

Information Sheet for 12-15 year olds

Hi! I'm Marilyn Bradbury. I'm a researcher who works with young people who find movement difficult. I want to help young people who use wheelchairs to be **healthy**, by supporting them to **move more**.



I would like your help.

I want to help **young people** who have a **disability** and use a **wheelchair** because they are unable to walk to **spend less time being sedentary**. Being sedentary means you are awake, but using very little energy. This includes:

- Time on your phone
- Watching TV
- Playing video games
- Reading

Spending long periods of time being sedentary reduces fitness, and can increase the risk of:

- Obesity
- Heart disease
- Mental health issues

The **aim** of this study is to **develop a programme** to encourage young people who are unable to walk due to their disability to be **active more regularly** through their day. The programme will include an **app** on a tablet.

You can help with developing the programme by coming to a virtual co-design workshop online.



There are 3 workshops you can take part in that help me to: 1) understand the problem 2) decide how the programme can best support young people to move regularly 3) decide how the support should be delivered. Each workshop will happen at different times. I would like you to participate in all 3 if you can.

How taking part will help

You know what its like to be a young person with a disability. I haven't had the same experiences as you. Your involvement with developing the app will mean it is much more likely to work well. I want the programme to help lots of young people like you to have healthy lifestyles in the future.

Will anyone else know I've taken part?

People in the same focus group as you will see who you are, know your first name and may repeat what you say. No one other than your family, the researchers and/or the other people in a focus group will know you have participated, or what you have said unless you want to tell them about it. Everything you say on the online workshop will be anonymous. The only reason we would break your confidentiality and share your identity is if we were concerned about a risk of harm to you or someone else, or if any criminal activities were discussed.

When we share the results of the study, we will use some quotes, but it won't say who said them.

Do I need to worry about anything?

There will be ground rules about how young people taking part should speak to each other in the virtual focus groups, to make sure everyone taking part respects each others opinions.

There will only be young people aged 12-15 contributing to the workshop you will take part in. Older people with disabilities and other adults like parents, carers, health professionals and teachers can take part too, but they will have separate workshops to take part in.

It's up to you whether you want to take part. It's OK if you don't want to. Even if you say yes now and later you change your mind - that's OK.

What if I have some more questions?

If there is anything else you would like to know I'm happy to help. You can contact me (or ask your parent/guardian to) using these details:

Marilyn Bradbury,
HEE/NIHR Clinical Doctoral Research Fellow
Medical Directorate
Research and Innovation
Birmingham Community Healthcare NHS Foundation Trust
Trust Headquarters
3 Priestley Wharf
20 Holt Street
Birmingham
B7 4BN
Tel: 07701371838. E-mail: domore.study@nhs.net
Twitter: [@marilynpaedsahp](https://twitter.com/marilynpaedsahp)
Website: Do-more.org.uk



Paralympian Hannah Dines supports the #DoMore study. Marilyn and Hannah would like to thank you for taking time to read this leaflet, and for your help.