

Help shape our research

We want to make sure that our research helps improve lives and that people who take part in our research studies have a great experience. To do this, we need your help.

From meeting up to discuss study ideas, to reviewing information sheets for patients and feeding back ideas on how to promote health research and their results, you can play an important part in developing future health and care innovations. We call this Patient and Public Involvement (PPI).

We welcome help from all members of the public, including young people. This includes people with a lived-experience of a particular condition or care setting (as a patient, family member or carer), people who have taken part in a research trial or those who simply have an interest in research.

If you want to know more, you can email (Katherine.baker@uhs.nhs.uk)

Frequently asked Questions (FAQ)

How would I be involved?

Opportunities to help us are varied and will depend on your interests. You could:

- Help us remotely by completing surveys or voting in online polls.
- Attend a meeting and share your opinions or help write and comment on information sheets for patients.
- Work directly with our researchers and advise them on how to talk about, or write about, research findings in a way that is easy to understand.

How much time will it take?

We understand that you are busy and so are very flexible in terms of time. We will invite you to contribute to projects which match your interests. Some opportunities may be one-offs that could take an hour while others will require more commitment like attending meetings every couple of months. You can then decide which opportunities fit your schedule.

What's in it for me?

There are many reasons why people choose to help us. You may want to share your health experiences or give back to the NHS or care system to improve the lives of others. Alternatively, you may want to develop particular skills or are just really passionate about healthcare issues. People who are considering a career in healthcare find interacting with researchers and staff particularly useful.

What help is available to me?

We are grateful for your help and pay for the costs of involvement (e.g. travel and carer or childcare costs). In addition, we provide 1-1 support to help you in any activity you take part in and guide you through it.

Are you Wessex CLAHRC or ARC?

The Wessex Collaborations for Leadership in Applied Health Research and Care (CLAHRC) has been succeeded by the Wessex Applied Research Collaboration (ARC). Public contributors made a huge contribution to our CLAHRC programme and we are looking forward to continuing working with them, and new members, in the ARC. In case you are wondering Applied Health research means using research in real world settings like a hospital, doctors surgery or care home for example.

How do I find out more?

Katherine and **Caroline** of our Patient and Public Involvement (PPI) Team will be happy to talk to you if you have any questions or want more information. You can email (Katherine.baker@uhs.nhs.uk) to arrange a meet up or find out more – or call us on 023 8120 4989