



Economic
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Research Council



Access to physical activity programmes and cancer support in young adults living with and beyond cancer through the lens of cancer inequalities
ESRC DTP Collaborative Studentship

Loughborough University and Trekstock

The Midlands Graduate School is an accredited Economic and Social Research Council (ESRC) Doctoral Training Partnership (DTP). One of 14 such partnerships in the UK, the Midlands Graduate School is a collaboration between the University of Warwick, Aston University, University of Birmingham, University of Leicester, Loughborough University and the University of Nottingham.

Loughborough University as part of Midlands Graduate School is now inviting applications for an ESRC Doctoral Studentship in association with our collaborative partner Trekstock (<https://www.trekstock.com/>) to commence in October 2023.

This studentship provides an exciting opportunity to have real world impact on the life of young adults living with and beyond cancer.

Everyday 34 young people in their 20's and 30's are diagnosed with cancer. This can have a negative impact on physical, psychological, and social factors, which physical activity can help to alleviate. Physical activity programmes exist to support people living with and beyond a cancer diagnosis, however further work is required to bridge the gap between the scientific evidence of the benefits of physical activity and the applied setting that they are delivered. This project will take place in collaboration with Trekstock, a charity that offers support, guidance, and connection, to young adults in their 20's and 30's living with and beyond cancer to be physically active and improve their quality of life. The research will examine access to physical activity programmes and cancer support in young adults living with and beyond cancer through the lens of cancer inequalities. The research aims to tailor the Trekstock service to reduce inequalities and increase the number of people who can access the services, as well as identify and address any further unmet needs of this population.

This research will involve using qualitative and quantitative research methods, undertaking a systematic review, and evaluating and optimising the Trekstock physical activity programme. Extensive training and support will be provided to ensure that relevant skills are acquired. The project will involve working closely with the local community where the programme is delivered and maintaining an effective working relationship with Trekstock.

This project will be supervised by Professor Fehmidah Munir, Dr Elizabeth Stamp, and Dr Silvia Costa from Loughborough University.

Applications are invited from candidates with a first class or strong upper second-class honours degree. An MSc is also desirable, but not essential. Applicants who do not have an MSc can extend their programme for one year to undertake relevant training.

Application Process

To be considered for this PhD, please complete the Collaborative Studentship application form [available online here](#). Please upload an anonymised CV and cover letter as part of the online application process. This Shortlisted applicants will also be required to provide transcripts and two references.

Application deadline: Thursday 23rd February

Interviews are expected to take place on Monday 6th March

Midlands Graduate School ESRC DTP

Our ESRC studentships cover fees at the home rate, a maintenance stipend, and extensive support for research training, as well as research activity support grants. Support is available to both home and international applicants. For further details, visit: www.mgsdtp.ac.uk/studentships/eligibility/.

Informal enquiries about the research prior to application can be directed to Dr Elizabeth Stamp (e.stamp@lboro.ac.uk).

