

AURORA APPLICATION FORM



National Cardiovascular
Research Network
Rhwydwaith Cenedlaethol
Ymchwil Gardiofasgwlaidd

APPLICANT DETAILS

| | | | | | |
|---|--|-----------------|--------------------|-------------------------------------|----------------|
| Applicant Name(s) | Dr Zoe Adams, Dr Jessica Williams, Dr Rachel Lord, Cory Richards | | | | |
| Applicant Institution | Cardiff Metropolitan University | | | | |
| Collaborating applicant(s)/organisations (if applicable) | Neda Zeinali | | | | |
| Title of project / activity | Women's cardiovascular health: Promoting awareness and research involvement in South Wales | | | | |
| Start Date | 26/03/2026 | Duration | 1 day event | Amount of funding requested: | £188.25 |

SUMMARY OF YOUR ACTIVITY/PROJECT

Please describe your activity in everyday language, avoiding technical terms where possible.

Please tell us;

- What you hope to achieve – what are your aims and objectives, and how do they link to the work of the NCRN and AURORA?
- Why is this activity needed – what gap or issue does it address?

(approx. 300 words)

Overview: This project will deliver a one-day cardiovascular wellness and information session for women in South Wales.

Primary aim: To increase engagement and awareness of cardiovascular health research for women, including opportunities for public involvement in research.

Objectives:

- 1) To deliver a wellness and information session for women, including yoga class, blood pressure and atrial fibrillation checks, and short talks from cardiovascular researchers.
- 2) To raise awareness of Patient and Public Involvement (PPI) opportunities and opportunities to participate in local research studies.
- 3) To conduct PPI activities evaluating attendees' opinions of and hopes for women's cardiovascular research.

Why is this activity needed?

Cardiovascular disease is responsible for 25% of female deaths in Wales and is the leading cause of female deaths globally¹. Yet women's own understanding of cardiovascular disease risk remains suboptimal², and women remain underrepresented in cardiovascular research trials³. Together with clinical and structural biases, these factors contribute to gender-based inequalities in cardiovascular healthcare². These inequalities are further compounded by ethnicity⁴, age³ and other factors. Raising awareness of cardiovascular risk in women and facilitating opportunities for meaningful PPI in an inclusive way are key activities that cardiovascular researchers can do in their local communities to address these inequalities.

Alignment to the NCRN and AURORA

This project aligns to AURORA's goals by 1) widening access to cardiovascular information and health checks, 2) raising awareness of opportunities to shape cardiovascular research via PPI, 3) engaging with an underrepresented community to gather opinions of current and future cardiovascular research in Wales. By establishing links with the community and raising awareness of PPI activities, the project will also strengthen the ability of the NCRN to conduct PPI and coproduced research with women.

YOUR ENGAGEMENT PLAN

Please outline:

- Who you want to engage – and why you've chosen this audience (include any evidence of need).
- How you'll make your activity inclusive and accessible, so that it reaches a wide and diverse group.
- What you'll do – describe the activities you'll run and why they're suitable for your audience.
- How will patients or members of the public help shape or take part in your activity?
- Your timeline – when and how things will happen.

(approx. 500 words]

Who we are engaging

This project aims to reach women living in Cardiff who do not normally engage in cardiovascular health and research activities.

How the project is inclusive and accessible

The event will be hosted in Grangetown, a diverse area of Cardiff where 46% of the community are from a minority ethnic background. The session will take place at an inclusive local community centre ([Grange Pavillion](#)) which is run by local residents. The venue is accessible, the yoga teacher is familiar with adapting her classes for people with all abilities. All equipment for the yoga class will be provided, and the event will be staffed by a female-only team to reduce barriers to participation. To ensure the event is publicised to a diverse audience, we will advertise the event via local charities (Fair Treatment for Women in Wales, Hayaat Women Trust), community groups/centres (Grangetown Hub, Grange Pavillion) and contacts at Cardiff Council working in community health events. We will provide advertisement material, including social media posts, to facilitate community groups sharing the event information.

Activities

We will deliver an information and wellness session for 30 women at the Grange Pavillion, Cardiff, in March 2026. Attendees will be invited to take part in a yoga class led by Neda Zeinali, a qualified instructor. Researchers will then give three short (5 min) talks on the impact of female-specific risk factors on cardiovascular health and opportunities for PPI involvement in South Wales (HCRW, Cardiff Met Women's Health PPI group, BHF PPI group). Attendees will then be offered blood pressure and atrial fibrillation checks by trained researchers and will be asked to contribute their opinions of and ideas for women's cardiovascular health research in a PPI activity.

