

# Crawley Social Prescribing Partnership: Action Research

## Participant Information Sheet

*We would like to invite you to take part in an action research study about how people live well, what helps them adopt healthy lifestyles. Before you decide whether you would like to take part it is important that you understand why the research is being done and what it would involve for you. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information.*

### **What is the purpose of the study?**

The purpose of this study is to address the question ***How can barriers be reduced whilst enhancing opportunities for the community to live well - individually and collectively?*** We hope that inspiring stories and ideas will be shared more widely across the Crawley community to increase everyone's understanding of how we can support each other in living well.

### **Who is in the research team?**

Members of the Crawley Social Prescribing Partnership. We hope in time to enlarge the team of co researchers.

### **What are the benefits of taking part?**

By taking part in this study you will potentially make a contribution to the research into how people make decisions to live well, what helps them to participate in any health giving activities, and reduce barriers to participation. This will help in finding more and better ways for all of us to enable each other to live well.

### **What is being asked of me?**

If you agree to take part you will be asked to attend an interview (in xxxxxx) at a time of your convenience. The interview will be carried out by a member of the co researcher team . The interview will last for around an hour. You will have an option to withdraw your data within a month following your interview.

### **Why have I been invited?**

We are seeking to draw from a wide cross section of local adult citizens. You may be already active in various activities, or just thinking about participating.

### **What happens to what you say?**

Interviewers will respect you and what you say. We will not talk about you with others; we will keep confidentiality. The data will be collected and analysed for this piece of research via one interview. Interviews will be analysed by the research team only and no one else – in order to 'make sense' of the different stories we hear and people's hopes for the future, and to identify common themes for further action. Data collected will be used to produce a research paper.

### **Will what I say be confidential?**

Yes, your responses will remain confidential. The interviewer will take notes and write up your interview without your name on it, so what you say cannot be attributed to you personally. If you want a copy of the write up please tell the researcher and it will be given to you. If at any time you say something that you do not want noted, please tell the researcher.

### **Do I have to take part?**

No, participation is entirely voluntary, and you have the right to withdraw at any stage, or avoid answering questions which you feel to be too personal or intrusive, without being penalised or disadvantaged in any way. It is up to you to decide whether or not to take part. If you do decide to take part you will be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving a reason.

### **What if there is a problem?**

If you have any problems, concerns or questions about this study, you should ask to speak to the research supervisor, Danny Chesterman (07534 136629) or e mail [dannychesterman1@gmail.com](mailto:dannychesterman1@gmail.com).

**Thank you for taking the time to read this information sheet.**