

# 2026 Proleptic Postdoctoral Fellowship - sample application form

## Section 1 - Eligibility

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### Eligibility confirmation

By checking this box, you are confirming that you have read the guidelines for this call, our Funding FAQs and the Eligibility Q&A on our website. Please also ensure that you have read and understood our Terms and Conditions for Research Grants before you go on to complete the application form.

Unchecked

**Is this application a resubmission, in any form, to a previous funding scheme / call to the Vivensa Foundation?**

- Yes  
 No

## Section 2 - About you

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### DETAILS

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**Title**  
**Name**  
**Surname**  
**Organisation**  
**Tel (Work)**  
**Email ()**

**Address**

### GMS ORGANISATION

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Type	Organisation
<hr/>	
Name	

### About you (the lead applicant)

The following questions ask for information regarding you and your experience. Information will be retrieved from ORCID so please ensure you have your ORCID identifier added to your profile.

## **Employment history**

This scheme is for postdoctoral researchers who have **three to ten years' postdoctoral research experience** who are currently without a permanent position. Please provide details of your employment following your PhD, starting with your current role/position and including any career breaks, parental leave and/or the impacts of COVID-19.

For each position, please provide the following information:

- Employer name
- Job role/title
- Contract type (e.g. permanent, fixed term etc.)
- Start and end dates of the position

*No Response*

## **Degrees and professional qualifications**

Please provide details of your degrees and professional qualifications, starting with the most recent.

*No Response*

## **Relevant peer-reviewed publications**

Please list a maximum of 20 relevant publications.

*No Response*

## **Current/most recent externally funded research grants you have held as a Principal Investigator/lead applicant**

If you do not have any, please provide a brief explanation (e.g. you are a first-time Principal Investigator etc.).

*No Response*

## **Awards, prizes, markers of esteem and/or active membership of relevant professional bodies**

Max 400 words.

*No Response*

## **Why are you applying for this Fellowship?**

Please tell us why you are applying for this specific Fellowship now, and how it will contribute to your career development and aspirations.

Max 500 words.

*No Response*

## Section 3 - About your Fellowship

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### Title of the proposed work

*No Response*

### Host Faculty / Department / School / Centre / Institute (or equivalent body)

Please state the name of the host Faculty / Department / School / Centre / Institute (or equivalent body) where your Fellowship will primarily be based.

*No Response*

### Proposed start date

Please note the timeline of the entire application process in the call guidelines and that the proposed Fellowship cannot commence until all pre- and post-award conditions have been fully met.

*No Response*

### Proposed time commitment to your fellowship (in FTE)

A full-time fellowship equates to 1.0 full-time equivalent (FTE) and will be awarded for a period of three to five years, whereas part-time Fellowships can be awarded for up to six to ten years, which equates to a minimum time commitment of 0.5 FTE.

*No Response*

### Timescale for your proposed project (in months)

*No Response*

### Academic abstract

Please provide a short overview of the research project you will carry out during the period of the Fellowship. This should include, but is not limited to, the background/scope of your proposed research, why there is a need for it, the new knowledge it will bring, the research question(s), an overview of the methodology to be used and how you are planning for it to make a difference (i.e. the benefit it will bring, to whom, and when).

It is important to note that your proposal won't only be read by specialists in your field – it will also go to committee/panel reviewers from other disciplines. Therefore, make your key messages stand out and clearly explain what your proposed research is, why it's important, and what you hope to achieve. And remember to avoid jargon and unexplained acronyms.

Max 500 words.

*No Response*

## **Lay abstract**

Please write a lay summary of your proposed research that is understandable for a non-expert audience. It is important to describe the work you plan to do, why there is a need for it and what benefit the proposed research will bring – and to whom. You may wish to refer to the Academy of Medical Sciences' helpful tips for writing a lay summary.

Max 400 words.

*No Response*

## **How does your proposed research address one or more of the priority research themes outlined in the Vivensa Foundation's 2025-30 strategic framework?**

Your research **must** address one or more of our priority research themes, which can be found in the call guidelines.

