

## Health, Happiness and Wellbeing Workshop

### Information Sheet

- We would like to invite you to take part in this project.
- This information sheet describes the project and why it is being done.
- Please read through the information carefully before you decide whether to take part. It is important you understand the purpose of the project and what it will involve.
- If there are any points that are unclear or if you would like to find out more about the project, please contact Hannah Biggs, Research Officer on [hbiggs@mentalhealth.org.uk](mailto:hbiggs@mentalhealth.org.uk) or **0131 243 3800**

### What is the purpose of this project?

The RSE Scotland Foundation would like to support work to enable all young people in Scotland to make successful transitions to adulthood.

To do this they first want to understand what is known about population interventions, projects or groups that aim to improve health, happiness and wellbeing or reduce inequalities for young people as they become adults. They have commissioned us (Mental Health Foundation, Children in Scotland, Glasgow Caledonian University, University of Stirling, University of Edinburgh and University of Strathclyde) to carry out this research.

It is important to us that young people like you have a chance to say what you think helps young people to become happy and healthy adults. We would like to invite to take part in a workshop to have your voice heard.

### Who can take part?

You can take part in the workshop if you are:

- 10 to 24 years old
- live in Scotland
- would like to have a say on what a happy and healthy adulthood means to you

### What will happen if I decide to take part?

If you would like to take part you will be asked to sign a consent form and to attend two workshops. If you are under 16 you will need to get a parent or guardian to also sign the consent form to allow you to take part.

Participation is voluntary and you can decide to stop taking part in the workshop at any time without given a reason.

### What's involved?

We would like approximately 10 to 15 young people to take part in 2 fun workshops to explore what health, happiness and wellbeing means to you and what helps support and prepare you to become adults.

### The workshops will take place:

- On Saturdays in March and June 2016
- In a central Edinburgh venue near transport links

- From 11am – 3pm

All refreshments and lunch will be provided and travel expenses will be reimbursed. All participants will also be given a voucher as a thank you for taking part.

## What will happen with the findings?

Discussions from the workshop will be used to help inform the research we are undertaking. It will be used to make sure that the views of young people like you are taken into account. At the second workshop we will present the initial findings from the research for your input on how these findings may be used.

## What are the Possible Benefits of Taking Part?

This is an exciting opportunity for you to share your ideas with others and influence a piece of research. Participants in the project could benefit in the following ways:

- Meet new people
- Improve your confidence
- Build up important skills like listening, sharing and speaking in front of others to add to your CV

The workshop will be designed to ensure they are as accessible as possible to facilitate those who would like to be involved to do so.

## What are the Possible Disadvantages or Risks of Taking Part?

There are no significant risks or disadvantages of taking part in the project. We are asking for a little of people's time and for them to share some of their experiences with us so we can learn from them.

It is possible that some people may find it upsetting talking about health, happiness and wellbeing but we will design the workshop in a way to minimise any distress and allow people to take part in a way they feel comfortable. Furthermore, no one has to take part in the project if they do not want to. If they do take part, they can choose to withdraw at any time without giving a reason.

## Will my participation be kept confidential?

All information we collect during the workshop will be kept confidential and there are strict laws which safeguard your privacy at every stage. Names or personal details of the people taking part in the project will not appear in any reports so you cannot be recognised from it. Electronic information will be kept in password-protected files and all information you give us is stored in accordance with the Data Protection Act.

## If you have a Complaint about the Project

Anyone with a complaint about the project can discuss the problem with Dr Joanne McLean, Research and Development Manager ([jmclean@mentalhealth.org.uk](mailto:jmclean@mentalhealth.org.uk) or 0131 243 3800). She will then investigate the complaint and try to resolve the problem(s) to the complainant's satisfaction.

### Project Contact

The project will be managed by the Mental Health Foundation led by Joanne McLean. If you have any questions or are interested in taking part in the project please contact Hannah using the details below:

Joanne McLean  
Email: [jmclean@mentalhealth.org.uk](mailto:jmclean@mentalhealth.org.uk)  
Tel: 0131 243 3800

Hannah Biggs  
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