



The research involvement panel is for parents who are interested in informing and shaping research, including maternity & family projects.

As part of the panel:

- you will hear about different research discussion sessions
- you can decide how much you want to be involved
- you will be provided with information and support to enable your involvement

Your involvement in research matters because you can:

- give feedback
- share your experience and perspective
- ask questions
- help research information to be easy to follow and understand
- add information that the researchers haven't thought of

What you might be involved in:

Individual sessions to:

- help prioritise research ideas and questions
- inform how research will be done, based on your own experiences
- support how researchers communicate their ideas so they are easy to understand

You may also be asked to be involved in shaping a research project on an ongoing basis.

How the sessions work

- The individual sessions are usually small and informal discussion groups to focus on different parts of a research project.
- They usually take place during the day between 10am and 3pm and last for about an hour.
- I will facilitate the session and a researcher will also attend to share information and ask questions.
- Information will be shared with you in advance.
- Most of the sessions are online, on Zoom or Teams, and your baby or toddler can be with you.

If you join an advisory group or take part in a steering group meeting, this will be online for 1-2 hours. These meetings are attended by the wider research team and are more formal. Information and guidance will be given to support your involvement in these sessions.

Payment

- You will be paid for your time: the rate can vary but it is often around £25 an hour.
- You will probably be paid with gift vouchers but I will let you know the payment options with individual projects.

Possible benefits for you

- using your voice, skills and your experience to make a difference to research and healthcare
- developing new skills, experience and knowledge
- boosting your confidence and doing something for you

Your information and contact details will not be shared with anyone without your permission. If you have any questions: hello@janine-smith.com or on Whatsapp: 0788 5774279

