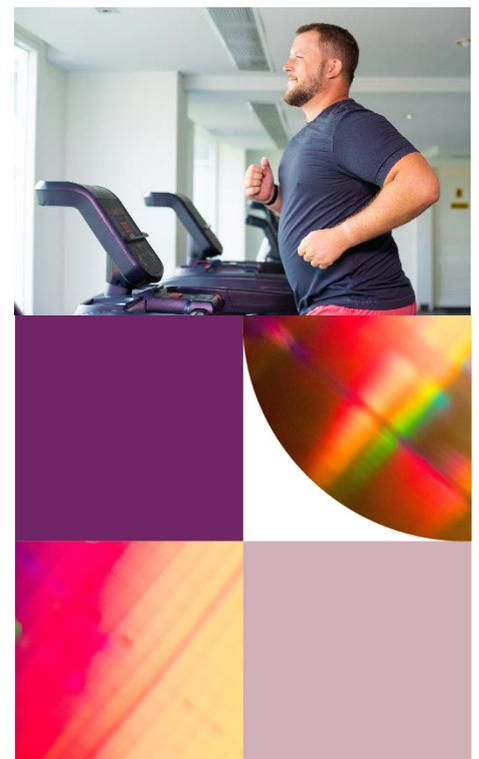


Research and impact with physical activity partners in County Durham

Researchers from the Department of Sport and Exercise Sciences undertake a variety of work with partner organisations that impacts on engagement in physical activity across County Durham. We plan to provide regular updates on this work in the newsletter going forward, with the following items representing some of recent, notable developments:

- We have been delighted to welcome Dr Maxine Rhodes, Managing Director of County Durham Sport as the newest Professor in Practice in the Department of Sport and Exercise Sciences. Maxine brings significant experience through her previous work in higher education and for Sport Wales, and her role as Professor in Practice will further strengthen the mutually-beneficial partnership between DSES and County Durham Sport.
- Together with the Durham Research Methods Centre, we've been improving understanding of sociodemographic inequalities in physical activity across County Durham through undertaking multinomial analysis of multi-year data from Sport England's national Active Lives Survey. This work has been led by Caroline Dodd-Reynolds and PhD student Sophie Phillips (through an SPF-funded internship with County Durham Sport), with contributions from Bilal Ashraf and Adetayo Kasim. Initial findings have been presented by Caroline and Sophie to inform the work of both County Durham's Evidence Based Approach Task Group and all staff at County Durham Sport. Further analysis that is now being undertaken to consider the magnitude of local inequalities compared to those seen at national-level will also be fed back to local and national networks with the intention of informing policies, priorities and practice around physical activity inequalities.
- Sophie's internship with County Durham Sport also involved undertaking a comprehensive review of academic literature and local insight on early years physical activity leading to production of a report and infographic with recommendations to develop policy and practice amongst a variety of organisations and stakeholders in County Durham. As a result, County Durham Sport have expanded the remit of their children and young people programme to include early years and further work to measure physical activity in early years has been added into County Durham Sport's 2021 research priorities. More of Sophie's contributions and experience during her internship can be read through this Fuse Blog.
- Pilots of place- and systems-based approaches to addressing physical activity inequalities in County Durham are being evaluated by DSES PGR student, Jessica Woodward. Her research is designed to contribute to development of approaches through Active Shildon and Active Valleys, that are funded by Sport England and jointly led by Durham County Council and County Durham Sport.

For further general enquiries about DSES engagement with physical activity partners in County Durham please contact iain.lindsey@durham.ac.uk or contact individuals named above for further information about specific projects.



