

Write to Rise:
A REDiC retreat for transformative fellowship and grant writing
9th -11th February 2026
Nailcote Hall, Warwickshire



Programme		
Day One - 9th February 2026		
Moderator: Lola Solebo		
Time	Session Content	Faculty
14.00 – 14.25	Welcome, introductions	Gita Ramdharry
14.25 – 14.40	NIHR Research Support Service	Rebecca Barnes
14.40 – 15.40	Tips on what makes a good application from NIHR panel members <ul style="list-style-type: none"> • Narrative CV • Research proposal • Training plan 	Chair: Olivia Wu Panel: Eileen Kaner, Praveen Kumar, Caroline Mitchell, Gita Ramdharry
15.40 - 16.10	<i>Coffee break</i>	
16.10 - 16.50	PPIE	Jo Welsman
16.50 - 17.30	Research Inclusion	Rebecca Barnes
17.30 – 18.00	Meet your mentors (groups assigned prior to retreat)	
18.00 – 18.30	Goal setting (share in groups)	
19.00	<i>Dinner</i>	

Day Two - 10th February 2026		
Moderators: AM: Catherine Robinson, PM: Gita Ramdharry		
Time	Session Content	Faculty
9.00 – 10.00	Royal Literary Fund (RLF) fellow workshop 1 <ul style="list-style-type: none"> • How to make your writing more impactful • Expressive writing 	Esther Selsdon
10.00 – 12.00	<i>Writing time (coffee available)</i>	
12.00 – 13.00	RLF fellow workshop 2 <ul style="list-style-type: none"> • Blank page: how to get started • Writing in plain English 	Esther Selsdon
13.00 – 14.00	<i>Lunch</i>	
14.00 – 14.30	RLF and mentor supervision*	
14.30 – 16.00	<i>Writing time (coffee available)</i>	
16.00 – 16.30	RLF and mentor supervision*	
16.30 – 17.30	Writing time	
17.30 - 18.30	Reflections on goals and progress with peers: reading back & critiquing your work	
19.00	<i>Dinner</i>	

* Pre-booked 1-2-1 meeting

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Day Three - 11th February 2026		
Moderators: AM: Peymane Adab, PM: Yemisi Takwoingi		
Time	Session Content	Faculty
9.00 – 10.00	Navigating challenges (open discussion)	G.J. Melendez-Torres & Yemisi Takwoingi
10.00 – 10.30	Mentor supervision*	
10.30 – 12.30	<i>Writing time (coffee available)</i>	
12.30 – 13.00	Mentor supervision*	
13.00 – 14.00	<i>Lunch</i>	
14.00 – 15.00	Successful applicants Q&A panel (hybrid)	Chair: Gita Ramdharry Panel: Jessica Bate, Punith Kempegowda, Ilfita Sahbudin,
15.00 – 15.30	Summary, pledges & farewell	

* Pre-booked 1-2-1 meeting

Faculty:

- Prof. Peymane Adab - Professor of Chronic Disease Epidemiology & Public Health, University of Birmingham
- Dr Rebecca Barnes - Senior Qualitative Methods Advisor and Researcher & Equality, Diversity and Inclusion (EDI) work package lead, NIHR RSS National Collaborative
- Prof G.J. Melendez-Torres, Associate Dean (Researcher Inclusion) NIHR Academy & University of Exeter
- Dr Gita Ramdharry - Clinical Academic Physiotherapist, & Research Lead for Allied Health Professionals, UCL
- Prof. Catherine Robinson - Professor of Social Care Research, University of Manchester
- Esther Selsdon - Royal Literary Fund Consultant Fellow
- Dr Ameenat Lola Solebo - Consultant Paediatric Ophthalmologist at Great Ormond Street Hospital (GOSH) and Deputy Lead for GOSH Applied Child Health Informatics Theme
- Prof. Yemisi Takwoingi - Professor of Test Evaluation and Evidence Synthesis, University of Birmingham
- Jo Welsman - Patient and Public Involvement Strategic Lead at the York and Partners Hub, NIHR Research Support Service
- Prof. Olivia Wu - William R Lindsay Chair of Health Economics (Health Economics & Health Technology Assessment), University of Glasgow

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Panel 1

Chair: Olivia Wu, Director of Better Methods Better Research and the National Research Collaboration Programmes

Panel:

- Eileen Kaner, Professor of Public Health and Primary Care Research, University of Newcastle; Director of the NIHR Applied Research Collaboration (ARC) North East and North Cumbria; Co-chair, NIHR Postdoctoral Fellowship funding committee
- Praveen Kumar, Associate Professor in Stroke Rehabilitation, University of West of England; Member, NIHR Predoctoral Fellowship funding committee
- Caroline Mitchell, Professor of General Practice Research and General Practitioner, Keele University; Chair, Pre-application Support Award funding committee
- Gita Ramdharry, NIHR Advanced Clinical Academic & Practitioner Fellow, Honorary Associate Professor, UCL; Consultant Allied Health Professional in Neuromuscular Diseases, UCLH; Member, Deputy Chair of NIHR Doctoral Fellowship Practitioner Panel.

Panel 2

NIHR Awards they currently hold in parentheses

Chair: Gita Ramdharry (NIHR ACAF)

Panel:

- Jessica Bate, Consultant Paediatric Oncologist, Southampton Children's Hospital; Honorary Associate Professor, University of Southampton (SPCRA)
- Punith Kempegowda, NIHR Advanced Fellow and Clinical Associate Professor in Endocrinology, University of Birmingham; Honorary Consultant in Endocrinology, UHB (Advanced fellowship)
- Ifita Sahbudin, Associate Clinical Professor in Rheumatology, University of Birmingham; Honorary Consultant Rheumatologist, Worcestershire Acute Hospitals NHS Trust (DSE)