Please note, at the eligibility checking stage, we will prioritise applications that address our priority research themes. In the event that it becomes necessary to manage a higher volume of applications, priority will be given to those that most clearly and credibly demonstrate alignment with our research themes, as described in the call guidelines.

Max 300 words.

*No Response*

## **Please list up to six keywords that you think best describe and categorise your proposed research**

*No Response*

## **Case for Support**

Your free-text case for support should not exceed 2000 words. It is suggested that you organise this under the following headings:

### Research background

Please explain the importance of the work you are planning to carry out during the period of your Fellowship. This should include what is already known about it, making reference to any current work or existing published research, together with the remaining knowledge gaps around the topic that your research is seeking to address.

### Aims and objectives

State the specific aims/objectives of your proposed research and the principal research questions to be investigated.

### Importance

Explain why the research question(s) you are seeking to address is/are important. It is important to describe how the proposed research will build on our existing knowledge and the significance of any results that may be obtained (e.g. eventual clinical application, impact on policy and practice etc.)

Overall, this is your opportunity to tell us why your research is important. Tell us what is already known in this area and what your proposed work will add.

For the benefit of those reading/reviewing your application, you must include in-text citations in your answer. You do not need to include the full reference list in your answer, as this can be uploaded at the bottom of this page.

Once again, it is important to note that your proposal won't only be read by specialists in your field – it will also go to committee/panel reviewers from other disciplines. Therefore, make your key messages stand out and remember to avoid jargon and unexplained acronyms.

Max 2000 words.

*No Response*

### **Detailed methodological and statistical plan**

Please detail the methods you are intending to use for each of your proposed work packages/research questions and why you have chosen these methods.

In particular, you should include relevant details regarding the study design and justification for it, the intervention, inclusion/exclusion criteria, how your approach to address diversity (of participants / animals / tissues / cell lines etc.) is reflected in the experimental design and analyses, proposed methods for protecting against sources of bias, outcome measures, sample sizes, recruitment/attrition rates etc.

Where your proposal includes experiments on animals, you could refer to the Experimental Design Assistant (EDA). Where applicable, a copy of the EDA report can be uploaded at the bottom of this page and referred to in your answer. Note that if the EDA report contains information relating to only one experiment, you should select the experiment which uses the largest number of animals, or a typical experiment from your proposal as a representative example.

In addition, and if relevant, please detail your statistical analysis plan, justify the methods you have chosen, and outline any additional support you will have access to.

**Please also describe any pilot/feasibility data which supports your proposal, if relevant.**

Please note that figures and/or tables cannot be included in this answer but can be referenced in your answer and uploaded at the bottom of this page.

**Please note that a separate question is provided below for you to detail any sample size/power calculations, but you can make reference to these calculations in this answer if you wish.**

Max 2000 words.

*No Response*

### **Sample size and power calculations**

Please detail any sample size/power calculations which correspond to your above methodological and statistical plan, or explain why they are not required.

For example, you should include relevant details regarding how these have been calculated, any assumptions underpinning your rationale/calculations and, if applicable, any guidance/expertise you have consulted to justify your rationale/calculations.

Once again, figures and/or tables can be referenced in this answer and uploaded at the bottom of this page. You may also cite existing literature in this answer and include the full references in your reference list below.

Max 500 words.

*No Response*

### **Reference list**

Please upload the reference list for your proposal. The preferred format is Harvard.

*No Response*

### **Figures and/or tables**

If relevant, please upload any figures and/or tables with legends relevant to your proposal.

Please ensure that any figures/tables have been referenced in your above answers.

*No Response*

### **Please upload your research plan (as a Gantt chart) for your Fellowship**

This should include main meetings, milestones, outputs and any impact activities.

*No Response*

### **Your involvement in developing the proposal**

Please describe how you specifically have led the development of this proposal/research area to-date.

Max 400 words.

*No Response*

### **Have any generative artificial intelligence (AI) tools been used during the application process?**

This information is used for monitoring purposes and will not be used in the assessment process.

Yes

No

## **Ethical considerations**

If appropriate, please discuss any ethical issues surrounding the proposed programme of work and how you have considered these in the development of your proposal.