Postgraduate Researcher News

It has been a busy period for our postgraduate community. Final year student Eleanor Boden passed her PhD viva, with her thesis 'Where Did All the Girls Go?: Gender, Education and Work in the Horseracing Industry'. At the other end of the process, five of our first year students presented at their progression reviews, including: Khaled Alsofyani (Promoting physical activity among children with disabilities in Saudi Arabia), Caroline Greenwood Dower (Experiences of Anxiety: Moving towards novel perspectives), Jo Long (Menopausal women's embodied experiences of movement practices), Jake Netherway (Moving social care: co-producing training resources for the promotion of physical activity for disabled people), and Wei Wang (Developing an evidence-based communication strategy for supporting physical activity promotion for disabled people in China).

Developing a range of employment-relevant skills is a critical and growing part of our postgraduate research training. As such, we are thrilled that several of our current PhD and Masters by Research students have successfully secured future employment recently. These include:

- Ben Rigby: 3-year Research Assistant position based in the complexity in health programme at Glasgow University.
- Amée Bryan: Senior Research Officer in the Office for National Statistics, working on social inequalities.
- Jess Woodward: Evaluation Manager at Sport England.
- Annie Williams: Graduate training position at KPMG.
- And last but not least, Will Jones (MRes) who will be staying with us having successfully been awarded a GE/DU match-funded PhD studentship.

In a project led by Alice Pearson, the Department of Sport and Exercise Sciences are seeking male and female volunteers aged 18-35 with no previous experience in resistance training for our exciting new research into muscle damage. Have you ever wondered why you feel so sore after exercise? Are you interested to find out how much muscle mass you have? Or how strong you really are? Contact Alice (alice.g.pearson@durham.ac.uk) to find out more and get involved!



PARTICIPANTS NEEDED

The Department of Sport & Exercise Sciences are recruiting MALES and FEMALES for an exciting new study

Sex Differences in Muscle Damage Following High- vs. Low- Intensity Resistance Exercise

Are You Eligible? 18-35 years old, Healthy weight, No experience in resistance training, Free from musculoskeletal injury, Regular menstrual periods, Not pregnant, No chronic disease

What Do You Need To Do?

- 1 resistance exercise session
- 7 lab visits
- 2 body composition scans
- Blood samples
- Muscle soreness rating

What's In It For You?

- Full body composition analysis (this will tell you your body fat %, muscle mass & bone mass)
- Dietary analysis & advice from a registered Sport Nutritionist
- 'One rep max' strength test to help you with future training

Interested?

Contact Alice: alice.g.pearson@durham.ac.uk

A 3D anatomical illustration of a human torso, showing the back and shoulder muscles in a glowing red and orange color, with hands placed on the shoulders.

Research Theme News

It has been another busy term in our weekly Research Seminar and Workshop programme. Thank you to everyone who has contributed to this; it has been great to keep the momentum going as we also moved into a busy assessment period. The term kicked off with a seminar focused on 'What is a Good Proposal', supporting our focus strategy on grant culture. On the back of feedback from this, we are looking at developing a short set of guidelines, in consultation with colleagues in RIS. There was a sense that many of these tips could be helpful, especially for ECR's and new starters, but would also serve as useful reminders for mid-career/established researchers.

This term we have welcomed a number of expert external speakers to lead sessions. Mark Tallentire (Senior Manager, Communications and Engagement) and Laura Facey (Marketing Business Partner for the Faculty of Social Sciences and Health) led a seminar on engaging with the media/public, building global profile and potential in DSES. This is likely to be an ongoing focus given the wider developments focused upon enhancing global reputation and closing the gap between achievements and reputation rankings being led by Lucian Hudson. Professor Jane Macnaughton (Director of the Institute for Medical Humanities) also led a session on Running Interdisciplinary Projects, and we also welcomed Dr. Michael Crawley from the Department of Anthropology for a research presentation.

Research impact focused sessions have covered the department's ongoing work with Active Durham and reflections from colleagues on leading Impact Case Studies. There has also been dedicated space in theme groups to discuss research updates and advice on preparing Personal Research Plans. Please do reach out to me over the summer if you have ideas for useful sessions for the programme moving forwards.

