



## The 'Well mi' study

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

Can you help by telling us what you think about keeping fit?



11-18 years

[www.wellmi.bangor.ac.uk](http://www.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.



## We want to ask you:

**Do you think it's important to keep fit?**

**If you like taking part in keep fit activities**

**What fun things you would like to do more of to keep fit?**

**How can we measure your fitness?**



**Llinos Haf Spencer**  
Well mi study Research Officer

## 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 ask you questions like the ones above and we will record what you say with a voice recorder, and if it is okay, with a video recorder.

### Where will I have to go to take part?



- If you want to take part in an interview on your own, and not a group interview, Llinos will come to your home to talk to you (and your parents).



- If you would like to take part in a group interview, Llinos will talk to you and other people (who will be around your own age) in a group at a place near where you live (such as a leisure centre). We will pay your travel expenses.

### Can you help us again?

There are two more parts to the Well mi study. We would like you to take part in the other two parts as well, but you can decide about this the next time we contact you.

### 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**

### 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 website
- ring or e-mail Llinos

## 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 using a contact form.



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

### Dr Llinos Spencer

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

**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:**

#### Dr Malcolm Godwin

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Well mi study  
Stage 1  
Child information sheet 11-18 years old  
Focus group/interview  
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