



SHARE March Newsletter

Welcome to the March 2026 SHARE Newsletter! Thank you for your continued support as we strive to help health research in Scotland.

We've been busy since our last newsletter update in September. Read on to find out what's been happening at SHARE...

If you have any queries regarding SHARE or any of our featured studies, feel free to email us at enquiries@registerforshare.org



What is SHARE?

A quick refresher on who we are and what we do!

SHARE, the Scottish Health Research Register and Biobank, is a register of adults and children aged 11 years and over, who are willing to be invited to take part in medical research projects. People on the SHARE register may also have given permission to allow researchers to use any leftover blood following routine clinical testing for approved research.

You can find out more about SHARE by [visiting the questions page on our website!](#)





Important SHARE Updates and Stories

New Recruitment Assistants

In October 2025, SHARE welcomed two new Recruitment Assistants to the team: Sanniah Adnan and Gokul Ashokan covering Greater Glasgow & Clyde and Lothian Health Board areas. Both MSc graduates from the University of Dundee, the Recruitment Assistants will be the face of SHARE in clinics and beyond.

A SHARE Milestone – 310,000 Registered!

In February this year, we hit a significant milestone – 310,000 people signed up to the SHARE register! Thank you to everyone who has signed up to help health research in Scotland.

Aware with SHARE – Raising Awareness of Health Conditions

SHARE has been taking part in several campaigns to raise awareness of health conditions. Read on to find out more about some of these.



Light Up for Rare – 28/02/2026

SHARE was proud to support the global “Light Up for Rare” campaign to raise awareness for Rare Disease Day. Health research is crucial in order to develop new treatments, and this is especially important in the case of rare diseases. The School of Life Sciences was lit up in pink to mark the occasion.



Heart Health Month – February 2026

February was Heart Health Month, and the SHARE team were at Ninewells Hospital on Wednesday 11th February to raise awareness. We spoke with staff and medical students about current heart health research that is being supported by SHARE.

We are also still seeking participants for the MIDAS-HEART study, which you can find out more about in the Studies section.

World Bipolar Day – 30th March

The 30th March is World Bipolar Day. This is an initiative to spread awareness of bipolar disorder, address the stigma associated with the condition, and support people who are living with it.

SHARE is recruiting participants for a study investigating light sensitivity in people with bipolar disorder, see our featured study below.



Information on Active, Completed and Future Studies

SHARE participants have played a vital role in advancing medical research across a variety of health conditions such as cancer, stroke, mental health, diabetes, and respiratory illness.

In addition, participants have contributed to important vaccine studies as well as being actively involved in patient and public involvement (PPI) initiatives, ensuring that research is shaped by the voices, experiences, and priorities of the people it is designed to benefit.

Through their continued commitment, SHARE participants are helping researchers develop better treatments, enhance early diagnosis, improve quality of care, and ultimately create a healthier future for all.

Spotlight SHARE Study

HELIOS-BD Investigating Light Sensitivity in Bipolar Disorder

Are you taking lithium to treat bipolar disorder? Can you help with a research study in Edinburgh?

Led by researchers from NHS Lothian and University of Edinburgh, the HELIOS study team is seeking to enrol adults who have a diagnosis of bipolar disorder.

The HELIOS study team has recently reported that their most effective route to reaching potential participants has been through SHARE, highlighting the important role SHARE plays in connecting people with opportunities to take part in meaningful health research.

If you are interested in taking part, check out our [studies page](#).

Additional Studies currently recruiting:

SHARE are currently recruiting for a wide range of studies covering:

- Dermatology
- Mental health
- Respiratory disease
- Diabetes
- Pregnancy vascular and retinal changes
- Cancer
- Heart disease

You can find out more about all SHARE studies on our website [RegisterforSHARE](#)

Completed SHARE Studies

ANCHOR

SHARE supported recruitment for the ANCHOR study, a three-site research project led by teams in NHS Grampian, NHS Lothian and NHS Greater Glasgow & Clyde. The study invited people living with chronic health conditions or those who are immunocompromised to take part in research focused on improving protection against seasonal flu.