Finally, I wanted to end by saying to say congratulations to colleagues who will be taking up new roles. Dr. Shaun McLaren has been offered a position at Newcastle Falcons to continue his work in the area of sports physiology and performance and we hope we are able to continue links here. Dr. Adam Nichol will be taking up a role as Lecturer and Programme Leader in Sports Coaching and Development, at Manchester Metropolitan University. A big thank you Adam for all of your contributions to developing our theme work and seminars over the past year, not just through the delivery of presentations but through the active and supportive contributions to the work of others. Adam will be back to deliver a research seminar next year to discuss how his academic work is advancing. I will leave you with Adam's thoughts on what he found useful in the programme: "The research theme programme provided an excellent opportunity to meet and get to know colleagues within the department after initially starting my role. Inclusive weekly meetings have been engaging, thought provoking and informative. Importantly, they have provided a unique and safe space to share ideas, learn from a range of colleagues with a wealth of experience in different fields, and have significantly supported my all-round development as an ECR".

Have a great summer!

Stacey Pope, Research Theme Lead



New Colleagues

Emily Owen



What excites you about joining the department?

The Department of Sport and Exercise Sciences brings together world-leading academic researchers with diverse interests and expertise. I'm really excited to have the opportunity to learn from incredible researchers, to enhance my own knowledge, skills, and capacity, and to form meaningful academic collaborations and stakeholder partnerships!

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

My research focuses on disadvantaged children and young people, health inequalities, complex systems/interventions, and the use of realist evaluation and review approaches. During my time at Durham, I will be working with Professor Carolyn Summerbell and colleagues to understand the impact of integrated care on the health and wellbeing of children and young people within sustainability and transformation partnerships and integrated care systems areas in England. Specifically, we will be working closely with a number of key stakeholders to unpack how, why, and under which circumstances integrated systems impact the health, wellbeing, and educational outcomes of children and young people.

Describe yourself in five words?

Curious, enthusiastic, kind, friendly, considerate

What are your interests outside of academia?

Outside of academia, I spend a considerable amount of time in the gym, and throughout the lockdown period, I have enjoyed running and cycling! Additionally, I love to read, and I am (slowly) in the process of learning a new language ☺.



Evgenia Stepanova

Welcome to Evgenia who has joined us as a new postdoctoral research associate. Evgenia will be working alongside Emily Owen, for Carolyn Summerbell's project 'Child health system evaluation project: Integrated care systems and sustainability and transformation partnership'.

Phillippa Kyle

Pip joins us as a research assistant working for Caroline Dodd-Reynold's project 'Enabling children and young people's involvement in whole system action to reduce inequalities in the social determinants of health', part of the Fuse SPHR projects. Welcome Pip!



Recommended Training

Brett Smith recently attended a e-course 'Pitch perfect: Presenting to persuade' run by Nifty Fox Creative (£15).

Upcoming Deadlines

- The HEBCIS data collection will begin soon, further information will be circulated as soon as we know what the latest guidance is
- Research Project Leadership Programme – deadline 6th August, offered via DCAD and is aimed at researchers to develop the knowledge, skills and abilities to lead research effectively. Contact simon.rees@durham.ac.uk for further information
- RIF funding dates will be announced shortly, in the meantime any queries should be directed to the new mailbox: ris.funding@durham.ac.uk
- Three new Wellcome Trust Schemes to open in August 2021. These include: Early Career Awards, Career Development Awards, Discovery Awards. Further information can be found [here](#), and in the recent RIS update email
- Keep a look out for the weekly RIS emails, they include lots of useful information and funding opportunities

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

Have a lovely summer!



Upcoming Events

September 2021

New Research Seminar Series will begin. Further information will be circulated once the programme has been finalised

November 2021

3rd November, 10am-12pm
The Conversation training workshop – you should have received an invite asking you to hold this date. Please let me know if you haven't received this.

For further information and meeting details, please contact Lucy at ses.researchadmin@durham.ac.uk

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