

## **National Institute for Health and Care Research Policy Research Unit in Reproductive Health**

An opportunity to get involved in a new research project - Helping People Get the Reproductive Health Support They Need.

### **What's the problem we are aiming to address?**

People often want to discuss things like periods, menopause, or pregnancy plans with health professionals but find it hard to raise these topics. Routine health checks don't currently cover reproductive health needs, meaning important issues can be missed and some groups are affected more than others. This project aims to find the best ways to make these conversations a standard and helpful part of your healthcare.

### **What are we planning to do?**

We will look at existing research to understand how questions about reproductive health are currently included in routine care and what works best. We will also run focus groups and interviews with both the public and healthcare professionals to learn what makes these conversations acceptable and supportive. Together, using this evidence and your suggestions, we will develop recommendations for how and when questions about reproductive health should be asked in healthcare and other community settings.

### **Who are we?**

The project is led by Jennifer Hall at the [National Institute for Health and Care Research's Policy Research Unit in Reproductive Health](#). The work we do provides research evidence that helps to inform policy decisions about reproductive health in England.

### **Who are we looking for?**

We would like to work with **6–8 people aged 16 to 60 years who live in England**. We would like to bring together a group with a mix of experiences and viewpoints. We are looking for:

- People with reproductive health conditions (for example, heavy or painful periods, infertility (male/female), perimenopause)
- People without any reproductive health conditions

- People with experience of using the healthcare system in England

Previous experience of involvement in research decision making is desirable, but not necessary as we are able to provide support. We are looking for people not already involved in another Policy Research Unit in Reproductive Health project.

We are committed to providing equality of opportunity, being fair and inclusive, and a place where we all belong and are valued. We therefore **actively encourage applications from backgrounds who are underrepresented** in our community and at UCL, including but not exclusive to non-graduates; disabled, [D/deaf](#) and neurodivergent people; LGBTQ+ people; and people from Black, Asian and other global majority populations.

### **What would you be doing?**

The project is starting in March 2026 will run until the end of December 2026. We are looking for people to be involved in the whole project. Each member will be involved for around 56 hours on the project (about a day a month, spread over the month, for nine months).

Joining the group will involve:

- Meeting once a month as a group throughout the project:
  - Usually online on Microsoft Teams for an hour
  - Documents will be shared a week in advance to give you time to review.
- Working with researchers at different stages of the project on topics including:
  - How to carry out the research, for example who to recruit to be part of the study
  - Making sense of what we are finding in the evidence, or what study participants have told us in interviews
  - Developing results and recommendations
  - How to share results with the public and professionals to get research results into practice.
- We may occasionally ask people to review documents or provide advice outside of the meeting times. This will not be compulsory, and can be shared among the group.
- We may also ask group members to sit on our study Stakeholder Group (which includes people who work in healthcare related roles and policymakers), or to attend results-sharing events, but again only if the person wishes to do so.
- If the group would like to meet in person with the research team to work on tasks such as helping us to understand the data we can do this. These meetings will:
  - Be at a venue agreed by the group
  - Be organised in advance and there will be flexibility in timing to fit with people's commitments

- Are likely to be longer than an hour but will include breaks.

The first activity will be an **online meeting in March 2026** (date to be confirmed). The meeting will last for about an hour. We'll meet at a time chosen by group members. At this meeting we will get to know each other and the project and plan how we want to work together.

### **What will you get out of it?**

We are able to offer payment for your time in meetings and preparing for them at a rate of £27.50 per hour (if this is something that you would like). Travel costs for attending in person meetings can also be covered, and we can book these for you if needed. You can claim an additional £5/month for data/internet costs for online meetings.

In addition, you will have an opportunity to influence research with the potential to improve reproductive health in England. Depending on your needs and interests there may be opportunities for training, to be part of presentations or events, or be an author or otherwise acknowledged on outputs.

### **How do I apply?**

If you are interested, please complete the [Microsoft form](#) by **Monday 23 February at 09:00**. We will choose applicants based on their answers to the following questions and how they meet the experience required for the role:

1. What has motivated you to apply to get involved in this project? [maximum 250 words]
2. Why you think you would be a good fit for this role? [maximum 250 words].

We will get back to you by **as soon as possible once the deadline has passed** to let you know about the outcome.

Please feel free to contact Jess on [jessica.hayford@ucl.ac.uk](mailto:jessica.hayford@ucl.ac.uk) if you have questions or would like support in submitting an application.