



PAHRC 2023 Highlights

The PAHRC team grew in 2023

We welcomed **5 new members of staff**, including 1 postdoctoral fellow, 1 postdoctoral researcher, an administrator, and 2 Chancellor's Fellows. We reappointed 3 **honorary professors** and appointed 1 new **honorary fellow**. We also welcomed 3 new **visiting scholars** and 4 new **PhD students**.



We published our work and secured funding

We published 23 articles in **peer reviewed** journals. We also had 8 **successful grant applications**, including projects funded by NIHR, SGSSS, and Smarter Choices Smarter Places. These funds will support **research, knowledge exchange, and impact**.

Succession planning and creating legacy in PAHRC

In line with our objective to **mentor** and support professional **development** of our members, we appointed two new **co-deputy directors** and established an **Early Career Researcher group**.



We maximised engagement & impact and learned from others

We hosted the **SPARC Conference** in Edinburgh, and were delighted to welcome the minister Maree Todd to hear about our work. We shared knowledge through **events**, e.g., the launch of our *Moving through Menopause* Report with SAMH. We developed and shared **resources**, e.g., for moving more while working at home and physical activity messaging. We also had a strong presence at the HEPA Conference in Leuven, and enjoyed another year of weekly PAHRC **seminars**.



We practiced what we preach

This year was full of our usual **activities** (walking meetings, dog walks, standing ovations, and table tennis), plus trying some new activities as a team - Yoga and RockFit!

