

**Supporting PGR students to develop new approaches for positive PGR Mental Health and Wellbeing across the GW4 Universities**

1. **Background and Invitation**

A Postgraduate Research degree is a unique experience for the researcher, but also carries with it a set of very specific and challenging demands. Within the GW4 Alliance of Universities (Bath, Bristol, Cardiff, Exeter) the Postgraduate Researcher Workstream is very motivated to develop a supportive environment for researchers.

In this new initiative, we want to enable the PGR student community to suggest and evolve new ideas to support positive PGR Mental Health and Wellbeing across GW4. There are, of course, already lots of activities in this space at each of the 4 GW4 Universities. Nevertheless, we would like to take this opportunity to sponsor ideas that will address the GW4 community, and also to stimulate bottom-up ideas directly from that student community.

The GW4 PGR Workstream, which consist of specialist staff working with PGR students at each of Bath, Bristol, Cardiff and Exeter, have consulted with colleagues in the Wellbeing and Mental Health services at their respective Universities to help frame this call for ideas.

You are warmly invited to submit your nascent idea to this scheme, and to participate in the development of any new student-inspired initiative.

1. **The call for Proposals**

This initiative will work by enabling you to apply for funding to realise your own ideas. It will be a two-stage process:

Stage 1. Expression of Interest

If you are a Postgraduate Research student with an idea for an activity or resource or training element which would support positive PGR Mental Health and Wellbeing, we would like to hear from you. It is a simple “Expression of Interest” - see the form below - where you describe the outline of your idea, without having to worry about costs and a high degree of practical detail at this initial stage.

The Stage 1 ideas can be individual or collaborative.

Stage 2. Idea Sandpit

It is our intention that the proposers of the Expressions of Interest will be invited to a sandpit workshop with an expert facilitator(s), where the task of the sandpit will be to arrive at a small set of worked-out concepts which can be taken forward as funded projects. (The “sandpit” method is often used by UK Research Councils and other research funders to develop ideas to receive project funding).

The motivation to invite all who come up with ideas to the sandpit, is to acknowledge that at this initial stage, all ideas are valid, and then to use the wisdom of the community to arrive at a smaller set of proposals with maximum buy-in.

The amount of funding is finite, and therefore the number of discrete projects than can be supported will be limited.

The Stage 2 concepts that emerge from the sandpit discussions will naturally be collaborative.

1. **Contacts for further information**

If you would like to discuss your ideas with your Doctoral College or Academy, please see the contact details below:

Bristol Doctoral College: [doctoral-college@bristol.ac.uk](mailto:doctoral-college@bristol.ac.uk)

Bath Doctoral College: [doctoralcollege@bath.ac.uk](mailto:doctoralcollege@bath.ac.uk)

Exeter Doctoral College: [ResearcherDevelopment@exeter.ac.uk](mailto:ResearcherDevelopment@exeter.ac.uk)

Cardiff Doctoral Academy [Doctoral-Academy@cardiff.ac.uk](mailto:Doctoral-Academy@cardiff.ac.uk)

1. **What happens next**

The closing date for this call is 5pm on Monday 4th February 2019.

When you are ready, please submit your proposal to the GW4 PGR Manager at:

[gw4-pgr@bristol.ac.uk](mailto:gw4-pgr@bristol.ac.uk)

The Idea Sandpit will be held towards the end of April 2019. The precise date and venue will be confirmed shortly.

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**Expression of Interest**

**Section 1**

|  |  |  |  |
| --- | --- | --- | --- |
| Name of lead applicant | University where you are registered and Year of Registration | Contact telephone number | Contact email |
|  |  |  |  |
| Name of co-applicant | University where you are registered and Year of Registration | Contact telephone number | Contact email |
|  |  |  |  |
| Name of co-applicant  (*add more rows as necessary*) | University where you are registered and Year of Registration | Contact telephone number | Contact email |
|  |  |  |  |

**Section 2**

|  |
| --- |
| A working title for your idea (about 100 characters or so) |
|  |

**Section 3**

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| A short description of your idea (about 100-150 words)  *Please describe:*  *(i) the aim of the idea,*  *(ii) its motivation,*  *(iii) a rough idea of how it might work in practice,*  *(iv) an initial outline of what the activity/resource/training might lead to in the future*  ***Please note that your idea will be shared with all invitees to the sandpit, in order to facilitate the discussion and the evolution of any new initiatives*** |
|  |

**Section 4**

|  |  |
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| Declaration  As the lead applicant, please sign below to confirm that you have read and agree to the following:   * The information in this application is, to the best of my knowledge, true and accurate * I understand that the names of applicants (but not contact details), idea title and idea summary in sections 1, 2, and 3 will be shared with the organisers and with the attendees at the idea sandpit * I declare that I have, to the best of my knowledge, permission from the co-applicants, to sign this expression of interest form | |
| Signature of lead applicant  (e-signature will suffice) |  |
| Date |  |

**Section 5**

The closing date for this call is 5pm on Monday 4th February 2019.

When you are ready, please email your proposal as a Word file to the GW4 PGR Manager at:

[gw4-pgr@bristol.ac.uk](mailto:gw4-pgr@bristol.ac.uk)