



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

The 'Well mi' study

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

Are you feeling fit?



6-10 years

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

What is the Well mi study?

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



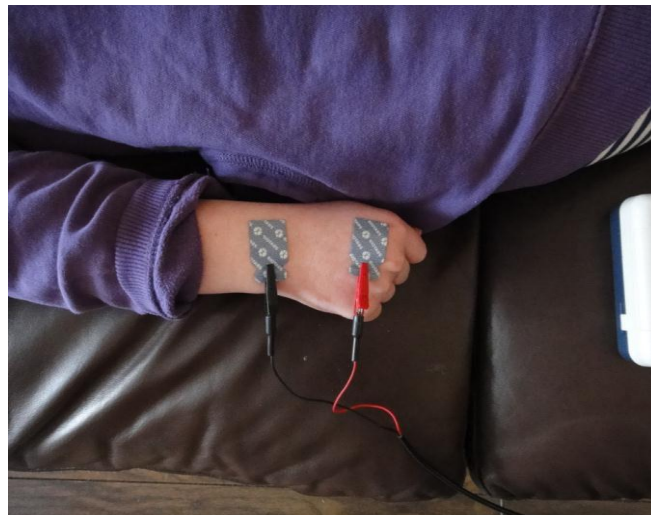
What happens if I want to take part?

If you say yes to taking part, you can let us know what you think of the wellbeing questionnaires that we will show you, and we would like to measure your health and fitness.

How will you measure my health and fitness?

We will measure things like your strength, your breathing and your heart rate. These tests will be painless.





We will let your doctor know if we find anything unusual.

Where will I have to go to take part?



- The researcher and one other person will come to your home to see you and your parents.

The researcher will ask if she can talk to you again in a few weeks.



Do I get anything for taking part?

You will get a **£15 'thank you' token** each time you take part in the Well mi study.

You can choose from:

High Street Vouchers

Or

iTunes® Vouchers



Love2shop
High Street Vouchers



iTunes®
gift vouchers



We hope that you will also take part in the next stage of the Well mi study

If you say **yes** to taking part in stage 3 of the Well mi study, we would like to ask you about your thoughts on the Well mi keep-fit activity box.



We will also ask your parents, therapists and carers about their thoughts on the Well mi keep-fit activity box.

Please fill in the
contact form if you
want to take part in
the Well mi study



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PRIFYSGOL
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Well mi study
Stage 2

Child Information Sheet 6-10 years old - Interview and physiological measurements
Version 3, Date: 20/08/13