You do **not** need to use your answer to outline any ethical / regulatory approvals that are required for the proposed work, as you'll be asked about these later in the application form.

Max 300 words.

*No Response*

## **Risks and your contingency plans**

Please upload a risk register that outlines the risks to the proposed work, its delivery, and the mitigations in place.

If relevant, please also tell us about any potential risks to anyone who is a part of the research (i.e. yourself, participants etc.), and any mitigations that have been / will be put in place to minimise these risks.

If it's helpful, you can download an example risk register template at this link.

*No Response*

## **Other work**

If relevant, you may reference your previous answer regarding resubmissions to the Vivensa Foundation – however, for this question, please summarise how this proposal relates to any other grants funded / considered by the Foundation or any other organisation (pending, ongoing, completed and/or re-submitted) and/or other work that you or the wider team have carried out.

Max 400 words.

*No Response*

## **Section 4 - PPI and EDI**

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### **Patient, care partner and/or public involvement (PPI)**

We expect the active engagement of PPI principles and processes in all stages of the Fellowship, from planning through to dissemination, which takes into account the UK Standards for Public Involvement in Research.

Please describe how you have involved patients, carer partners and/or the public in developing this proposal, and how you will involve them throughout your Fellowship.

We are supportive of you including relevant/justified PPI-related costs in your budget.

If this is not appropriate for your proposal, please explain why.

Max 500 words.

*No Response*

## **Equity, diversity and inclusion (EDI)**

The Foundation is committed to the principles of equity, diversity and inclusion. This includes issues related to the characteristics that the Equality Act 2010 protects, as well other characteristics such as socio-economic status, geographical location etc.

In this section, please describe how you have considered EDI in all aspects of the proposed work and its development. For example:

- What specific activities / strategies will you put in place to embed EDI in the proposed work and your wider team?
- What data / evidence will you collect to be able to evaluate your success whilst conducting the work, and will you be able to change your approach in response to this?
- Is there any EDI expertise within your proposed team, steering/advisory group etc?
- With reference to any information you have already provided in terms of research design, explain and justify how you will approach EDI in relation to study participants (e.g. sex / gender, age and/or other protected characteristics) and/or how you will account for male and female animals, tissues and/or cells in your research, if applicable.
- If this is not appropriate for your proposal, please explain / justify why.

In your answer, we would like you to try and go beyond simply focusing on your organisational policies, to talk more specifically about how these matters will be embedded in your proposed work and approach.

We are supportive of you including relevant/justified EDI-related costs in your budget.

The call guidelines also signpost to relevant reports, toolkits and guidance on how to address EDI in your research

Max 500 words.

*No Response*

## **Section 5 - Outputs and impact**

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### **Publication, dissemination and data sharing plans**

How do you plan to make the data/results from the work you will carry out during your Fellowship available to the Foundation, the wider research community, other organisations and the general public?

We are supportive of you including relevant/justified publication, dissemination and data sharing costs in your budget.

Max 500 words.

*No Response*

## Impact on the lives of older people and/or policy and practice

Please describe how you are planning for the work to have a direct and measurable impact on the lives of older people and/or associated policy and practice within the United Kingdom and/or further afield (and in what timescale).

What activities will you undertake to maximise the potential of the work to deliver this anticipated impact? What data/evidence will you collect to be able to demonstrate progression towards the anticipated impact?

We are supportive of you including relevant/justified impact-related costs in your budget.

Max 500 words.

*No Response*

**Does your proposed work have the potential to lead to the generation of commercially exploitable intellectual property?**

- Yes
- No

## Section 6 - Research governance and additional information

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**Does your proposal involve the use of research animals?**

