

Addressing barriers to participation in Physical Activity: Information Sheet and Consent Form

What is this research about?

Oldham Council wants to explore the views of Oldham residents on barriers to physical activity and how they can contribute to more active lifestyles.

A number of workshop discussions will be held with different groups of residents to explore the views and experiences of physical activity participation, barriers and methods of promotion.

The information provided through these sessions will help inform the council how it can better support residents to lead more active lifestyles and develop more appropriate messages to promote physical activity.

We would like to invite you to come along to one of the workshop discussions and share your views and experiences.

What do I have to do/ what will happen during the sessions?

The sessions will last between an hour and a half to two hours, and will broadly cover:

- Your views on barriers to physical activity and how these could be overcome
- The role of communities/individuals in addressing/helping to overcome these barriers
- Your views on existing messages being used to promote participation in physical activity
- Your ideas on what key messages about the barriers around the participation of physical activity should include, and how these should be delivered

The sessions will include some interactive activities and group discussions.

During the session both a facilitator and note-taker will be present and notes will be taken throughout the session and information will be collected from group activities.

How will the information I give be stored?

All information that is discussed in the sessions will remain confidential, and any direct quotes that you provide will not be traceable back to you. All information will be stored securely either on council computers or in a locked cupboard; they will only be accessible to members of the evaluation team.

How will the information I give be used?



The information will be analysed, collated and used to produce a report summarising the views collected. The report will be used to inform council strategies and priorities around physical activity.

Why would it be good to take part?

The sessions will provide you with the chance to talk about your experiences and views. It will also provide you with the chance to meet other people and discuss your ideas with them.

Your involvement within the research will help inform the current strategies and priorities and see how Oldham council can best meet the needs of Oldham's residents.

Do I need to take part?

- Your participation in the event is completely voluntary
- You do not have to take part in any of the session you do not want to
- You can leave the session at any time
- You do not have to answer any questions that you do not want to

If you do agree to take part in the sessions could you please complete and sign the consent form overleaf.

What do I do if I have a question?:

If you would like further details about the sessions or taking part please contact one of the research team members below:

Koser Khan, Public Health & Social Care Research & Engagement Specialist
koser.khan@oldham.gov.uk, Emily Tunney, Research Officer
Emily.Tunney@oldham.gov.uk or Bronwyn Raper, National Management Trainee,
Public Health, Bronwyn.raper@oldham.gov.uk



Addressing barriers to participation in Physical Activity:
Session Consent Form

1. I agree to take part in the session
2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my statutory rights being affected
3. I agree for the session to be recorded through note taking
4. I agree that information I have given can be used anonymously by Oldham council and partners to illustrate the views of local people in Oldham in any relevant document or presentations

Name of participant:

Signature:

Date:

Name of person taking consent:

Signature:

Date: