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University Health Board

The 'Well mi' study

Wellbeing, health and fitness of children with mobility impairments (Well mi)

How fit do you feel?



11-18 years

<http://wellmi.bangor.ac.uk>

What is the Well mi study?

The Well mi study is about designing individually tailored fun keep fit activities for children and young people who use wheelchairs.



Why have I been invited to take part?

You have been asked to take part because you use a wheelchair.

What happens if I want to take part?

If you say yes to taking part we will test your health and fitness and ask about the foods you eat and get your opinion on how we can measure wellbeing.



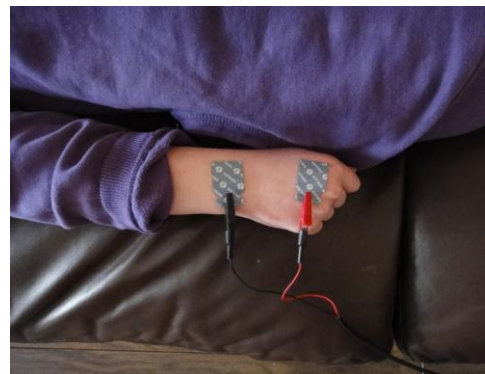
How will you measure my health and fitness?

We will measure the following things:

Heart rate: We will check your heart rate by asking you to wear a heart rate belt for while you lie at rest when we visit you and for a full day, and by asking you or your parents to write about what you did during the day.



Body fat: We want to measure your body fat through putting two pads on your right hand and two pads on your left foot. This test will be painless.



Breathing: We will use a machine to measure your breathing. You will be asked to lie down and to breathe normally into a small face mask over your mouth and your nose for up to 30 minutes. You will wear headphones and listen to nice music. We will also ask you to do a few breaths in and out as hard as you can.



Strength: We would like to measure your strength lifting a medicine ball and using a hand-grip tool. We'd also like to see well you can move around in and out of your chair.



We will tell your GP if we find an unusual test result.

Wellbeing questionnaires: We will show you some wellbeing questionnaires and you can tell us what you think about them.

Your diet: We will ask you questions about what you usually eat in a day. We will show you some typical diet sheets, and you can tell us what you think about them.

Do I get anything for taking part?

If you take part in an interview or focus group, you will get a £15 'thank you' token each time. You will be able to choose from High Street Vouchers **or** itunes® vouchers.



**Love2shop
High Street Vouchers**



**itunes®
gift vouchers**



Where will I have to go to take part?



The Well mi study Research Officer will come to see you, and your parents in your home.

Your safety

If you tell us something that raises serious concerns about your safety, we will need to make sure that you stay safe by telling someone else if appropriate.

Do you want to take part?

If you want to take part in the Well mi study, please

- fill in the paper contact form or the contact form on the Well mi study website
- ring
- or e-mail Llinos

Stage 3 of the Well mi study

Even if you don't want to take part in this stage (Stage 2) of the Well mi study, you are more than welcome to join Stage 3 of the study and get a voucher for your help.

In Stage 3, we will be asking children and young people about what they think of the newly created fun activity toolkit for children who use wheelchairs.



We will also be asking parents, therapists and carers about their views on the new fun activity toolkit.

Any questions?

If you want to know more about the study before you decide about taking part, you can phone, e-mail, or write to Llinos.



Ring or e-mail Llinos
if you want
to take part

Dr Llinos Spencer

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What should I do if I have any concerns about the study that cannot be resolved by the research team?

If you have any concerns about the study, please contact:

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Stage 2
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