- Yes
- No

**Does your proposed research require ethical approval?**

- Yes
- No

**Does your proposed research require any additional approvals?**

- Yes
- No

**Does the proposed research involve the use of a clinical trials unit?**

- Yes
- No

**Please specify the institution/organisation acting as Research Sponsor for this research**

*No Response*

### **NIHR Clinical Research Network/Research Delivery Network support**

The Vivensa Foundation is a National Institute for Health and Care Research (NIHR) RDN Non-commercial Partner. This means the research that we fund may be eligible to access NIHR Research Delivery Network (RDN) support. The NIHR RDN supports researchers and the life sciences industry in planning, setting up and delivering high quality research to the agreed timelines and recruitment targets, for the benefit of the NHS

and its patients in England. In partnership with your local R&D office, we encourage you to involve your Regional RDN team in discussions as early as possible when planning your research to fully benefit from the support the NIHR RDN offers as outlined in their Study Support Service. To find out more about how you can apply for this additional support to help deliver your research, please visit the NIHR Study Support Service webpage.

**If the support of the NIHR RDN is appropriate for your research, please complete the following question:**

Have you contacted the NIHR Research Delivery Network to see how they can help to support the delivery of your study?

- Yes
- No
- Not applicable

## **Section 7 - Research team, environment, support and training**

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### **Support and training plans**

As a signatory of the Concordat to Support the Career Development of Researchers, we expect that Fellows will work in a supportive environment and within a robust framework of professional/career development training.

Please detail the planned support and training that will be provided to you during the Fellowship. This might include formal training, mentorship, coaching, supervision plans, steering/advisory groups, support to attend networking meetings etc.

Please also include the names and institutions of any members of the team involved in this support/training, with their role(s)/expertise/experience (e.g. mentor, those with lived experience of issues relevant to the research, EDI expertise, PPI expertise etc.).

We are supportive of you including relevant/justified career development/support costs in your budget. Therefore, your answer should correspond to the costs included in your budget (especially under the "Career development/support costs" heading) in the "Financial support" section of your application.

Max 500 words.

*No Response*

### **Research environment**

Please tell us about the environment in which the work will be conducted. For example, describe the facilities, equipment and specialist advice to which you will have access, together with access to samples and other resources, if appropriate.

Max 500 words.

*No Response*

## Please tell us about the research team supporting your Fellowship

Please provide details of the colleagues you will be working with, their roles in the research and, if appropriate, how this facilitates a multidisciplinary approach to the proposed research.

Max 500 words.

*No Response*

## Co-applicant information

Please upload the CVs of all co-applicants. **Your Head of Department/relevant authority and Additional Supporter must complete Sections 8 and 9 of the application form respectively and do not need to upload their CV in this section.**

**For co-applicants who are academic and/or clinical researchers**, please structure your CV (Font: Ariel, Font size: 12, Margins: normal, Length: 3 pages max with appropriate/legible formatting) with the following headings:

1.  
**Name** (including titles)
2.  
**Degrees and professional qualifications**, starting with the most recent.
3.  
**Employment**, including current role/position, start date, funding source and contract type (e.g. permanent, fixed term with end date or specifying any other type), as well as details of the most recent last three positions (with start/end dates).
4.  
**Current/most recent externally funded research grants held as the Principal Investigator/lead applicant**, starting with the most recent first. If you do not have any, please provide a brief explanation (e.g. you are a prospective PhD student, an early career researcher etc.)
5.  
**Relevant peer reviewed publications**, starting with the most recent. The preferred reference format is Harvard. If you do not have any, please provide a brief explanation (e.g. you are a prospective PhD student, an early career researcher etc.)
6.  
**Awards, prizes and markers of esteem** (if relevant)
7.  
**Membership of relevant professional bodies**, with registration number (if relevant)

**For co-applicants outside academia**, please structure your CV (Font: Ariel, Font size: 12, Margins: normal, Length: 3 pages max with appropriate/legible formatting) in whichever way best showcases your relevant skills/experiences/expertise for the proposed research.

*No Response*

### **Please list your collaborators (if any)**

A collaborator is an individual who will supply advice and/or other resources, but who will not be involved in the day-to-day execution of the proposed research.

For each individual listed, please provide the following information:

- Preferred title
- Full name
- Institution/organisation
- Role in the proposed research

*No Response*

## **Section 8 - Your Head of Department / relevant authority**

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### **The Faculty / Department / School / Centre / Institute (or equivalent body's) ageing-related research programme**

Is your Faculty / Department / School / Centre / Institute (or equivalent body) a holder of a Vivensa Foundation Multiple PhD Studentship award?

