

Thank you for your interest in applying to the Researcher-Led Initiative (RLI) Fund.

Applications are invited from University of Sussex doctoral researchers and early career research staff for funding to support short-term, well-defined training and development, public engagement, and mental health, wellbeing and community projects.

The deadline for applications is

Please ensure that you have read the [guidance](#) before completing your application.

School of Psychology

Doctoral researcher

shared working rhythm. A core part of self-care is also having planned breaks throughout the day, the tea and talk will encourage researchers to step away from their work during the work day for a tea break, to mimic what might happen during a working day on campus. It will provide the opportunity to interact with others, a time for collective reflection and sharing of strategies for research continuity and well-being.

No

No

No

Social isolation is a huge risk for Doctoral Researchers and the distance that Covid-19 has created has exasperated this, with a lack of face to face events and the usual levels of social support that we might find from our office mates, fellow Hive users, and PGRs who attend events on campus. Tea and talk initiatives are frequently used as a way for colleagues to meet and support one another, with openness and honesty. We would like to cultivate this remotely in the PGR community at Sussex. While there are many Zoom social meet ups across schools and the Hive has managed to set up a fruitful online community, there are many PhD students who do not or have not engaged in these initiatives. Also, opening up to others over

sign up using a Google form indicating whether they would be happy to share their address for the care package. Those who do not wish to share their address will still be included in the scheduled event. Their e-mail addresses will be taken to invite them to the online session. Invites to a scheduled Zoom tea and talk will be sent via a calendar invite and details provided using a dedicated post on the Hive blog. The event will be planned following the latest estimated delivery date of the care packages.

The number of care packages will be dependent on interest and sign ups from the PGR community - if we

box?ref=shop_home_feat_1).

£750.00

You must submit a supporting statement (in PDF format) from your PI or Supervisor (for doctoral researchers) or Director of Research and Knowledge Exchange (for research staff).

Their name, title and electronic signature should be included in the statement.

If you have any difficulty with this, please contact researcher-development@sussex.ac.uk