

## Get involved in health research

Research improves the health and social care provided by the NHS and others. Advancing medicine to find new cures and better treatments for future generations. It also helps to improve diagnosis, prevention and quality of life for everyone. In some cases it can change lives, or even save lives.

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### How to get involved in health research

There are lots of ways you can get involved in their health and care research. Patients, carers and the public can get involved in:

- giving your thoughts and opinions
- helping develop research materials
- identifying new research topics that are relevant to patients, carers and members of the public
- making sure that researchers ask the right questions in a way that the public understand

[Research+Me](#) is a research registry ran by Newcastle Hospitals. Anyone over the age of 18 can sign up, including healthy volunteers and people with certain conditions. To register, fill in a few details and the research team will be in touch if a suitable study comes up. You can then decide if you'd like to take part.

[Be Part of Research](#) is a national register to help you find out about health and social care research taking place in England, Northern Ireland, Scotland and Wales. It's a free service which makes it easy to find and take part in vital health and care research across the UK. Simply tell them which health conditions you're interested in. They'll match you to suitable studies and send you information on how to take part.

[National Institute for Health and Care Research Clinical Research Delivery Centre \(NIHR CRDC\)](#) is based at the RVI. It aims to give more people access to the latest clinical trials and treatments, reaching people in the community who otherwise might not consider taking part in research.

[NIHR BioResource](#) allows you to donate a blood sample and get matched into research studies based on variations in your DNA, health and lifestyle information, your age, gender or ethnicity. If you're an inpatient or outpatient at one of the trust's hospitals, your clinical team might talk to you about the opportunity to take part in health research.

[Voice](#) is an organisation that supports a range of health and technology research activities and requires volunteers who have an interest in ageing.

[PaCT Lab at Northumbria University](#) are interested in understanding how people use technology and have a special interest in how older users engage with e-health technologies, cyber security systems, and digital privacy controls.

[National Institute for Health Research \(NIHR\) Clinical Research Network North East and North Cumbria](#) work to improve health and care outcomes for the people of the North East and North Cumbria through research. There are lots of ways to get involved in their health and care research. Patients, carers and the public can get involved in:

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## Dementia research

[NE-DeNDRoN](#) is a local network of clinicians who conduct research into dementia and other related conditions

[Alzheimer's Research UK](#) want to find a cure and identify which diseases lead to dementia

[Join Dementia Research](#) offers you the opportunity to be matched with a research/study connecting you to researchers both online and face to face. You don't have to have dementia to take part.

Lots of charities need people to support their research. From Parkinson's UK to the MND Association, Versus Arthritis to Blood Cancer UK. Get in touch if you want to help.

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## Have your say about health and care services

You can help to improve our health services. You can volunteer to take part in groups or forums to make sure the views of patients, carers and the public are heard. Your feedback is used to improve health services in the North East of England.

[Find out more about how to have your say about health and care services](#) on InformationNOW.

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## Volunteering in Newcastle

Volunteering is where you offer your time and skills for free to a charity, organisation or an individual who is not a member of your family or a friend.

Volunteering can be a hugely rewarding experience. Not only will you be giving your time to doing something useful, you can meet new people, learn new skills and hopefully have fun as well!

[Read more about how to get involved in volunteering](#) on InformationNOW.

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## Useful Organisations

## **National Institute for Health and Care Research (NIHR) Clinical Research Network North East and North Cumbria**

**Email:** nenccommunications@nihr.ac.uk

**Website:** <https://local.nihr.ac.uk/lcrn/north-east-and-north-cumbria/>

**Telephone:** 07342 058 139

**Address:** NIHR CRN North East and North Cumbria, NE3 3HD

## **National Institute for Health and Care Research (NIHR) Patient Recruitment Centre: Newcastle**

**Email:** nuth.PRCnewcastle@nhs.net

**Website:** <https://local.nihr.ac.uk/prc/newcastle/patients/>

**Telephone:** 0191 282 3655

**Address:** Campus for Ageing and Vitality, NE5 2QX

## **Valuing Our Intellectual Capital and Experience (VOICE)**

**Email:** voice@ncl.ac.uk

**Website:** <http://www.voice-global.org/>

**Telephone:** 0191 208 1288

**Address:** VOICE, NE4 5PL

## **PaCT Lab, Northumbria University**

**Email:** dawn.branley-bell@northumbria.ac.uk

**Website:** <https://pactlab.co.uk/>

**Telephone:** 0191 227 3716

**Address:** PaCT Lab, NE1 8SU

## **Dementias & Neurodegenerative Diseases (North East and North Cumbria – DeNDRoN)**

**Email:** dendron@cntw.nhs.uk

**Telephone:** 0191 246 7388

**Address:** Research Delivery Team, St Nicholas Hospital, NE3 3XT

## **Alzheimer's Society**

**Email:** [enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk)

**Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Telephone:** 0330 333 0804

**Address:** Devon House, E1W 1LB

## **Join dementia research**

**Website:** [www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)

**Telephone:** 0300 1115111

**Address:** Join Dementia Research, LS21 2TW

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## **Related Articles**

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[Having your say about health and care services](#)

[Get involved in your community](#)