- Yes  
 No

### **Inclusive candidate selection process**

Please describe the candidate selection process including how under-represented groups have been actively encouraged to apply. If no selection process was necessary, please explain why.

Please note, in the event that it becomes necessary to manage a higher volume of applications, in addition to alignment with our priority research themes, further priority will be given to those that most clearly and credibly demonstrate an inclusive, transparent and fair applicant selection process.

Max 500 words.

*No Response*

### **Leadership potential**

Please describe how the candidate has demonstrated their potential as a future leader in ageing-related research.

Max 500 words.

*No Response*

## **Section 9 - Your Additional Supporter**

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**Name**

*No Response*

**Degrees and professional qualifications**

Please list your qualifications, along with the year and institution at which you received them.

*No Response*

**Employment**

Please provide details of your last three positions, starting with the most recent.

For each position, please provide the following information:

- Job title
- Institution/organisation
- Start and end dates

*No Response*

**Your research interests/expertise**

Please summarise your research interests/areas of expertise.

Max 300 words.

*No Response*

**Please state your current/most recent externally funded research grants held as the Principal Investigator/lead applicant**

Starting with the most recent first. If you do not have any, please provide a brief explanation.

Max 500 words.

*No Response*

**Relevant peer reviewed publications**

If applicable, please list a maximum of 10 relevant publications.

*No Response*

**Awards, prizes, markers of esteem and/or membership of relevant professional bodies (if relevant)**

Max 400 words.

*No Response*

**Please comment on how long you have known the applicant and their suitability for this Fellowship**

Max 500 words.

No Response

## Section 10 - Financial support

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### Please state the total amount of funding requested from the Foundation

This should match the total value entered into your budget table below.

No Response

### Budget table

Please set out the full budgeted costs, and use the designated rows in the budget table under each heading to indicate funding requested from the Foundation and those committed by the host institution.

Please ensure you follow this guidance when entering your salary costs into the budget table:

- Please ensure that you split up your “Basic salary” and “National Insurance & Pension” costs and include these under separate budget headings.
- Please note that the Foundation will **not** contribute towards the Apprenticeship Levy.
- Finally, please ensure that you include the exact starting salary grade/spine point information in the budget heading for each post.

Please only include details of the financial support you are requesting from the Foundation (and have been committed from your institution) in your budget table (i.e. do not include any part or in-kind contributions from other sources, as you can detail these in a separate question below).

Budget items		Year 1	Total
Grand Total	Amount requested from the Foundation	£0.00	£0.00
	Institutional funding	£0.00	£0.00

### Please provide full justification of the costs being requested

You should not repeat them, but explain why they are required in the context of the proposed research. In particular, please provide a detailed breakdown and justification for all consumable / animal / facility costs, which also account for the sample sizes determined by your power calculations, where applicable. Collated / combined budget lines for these headings will not suffice.

Max 1000 words.

No Response

## **Part funding, in-kind support and/or third-party resource contributions**

If applicable, please outline any other sources of part-funding or in-kind support/contributions (e.g. materials or equipment etc.) from industry and/or other third parties, that will be supporting your Fellowship.

For successful applications, letters of support from an appropriate authority will need to be provided to confirm this support as a condition of funding.

Max 500 words.

*No Response*

## **Does your proposed research include NHS Excess Treatment Costs?**

- Yes  
 No

## **Living Wage staffing costs**

The Foundation is a Living Wage Funder and we require all posts which are wholly or partially funded by us to be paid at least the real Living Wage, unless there are particular reasons for this not to happen. Please note that organisations do not need to be accredited Living Wage Employers to apply to us, but we do encourage organisations to consider whether this is a possibility for them. More information can be found on the Living Wage website.

By checking this box you confirm that you understand that, if your application is successful, as a condition of award you will be asked to provide confirmation as to whether any staff employed on the grant are being paid at least the real Living Wage.

