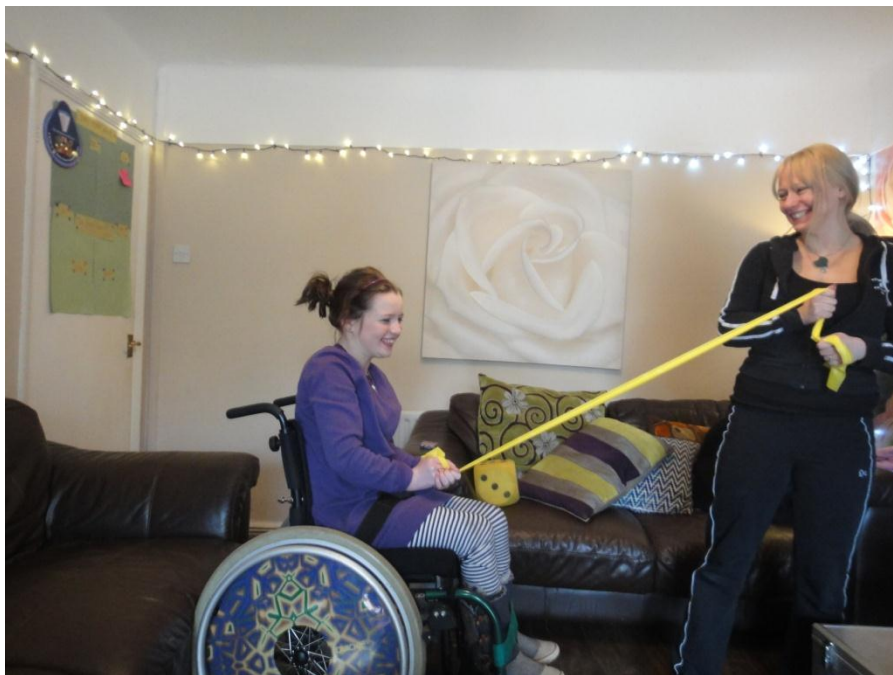




## The 'Well mi' study

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

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



**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.



In the first part of the study, we want to ask you questions such as:



**Llinos Spencer**

What you think about fun keep fit activities?

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

You have been asked to take part in the Well mi study because you use a wheelchair.

Llinos 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?



- The researcher (called Llinos) can come to your home to talk to you and your parents

or



- The researcher (called Llinos) can talk to you and other children at a place near where you live (such as a leisure centre). We will pay back your travelling costs.

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 two stages of the Well mi study**

In stage 2 we would like to measure your fitness.



In stage 3 we would like to ask you about your thoughts on the well mi keep-fit activity box.

## Any questions?

If you want to know more about the Well mi study you can:

- Telephone
- E-mail
- Fill in a contact form



**Telephone:** 01248 38 3171

**Email:** [L.Spencer@bangor.ac.uk](mailto:L.Spencer@bangor.ac.uk)

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

Please let Llinos know if you want to take part in the Well mi study.



**Address:**

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PRIFYSGOL  
**BANGOR**  
UNIVERSITY

Well mi study  
Stage 1

Child Information Sheet 6-10 years old - Focus group/interview  
Version 2, Date: 20/08/13