Risk mitigation

Conducting screening events does pose a risk of identifying abnormal results, to manage this the May Measurement Month protocol will be used for blood pressure screening and atrial fibrillation checks. This protocol has clear guidance and advice for abnormal readings which will be followed. To mitigate against false readings, participants will be asked to sit quietly for 5 minutes before a reading is taken. Three readings will then be taken with the average of the last two measurements being recorded as the reading. Participants will be provided with a record card which can be taken to their doctor in the event of a high blood pressure reading. The team performing the screening will create a calm environment to try reduce any anxiety for participants, all staff conducting BP readings are trained and have experience conducted BP screening at public events.

Involvement of public attendees

Attendees will be invited to:

- Take part in a yoga class.
- Receive free blood pressure and atrial fibrillation checks.
- Receive information on female-specific risk factors for cardiovascular disease.
- Receive information about becoming involved in PPI activities.
- Engage in a PPI activity by sharing their opinions of female cardiovascular research and their hopes/ideas for future research.

Timeline

The event will run over one evening in March 2026.

ANTICIPATED BENEFIT

Please describe the main benefits of your activity – for the people involved, the wider community, or the NCRN (approx. 150 words).

Benefit for participants

Participants will benefit from an increased awareness of cardiovascular disease in women, including information about female-specific risk factors and myth-busting. Participants will receive free health checks and information to take home with them, plus an increased awareness of how to become involved in shaping cardiovascular research via PPI.

Benefit to the community

We hope that the event will act as a catalyst for increased conversation about female cardiovascular health among the families and friends of attendees. We will provide plenty of resources for attendees to take home and share with others.

Benefit to the NCRN

We hope that this activity will strengthen links between the NCRN and local communities, raising awareness of the NCRN's work and facilitating future collaborative work (e.g., links to community groups for future public engagement events). By raising awareness of PPI opportunities and we hope to reduce barriers to participation in PPI and increase the representation of women, especially those from ethnic minority communities, in PPI work in Wales.

BUDGET & JUSTIFICATION

Please provide a breakdown of costs you are requesting, for example travel, materials, venue hire, accessibility support, participant reimbursement. For each item, briefly explain **why the cost is needed** and **how it supports your activity**. This helps us understand that the budget is reasonable and appropriate for what you're planning.

| Item or Activity | Briefly explain why these costs are necessary for the project. | How have you calculated this? | Total (£) (including VAT) |
|--------------------------------|--|--------------------------------------|---------------------------|
| Room Hire | Hired charge from 17:00-19:00 | £25 per hour x2.5 | £62.50 |
| Travel for Yoga instructor | To cover mileage for yoga instructor to attend the event | 85 miles round trip - £0.45 per mile | £38.25 |
| Refreshments | Bottled water/ soft drinks to be provided for attendees + facilitators | Approximate cost – £2.50 x 35 | £87.50 |
| Total amount requested: | | | £188.25 |

DECLARATIONS (can be wet or e-signatures)

Declaration by lead applicant

By submitting this application, I confirm the information provided is accurate and complete to the best of my knowledge and that I have read and understood the guidance for applicants.

If successful, I understand that awards will be made in accordance with British Heart Foundation [Standard Grant Conditions](#) as the principal funder and also the [NCRN's Small Grant Funding Principles](#).

Date: 24/02/2026

Signature



References

- 1 Global Burden of Disease Collaborative Network. (ed Institute for Health Metrics and Evaluation (IHME)) (Seattle, United States, 2024).
- 2 British Heart Foundation. Bridging Hearts: Addressing inequalities in cardiovascular health and care. (2025).
- 3 Cho, L. *et al.* Increasing Participation of Women in Cardiovascular Trials: JACC Council Perspectives. *J. Am. Coll. Cardiol.* **78**, 737-751 (2021). <https://doi.org/https://doi.org/10.1016/j.jacc.2021.06.022>
- 4 Balla, S., Gomez, S. E. & Rodriguez, F. Disparities in Cardiovascular Care and Outcomes for Women From Racial/Ethnic Minority Backgrounds. *Curr Treat Options Cardiovasc Med* **22**, 75 (2020). <https://doi.org/10.1007/s11936-020-00869-z>