Living with and Beyond Cancer. University of Aberdeen

SHARE participants were invited to complete a questionnaire about what it is like to take care of your health while living with or beyond cancer. Information from the

questionnaire will inform future interventions to better support people living with and beyond cancer.

SHARE contributed 80% of the target volunteers needed.

SHARE Biobank

Did you know that SHARE isn't just a research register?

It is also biobank, an important resource for scientists and clinical researchers to help our understanding of diseases and how best to diagnose and treat them.

If you permit us to use your samples you could help health research without doing anything.

How does it work?

When you have a blood sample taken by your GP or at a hospital visit, the samples are sent to a blood sciences laboratory for the clinical testing required. Usually after testing, any remaining sample is discarded into clinical waste. If you allow us, we can intercept the remaining sample after testing but before it is destroyed. Our Biobank technicians will then de-identify the sample and log it into a database before storing under strict conditions. These anonymous samples can then be used to study diseases and develop new diagnostic tests or help to improve treatments.

You can help health research without having to do anything!



What have we been up to?



Scotland's Health Research and Innovation Conference – 23/10/2025

In October, SHARE headed to Edinburgh for Scotland's Health Research and Innovation Conference, where we were proud to be the sponsor for poster presentations. This conference was inaugurated by the Chief Scientist Office, and brought together people from a variety of backgrounds – industry, research, policy-making, and members of the public. We were delighted to receive good feedback from researchers who had used the SHARE register for their studies!

V&A Design HOPES – 16/01/2026

Did you know that if healthcare were a single country, it would be the world's fifth-largest emitter of greenhouse gases? SHARE spent a sunny January afternoon at V&A Dundee, where we learned this and more!

Reducing waste is important to us – with your permission, we can use your leftover blood after routine clinical testing, which would otherwise be thrown away!



Dundee Science Festival – 13/02/2026, 17/02/2026

It's official – SHARE is a Medical Marvel! For this year's festival, the SHARE team spent two action-packed days at Dundee Science Centre, where exhibitors showcased some of the best and brightest innovations happening in Scottish science. As always, our genetics-themed "sock game" was a hit with the audience!

World Kidney Day – 12/03/2026

To mark World Kidney Day, SHARE invited senior clinicians to give a presentation on their research into kidney health. This was led by Dr Samira Bell, Clinical Reader at the University of Dundee and Honorary Consultant Nephrologist at Ninewells Hospital.

Events Lookahead

Early Career Researcher Showcase – 25/03/2026

The SHARE team are looking forward to meeting early-career researchers at Dundee

University School of Medicine. Dr Claire Scott, our National Programme Manager, will give a presentation on the SHARE Register and Biobank to the researchers.

11th NHS Grampian Research Conference - 14/05/2026

SHARE will be in Aberdeen attending the 11th Grampian Research Conference at Robert Gordon University. The focus of this year's conference is Better Cancer Outcomes.

Drugs Research Network Scotland Annual Conference – 04/06/2026

In June, the SHARE team will be in Glasgow attending the DRNS Annual Conference, held in collaboration with Glasgow Caledonian University. This year's conference theme will be Developments in Harm Reduction.



The best way to help SHARE is by SHARING!

We need YOUR help in sharing the word about SHARE! By taking the time to forward this newsletter on to friends & family or just by sharing a link to the SHARE website, you can help assist health research efforts all across Scotland.

Be sure to have a look at our [currently running studies](#) and share the link with any family or friends that you think may be eligible.

[Click here to create an email](#) and share it with friends and family!

SHARE the word and keep up to date with SHARE on the following Socials!

[- Instagram](#)

[- Facebook](#)

[- LinkedIn](#)

Thank you for your continued support of the SHARE register

Have you moved address?

SHARE uses the postcode you provide us with to match you with studies in your local area that may be relevant to you. If you've recently moved address, please let us know.

Have your contact details changed?

If you've changed email address or phone number, please get in touch with us so that we can update our records.

If you know someone who may be suitable for a SHARE study, encourage them to get in touch with us – if they are eligible, we can register them and match them with suitable studies.



You can find out about ongoing SHARE studies and other projects we are supporting, by visiting our [website](#).

Contact us

If you have any questions for our team, including if you no longer wish to be registered, contact us using the details provided below.

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