

PARTICIPANT INFORMATION SHEET

Culture and Health Social Prescribing in Chelmsford

What is the purpose of the research?

Taking part in cultural opportunities (e.g., arts, creativity, sports, and social activities) is positive for health and wellbeing; but it is not always easy to find and access these opportunities. 'Social prescribing' is a way of connecting or referring people who need support to cultural opportunities.

This research aims to explore the cultural opportunities that could support health in Chelmsford, how people are connected to these opportunities, and how this can be improved. It will include an online workshop with 10-20 members of the Culture & Health Working Group followed by a series of five focus groups each with 6-8 participants from different groups: health professionals, social prescribers, arts and culture providers, adults with lived experience of adverse health, and young people aged 16-25. There will be 40-60 participants in the research overall.

We will use what we find out to write recommendations for developing the cultural opportunities that could support health and how people are connected to them across Chelmsford. The findings will be included in a short report and may also be published in an academic journal.

This research will help the charity [Culture Chelmsford](#) work towards their ambition to see Chelmsford "celebrated as a culturally ambitious place that connects our innovative heritage of science and engineering with a vibrant future of wellbeing, environment and creativity, transforming our peoples' lives".

Who are the research team?

Dr Anna Dadswell is a Research Fellow at ARU and is leading the research with support from Professor Hilary Bungay, Professor of Arts, Health, and Wellbeing. The research team are working closely with Culture Chelmsford. Please contact anna.dadswell@aru.ac.uk for more information.

Why have I been invited to participate?

You have been invited to take part in an online focus group. We are interested in hearing about your experience and expertise as a health professional, social prescriber, or arts and culture provider and finding out about the cultural opportunities that exist and how people hear about them. We are also interested in finding out about what you think is missing or could be improved.

Taking part in the focus group is voluntary: you can decide if you want to take part and you do not need to give a reason if you do not want to take part.

If you do want to take part, we will send a Doodle Poll by email to find a suitable time. At the focus group, we will start by introducing the research and discussing confidentiality between participants. You will have the opportunity to ask any questions before deciding to continue. We will then hold a discussion with a total of 6-8 people from your professional group (e.g., health professionals, social prescribers, or arts and culture providers) on your experience and expertise relating to this research. You do not have to contribute to any parts of the discussion that you do not want to. The focus group will last no more than 90 minutes and will be audio recorded.

Are there any benefits or disadvantages to taking part?

You will have the opportunity to discuss your experience and expertise and by doing this may help to develop the cultural opportunities that support health and how people are connected to these opportunities across Chelmsford. At the end of the research, we will share the short report with you if you would like and invite you to an online showcase in June 2024. The research and the online showcase hope to inspire action and build partnerships for strengthening the provision and social prescribing of cultural opportunities in Chelmsford. We are not aware of any disadvantages to taking part in the research.

What will happen to the information I share?

We will anonymise your name and the names of any individuals mentioned in the group. Because of the research focus, we will not anonymise the names of any organisations or services unless requested. We will collect your experiences and opinions relating to the research as the data.

We will combine the data from your focus group with the data from the other focus groups. We will analyse all the data to find common themes across the groups. We will use anonymised quotes from the focus groups in the short report.

We will be responsible for your personal information as the data controller and will comply with General Data Protection Regulation requirements when processing your data. We will store the data securely on the ARU system for up to five years and only the research team will have access to the raw data.

Our general privacy notice explaining our use of your personal data for research purposes is available here: <https://www.aru.ac.uk/privacy-and-cookies/research-participants> with more information about how long we keep your data, how we keep your data secure, how you can exercise your rights over your data, and make a complaint over our use of your data.

Can I withdraw from the research?

You have the right to withdraw from the research by deciding that you do not want to take part or leaving during the focus group. As the focus group is online, you will need to submit the consent form via email beforehand, but you can change your mind at any point. You do not need to give a reason for withdrawing from the research. You do not have to contribute to any parts of the discussion that you do not want to. If you do leave the focus group, we will not be able to remove your contribution to the discussion up until that point due to the conversational nature of the focus group method.

Does the research have funding and ethical approval?

Culture Chelmsford have funded the research through the Chelmsford City Council UK Shared Prosperity Fund. Ethical approval has been granted by the Faculty Research Ethics Panel in the Faculty of Health, Medicine and Social Care at Anglia Ruskin University.

How do I make a complaint?

If you have any concerns or complaints about any aspect of the research, please contact anna.dadswell@aru.ac.uk. Alternatively, you can go through the complaints procedure at ARU by emailing complaints@aru.ac.uk or writing to: Office of the Secretary and Clerk, Anglia Ruskin University, Bishop Hall Lane, Chelmsford, Essex CM1 1SQ.

PARTICIPANT CONSENT FORM

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Taking part in the focus group is voluntary: you can decide if you want to take part and you do not need to give a reason if you do not want to take part.

Please read the participation information sheet before deciding whether to take part. If you want to take part in the research, please read the statements below and sign to confirm your consent.

1. I agree to take part in the above research. I have read the participant information sheet V1 - Professionals February 2024 and I understand what my role will be in the research.
2. I understand that I am free to withdraw from the research without giving a reason but that I cannot withdraw my data if I leave the focus group or after taking part.
3. All my questions have been answered and I understand that I am free to ask any further questions at any time.
4. I understand what will happen to the data that is collected from me during the focus group, how it will be stored, and when it will be destroyed.
5. For the purposes of data protection, I have read and understood how ARU will process the data that is collected from me.
6. I understand that the focus group will be audio recorded.
7. I understand that anonymised quotes will be used in the research findings.
8. I have been told about any potential benefits and disadvantages of taking part.
9. I have been given a copy of this consent form and the participant information sheet V1 - Professionals February 2024.

Participant name:

Participant signature:

Date signed:

Please contact anna.dadswell@aru.ac.uk with any questions or for more information.