



Living Well North Tyneside

Supporting Health and Wellbeing

On **Tuesday, 20 May 2025**, we celebrate **Clinical Trials Day**, a global occasion to honour the vital contributions of clinical research professionals and the volunteers who help bring new treatments to life. This year's theme, **"Collaborate. Innovate. Advance."**, highlights the teamwork and innovation that drive progress in medicine and healthcare.

A Brief History

Clinical Trials Day commemorates the work of James Lind, a Scottish naval surgeon who is credited with conducting the first recorded controlled clinical trial on 20 May 1747. Lind tested various remedies for scurvy among sailors aboard HMS Salisbury, eventually proving that citrus fruits were effective in preventing the disease. His systematic approach marked the beginning of evidence-based medicine and laid the foundations for clinical research as we know it today.

Why It Matters

Organised by the Association of Clinical Research Professionals (ACRP), Clinical Trials Day is a chance to reflect on the life-changing impact of clinical research. From new cancer therapies to vaccines, none of it would be possible without the dedication of researchers, clinicians, and the volunteers who participate in studies.

Celebrations often include seminars, workplace recognition events, and educational activities aimed at increasing public understanding of clinical research. Many organisations also use this day to showcase their current research and acknowledge the behind-the-scenes teams making it happen.

How You Can Get Involved

- **Share and Celebrate:** Use the hashtag **#CTD2025** on social media to honour researchers and participants or to highlight innovative trials in your organisation.
- **Attend a Webinar or Talk:** Look out for virtual or in-person events exploring new developments in clinical research.
- **Learn More About Trials:** Educate yourself or your workplace about how clinical trials work and how they benefit public health.
- **Join the Effort:** If you're interested in taking part in a trial, platforms like the NIHR's Be Part of Research can help you find one near you.

Get Involved Locally in North Tyneside

In North Tyneside, residents can:

1. Speak to their GP about getting involved in health research.
2. Follow local NHS Trusts or universities for updates on clinical trials and open events.
3. Explore our health and wellbeing resources on the Living Well North Tyneside platform to stay informed about local initiatives and support services.

Final Thoughts

Clinical Trials Day 2025 reminds us of the power of progress driven by research. Behind every new treatment is a story of collaboration, courage, and scientific discovery. Whether you're a researcher, a participant, or someone who

benefits from better care, your role in this journey matters. Let's celebrate the people and partnerships that are shaping the future of medicine—one trial at a time.

Related Links

- [Clinical Trials Day – Official Site](#)
- [ACRP – Association of Clinical Research Professionals](#)
- [Be Part of Research – NIHR](#)

Last Updated - 19th May 2025

