

# PPI Lead Opportunity - Consultblue Ltd (trading as Summ)

NIHR i4i PDA reference 2026/396 · Greater Manchester · Paid · Remote · 30 months

## LETTER OF INTENT - SUBJECT TO GRANT FUNDING

This is not a live job advertisement. We are seeking letters of intent to support our NIHR i4i Product Development Award application (reference 2026/396, outline submission 27 May 2026). If the grant is awarded (earliest December 2026), we will contact all interested parties to formally confirm the role and agree next steps. No commitment is being made by either party at this stage. Expressions of interest will be referenced in the grant application as evidence of PPI commitment.

## The study

We are developing Summ, a digital clinical decision support tool for perimenopause care in NHS primary and specialist settings. Before their appointment, women complete a structured assessment of their symptoms, stress, and nutrition. The platform produces a Clinical Report for the consulting clinician, aligned to NICE NG23 guidance, helping GPs and specialists make better decisions in the time available.

We are applying for NIHR i4i Product Development Award funding to develop, regulate, and evaluate the platform across Greater Manchester. The study involves two NHS sites: a GP practice in primary care and a specialist menopause/community gynaecology service.

## The role

**Involvement types:** Designing and managing · Reviewing · Disseminating

As PPI lead you will be a core, funded member of the research team, ensuring women with lived experience of perimenopause help shape how the study is designed, delivered, and reported.

- Recruit and coordinate a PPI panel of 8-10 women with lived experience of perimenopause, with a focus on including women from under-served communities
- Facilitate panel meetings and ensure all voices are heard
- Feed patient and public perspectives into the design of the platform and the study
- Review participant-facing materials - information sheets, consent forms, platform outputs - for clarity and accessibility
- Sit on the project Steering Committee as the patient and public representative
- Contribute to plain-language summaries of study findings for public audiences and support dissemination of results to women and communities affected by the research
- Ensure PPI activities are reported in line with UK Standards for Public Involvement

## Who we are looking for

### Essential:

- Personal experience of perimenopause, or close experience supporting someone who has
- Experience of PPI in health research - NHS trust, NIHR network, university research team, or patient advisory group
- Familiar with (or willing to learn) UK Standards for Public Involvement
- Clear communicator, collaborative, reliable

### Desirable:

- Interest in women's health, digital health, or health inequalities
- Experience working with under-served or ethnic minority communities
- Experience facilitating group discussions or advisory panels

We especially welcome applications from women from ethnic minority communities, where perimenopause is significantly under-researched and under-served.

## Time commitment

Approximately 5-10% FTE across the 30-month project:

- Quarterly PPI panel meetings (~2 hours each)
- Quarterly Steering Committee attendance (~2 hours each)
- Ad hoc review of materials (a few hours per month on average)
- More intensive input during the design phase (months 1-6)

Mostly remote, with occasional in-person meetings in Greater Manchester if based locally.

## Payment and expenses

This is a paid role, funded through the NIHR research grant. Payment is in line with NIHR and INVOLVE guidance on rewarding PPI contributors. Travel and other reasonable expenses are covered in full.

## The team

- **Shirley Sarker** - Lead applicant, Founder of Summ. Background: NHS Digital (COVID-19 testing platform, 50M+ users), AstraZeneca, UKHSA.
- **Dr Sujata Gupta** - Clinical lead and co-applicant. Consultant gynaecologist, Manchester University NHS Foundation Trust. Co-author of regional HRT guidance.
- Study coordinator, user researcher, and wider research team.

## Why this matters

Perimenopause affects approximately 13 million UK women and can last up to eight years. Only 22.5% of UK GPs feel confident managing it under NICE guidance, and specialist waiting times can exceed 18 months in some areas. No UK dataset currently connects perimenopause symptoms to nutritional status. Summ aims to close this gap - and the PPI lead's role is to make sure women's voices are at the centre of how we do it.

## Express your interest - letter of intent

This is a letter of intent opportunity, subject to grant funding being awarded. By expressing your interest you are indicating willingness to take on the PPI lead role if the NIHR grant is awarded. Your expression of interest will be referenced in the application as evidence of PPI commitment.

Contact Shirley Sarker at [shirley@shirleysarker.com](mailto:shirley@shirleysarker.com) with:

- A short paragraph about your experience of perimenopause and why this study interests you
- A brief description of any previous PPI or patient involvement experience
- Any questions about the role

You do not need a formal CV. All enquiries are welcome. We will acknowledge all expressions of interest and keep you updated on the outcome of the grant application.

### Consultblue Ltd (trading as Summ)

summnutrition.co.uk · [shirley@shirleysarker.com](mailto:shirley@shirleysarker.com) · NIHR i4i PDA reference 2026/396  
Involvement types: Designing and managing · Reviewing · Disseminating