Unchecked

## **Institutional letter(s) of support**

Please upload a letter of support from the host institution confirming:

- That they commit to making the required contribution to salary for the period of the Fellowship, should the application be successful;
- That, subject to meeting the objectives and requirements of the host institution, to which the host institution, Fellow and the Vivensa Foundation must agree, the Fellow will be appointed to a permanent academic position on completion of the Fellowship;
- That any non-research activities required of the Fellow will be linked to their research and limited to 0.2 FTE per year for the duration of the Fellowship (pro-rata for part-time Fellowships);
- That the Fellow will be provided with access to facilities and support equivalent to that of a permanent member of staff, including career development programmes.

*No Response*

## **Section 11 - Nominated referees**

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## Peer review: nominated referees

Your application will be assessed by external peer reviewers. You may, if you wish, suggest up to 3 referees who would be appropriately qualified to critically assess your proposal.

For each individual, please provide the following information:

- Full name
- Institution/organisation
- Email address (if known)

You should **not** nominate people with whom you and/or your Additional Supporter/Co-applicants have a current/recent collaboration/have previously worked closely/have published with in the past five years, or a person from the same institution as any of the applicants.

Please note that we are under no obligation to take up applicants' suggestions for referees.

*No Response*

## Please indicate any individuals who should not be contacted to review your proposal

Please provide their full name and institution/organisation, as well as a brief reason (e.g. conflict of interest) in brackets.

*No Response*

## Section 12 - Lead applicant declaration

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### Applicant declarations

**By checking the boxes below, you are confirming that you have read and agree to be bound by the Terms and Conditions stated.**

Please note that it is not possible for you to submit your application until any invited external participants (e.g. Head of Department, Administrative / Finance Manager, your Primary Supervisor etc.) have completed their sections. If you have not already invited them to participate, please do so by clicking the **Return to Summary** button and selecting the **Participants** tab.

**I have accessed and read a copy of the Vivensa Foundation's [Grant Making Policy](#) and [Terms and Conditions for Research Grants](#) and confirm that in accepting any offer of a grant which is made by the Foundation, agree to be bound by them. I also understand that no alteration or waiver of those conditions can occur without written approval from the Foundation.**

Unchecked

**I agree that the personal data relating to me shown on this form, or otherwise made known to the Vivensa Foundation for the purposes of making and managing grants, may be recorded by the Foundation and used by it for the purposes of evaluating, monitoring and administering any such**

grant and for reference in connection with it and may be passed by it to individuals and/or organisations consulted by the Foundation when assessing applications and monitoring grants and to the Foundation's auditors.

Unchecked

**Date**

*No Response*

## **Section 13 - Administrative/Finance Manager declaration**

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**Administrative/Finance Manager declarations**

**By checking the boxes below, you are confirming that you have read and agree to be bound by the Terms and Conditions stated.**

**By checking this box, I understand that I am confirming, on behalf of my institution, that I have read and accept the Terms and Conditions under which grants are awarded by the Vivensa Foundation.**

Unchecked

**By checking this box I am confirming, on behalf of my institution, that the salary details given in this application are correct and include a provision for nationally agreed pay awards.**

Unchecked

**Full name**

*No Response*

**Position**

*No Response*

**Email address**

*No Response*

**Date**

*No Response*

## **Section 14 - Head of Department / relevant authority declaration**

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**Head of Department / relevant authority declarations**

**By checking the boxes below, you are confirming that you have read and agree to be bound by the Terms and Conditions stated.**

**By checking this box I am confirming, on behalf of my institution, that I support this application and agree to be bound by the [Terms and Conditions](#) of any subsequent grant award by the Vivensa Foundation.**

Unchecked

**By checking this box I am confirming, on behalf of my institution, that the accommodation and facilities necessary for this proposed research will be made available to the lead applicant and, if applicable, the wider team.**

Unchecked

**By checking this box, I am confirming that, should the proposed study involve human participants, their organs, tissue or data, the Host Institution has agreed to act as research sponsor (as required by the [NHS Research Governance Framework](#)).**

Unchecked

**Full name**

*No Response*

**Position**

*No Response*

**Email address**

*No Response*

**Date**

*No Response*