**Participant Information Sheet (version 3 25.11.2019., IRAS 269687)**

**Recovery College Cornwall**

**INVITATION TO PARTICIPATE IN A RESEARCH STUDY**

You are being invited to take part in a research study. To help you decide whether you would like to participate, we are providing you with some information. This aims to help you understand why this research is being undertaken and what taking part would involve. Please take time to read this information, and if you would find it helpful - discuss it with any family, friends, or individuals who provide support for your mental health. **You can also ask the research team more questions about the study (our contact details are on the bottom this page)**

**Why are we approaching you?**

You have been invited to take part because you have enrolled at Recovery College Cornwall (RCC). We approach everyone who becomes a student at RCC to ask if they would like to participate in our study.

**WHAT IS THE PURPOSE OF OUR STUDY?**

Recovery College Cornwall (RCC) opened in the autumn of 2019 and is the first recovery college in Cornwall. There are 80 similar colleges across England and researchers have been gathering evidence to try and show if they are achieving their aims. We plan to do the same for RCC. To do this we need to do some research with RCC students. We want to discover if RCC is helping with their mental health recovery and why this may or may not be happening.

Who are we AND HOW ARE WE FUNDED?

We are a group of experienced mental health researchers who work for Cornwall Partnership NHS Foundation Trust (CPFT). Our wider research team includes people who have used mental health services for help with their recovery. Recovery College Cornwall is a three year pilot project funded by the European Social Fund. Some of the funding for the project has been allocated to CPFT to complete this study.

**WHAT WILL HAPPEN TO IF I DECIDE I MAY WANT TO TAKE PART**

If you think that you may like to take part in our study your Learning Support Worker or one of the study team Researchers will have a discussion with you about the study and answer any additional questions you may have. If you decide to take part you will be asked to complete a consent form. This involves us collecting your permission to take part in the research (this is called consent). You will be asked to sign the form.

**WHAT WILL I BE ASKED TO DO?**

If you agree to take part we will ask you to complete two questionnaires during your enrolment to the college and the same two questionnaires when you have your exist interview. If you have left RCC before an exit interview you will be sent the questionnaires. We will then send you the questionnaires to complete once more, three months after you leave. We will also offer you the opportunity to complete the questionnaires over the phone. The questionnaires ask about your mental wellbeing and your recovery.

We also ask if you are happy with us using the documents you complete with your Learning Support Worker for our research and whether we can collect some data from your NHS medical records.

If you consent we will look in your NHS records to count the number of times you have had mental health support and who provided it for the six months before you joined RCC, the time you are studying with RCC and the six months after you leave RCC. We will also count how many times you were seen at home or at an NHS building. We will however only look at specialist mental health records and not your GP or any non-mental health Hospital records. Our focus is to use this data to build a picture around any support you receive before and after attending RCC and how other things that may have changed following your time at RCC, such as whether you are working or studying.

Lastly you will be asked if you are happy to attend a focus group. This is a meeting with other students and involves a researcher asking the group questions and recording their responses on an electronic tape recorder. Students will be asked what has worked for them, what has not been not so good and how the RCC may be improved. This is optional and you do not have to attend a focus group to be part of the research study.

**DO I HAVE TO TAKE PART?**

No, the choice is yours. It is also up to you if you consent to take part in some but not all of the research. You can also withdraw at any time, without giving a reason. If you do withdraw from the research we will retain the data collected to that point.

**WILL I HAVE TO ATTEND EXTRA APPOINTMENTS OR SESSIONS?**

The two questionnaires should take approximately 5 minutes each to complete on each occasion. You can do this at the college during the enrolment and exit process. When you are no longer at RCC we will send them to you.

Consenting to the sharing of the data you complete with your Learning Support Worker and your service use at CPFT does not require any additional input beyond completing our consent form.

If you indicate that you are happy to be involved in a focus group and are chosen to do so, you will be asked to attend one additional group meeting with other students. This will be run by two of the study team researchers and will occur in the RCC cafe. The focus group will take approximately one hour and a half.

**WHAT ARE THE BENEFITS OF TAKING PART?**

We hope that the research will lead to improvements in RCC and make a practical difference to people attending RCC in the future. We do not know however if this will be the case.

**WHAT ARE THE POSSIBLE DISADVANTAGE OF TAKING PART?**

We are not aware of any disadvantages or risks to you if you take part in this study. Completing questionnaires or answering questions about mental health may however involve you thinking about things that are possibly uncomfortable for you. You can withdraw from the research and stop your involvement at any point.

**HOW WILL WE USE INFORMATION ABOUT YOU?**

If you provide consent we will need to use information from you, RCC and you NHS records for this research project. This information will include your name, date of birth, sex and contact details. People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead. We will keep all information about you safe and secure and we will follow all privacy rules.

Once we have finished the study, we will keep some of the data so we can check the results. We will write our reports in a way that no-one can work out that you took part in the study

**WHO SEES MY DATA AND WHAT WILL THEY SEE?**

Only the research team will see your identifiable information. Anyone else , such as the person who analyses the data will only see your research number and will not know who the data relates to.

**WHAT ARE YOUR CHOICES ABOUT HOW YOUR INFORMATION IS USED?**

You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have. We need to manage your records in a specific way for the research to be reliable. This means we won’t be able to let you see or change the data we hold about you.

**WHERE CAN YOU FIND OUT MORE ABOUT HOW YOUR INFORMATION IS USED?**

* **At** [**www.hra.nhs.uk/information-about-patients**](http://www.hra.nhs.uk/information-about-patients)
* **By asking one of the research team directly**
* **By contacting us on the email or phone number provided at the bottom of this information sheet.**

**WHAT WILL HAPPEN TO THE RESEARCH FINDINGS?**

The findings from this study will be written up as a report. We will also publish the results in a healthcare journal. We will write a summary of the results for those who took part.

**WHAT IF THERE ARE ANY PROBLEMS OR I WISH TO MAKE A COMPLAINT?**

If you have any worries about any aspects of this study you are urged to contact the research team. We will aim to do our upmost to resolve any questions or problems you have. You can also contact an independent organisation regarding any concerns. This is the Patient Advice and Liaison Service (PALS): Tel: **01726 627967.**

**WHO HAS REVIEWED THIS STUDY?**

Research studies such as ours are reviewed by an independent group of people called an NHS Research Ethics Committee. They protect your safety, rights, wellbeing and dignity and give ethical approval if they are happy with the study.

The Yorkshire & Humber – Leeds East Research Ethics Committee have reviewed and approved this study

***Thank-you for taking the time to read this, and for considering taking part in the study***