
Collection of Training Resources for People who want to get Involved in Health and Social Care Research

July 2026

A key priority of the [Involvement Matters](#) project was to:

Proactively promote and signpost to existing Personal and Public Involvement (PPI) resources for both researchers and people who want to get involved in Health and Social Care research.

We also recognised gap in training designed specifically for people who want to get involved in Health and Social Care research.

The purpose of this document is to bring together a selection of existing training resources and guidance to support people who want to get involved.



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1. Find out more about Health and Social Care Research

1.1 Training courses

- [Improving Healthcare through Clinical Research](#): On this online course, find out how medical treatments are discovered, tested and evaluated to improve healthcare for all.
- [Cochrane Evidence Essentials](#): Provides an introduction to Evidence Based Medicine, clinical trials and Cochrane evidence. It is designed for healthcare consumers (patients, care givers, family members), policy makers and members of the healthcare team.
- [Randomised Trials and Their Role in Modern Healthcare](#): Whether you're a patient, caregiver, healthcare professional, or simply curious, this course will empower you with the knowledge to navigate the world of clinical trials with confidence.
- [What is Health Research?](#): On this course, you will learn how health research happens, why it matters and what to expect if you take part. You will also hear stories from people who have taken part in research; why they volunteered and the difference it made.
- [Data Literacy Short course](#): McPin and DATAMIND with the help of the DATAMIND Super Research Advisory Group have created this short course to help people understand how the NHS uses and stores healthcare data.

1.2 Webinars

- Oxford Primary Care Patient and Public Involvement webinar: [Finding and reading a research paper](#)

- Oxford Primary Care Patient and Public Involvement webinar: [Health Economics](#)
- Oxford Primary Care Patient and Public Involvement webinar: [An introduction to statistics](#)
- Oxford Primary Care Patient and Public Involvement webinar: [What is qualitative research](#)

1.3 Glossary of research terms

- [Statistically speaking:](#) a Plain English glossary of terms used in statistical methodology.
- [NIHR Glossary of research terms:](#) Find definitions to some of the more specialised language and acronyms used in health, social care and public health research.
- [NIHR Public Health Glossary for Public Partners:](#) this glossary has been produced to help public partners and audiences more widely understand some of the key terms in Public Health research.
- [AI terms and acronyms:](#) There is a lot of jargon in data science and AI. This list for non-specialists who want to find out more about these topics without the technical language.

2. Find out more about Personal and Public Involvement (PPI) in Health and Social Care Research

2.1 Starting out

- HSC R&D Division's [animation explaining what PPI is and the benefits it brings](#) to Health and Social Care research.
- NIHR Starting Out Guide explains [why and how to get involved in research](#).
- [Health Experience Insights \(HEXI\) Patient and public involvement in research](#): find out about the experience of getting involved in research as a patient or member of the public, by seeing and hearing people share their personal stories on film.
- Read National Institute for Health and Care Research (NIHR) '[Public Information Pack \(PIP\): How to get involved in NHS, public health and social care research](#)'.

2.2 Northern Ireland PPI training

- Online training includes a [series of pre-recorded presentations that provide an introduction to PPI in Health and Social Care research](#)
 - An [annual in-person Building Research Partnerships workshop and virtual sessions](#) are also available.

2.3 Other PPI training courses

- Hosted by Queen's University Belfast: [Getting involved in research: An introductory course](#) (series of power-point slides)

- [Public Involvement Training \(Imperial College London\):](#) This online course will give you the skills and knowledge needed to get started with PPI in research
- [Health Data Research and PPI:](#) This training was developed to increase or refresh your knowledge, skills and confidence as a patient and public involvement (PPI) representative in Health Data Research and was developed by Crohn's & Colitis UK, Gut Reaction and PPI representatives working in partnership.
- [Digital Badge: Public and Patient Involvement in Research.](#) Course content is provided by academics and PPI contributors from across the national PPI Ignite Network, and includes international contributors.
- [NIHR ARC South West Peninsula: Public Contributor Training.](#) [What is the research process?](#) This webinar introduces the research process and discuss practical examples of involvement that can happen along the way.

3. Getting Involved as a Public Contributor

3.1 Sharing your experiences

- Shaping our Lives: [A guide for people who want to share their lived experience.](#)
- [Service Users and Carers Checklist](#): This checklist can be used as guide to help you think about the things you need to consider before getting involved.

3.2 Payment guidance for public contributors

- NIHR have produced '[Payment guidance for members of the public considering involvement in research](#)'.

3.3 UK Standards for Public Involvement

- The [UK Standards for Public Involvement](#) provide a framework for what good public involvement looks like.

4. Providing Advice and Guidance as a Public Contributor

4.1 Training courses

- NIHR Learning for Involvement: [Public Reviewers; raising research quality: an interactive course for new and experienced reviewers of health and social care research](#)
- [Get Ready for Involvement](#): An innovative, interactive training course to help people prepare themselves for involvement. People with lived experience learn how to become an effective critical friend.

4.2 Guidance on reviewing research applications

- Two [PIER NI](#) members have produced ["Insights into PPI for Research Proposals"](#) which you may find useful.
- East Midlands Academic Health Science Network: [How to review an application for research funding](#)
- Derek Stewart: [5 answers to improve 5 questions to improve Patient, Public Involvement in health research](#)
- Consumers United for Evidence: [Series IV: How to Communicate Effectively on an Advisory Panel - YouTube](#)

To access the materials from the ‘Involvement Matters’ project, [please click here](#) or scan the QR code below:



Further Information

[View our PPI Resource Library for the Public](#) or [find out more about getting involved in Health and Social Care research](#)

[View our PPI Resource Library for Researchers](#)