



## GETTING INVOLVED IN RESEARCH FOR HEALTH AND WELLBEING PROGRAMME OF EVENTS

**Saturday 8<sup>th</sup> November 2008 11.30am to 3.30pm**  
**at The County Hotel, Rainsford Road, Chelmsford**

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| 11.30 am       | Registration and Lunch<br>Opportunity to gather background information and to meet the event facilitators and delegates  |
| 12.30 pm       | Welcome by Dr Mike Gogarty, Joint Director of Public Health & Health Policy, NEE PCT and ECC<br><br>Introduction to “Getting Involved in Research” by Gill Green, Director of the Research Design Service and Oksana Hoile, Senior Manager of the Comprehensive Local Research Network |
| 12.45 pm       | Presentation by Lyn Mynott, Thyroid UK   |
| 1.15 – 1.50 pm | Break up into groups to discuss <b>‘What is involvement in research all about?’</b><br><br>Facilitated group work to identify the different types of activity that being involved in research may include.   |
| 1.50 – 2.15 pm | Tea break & Video  |
| 2.15 – 2.30 pm | Presentation by Dr Di Thompsen, Lead Public Involvement in Research, University of Hertfordshire   |
| 2.30 – 3.10 pm | Group/Individual work <b>‘How you can get involved in research’</b><br><br>Facilitated group work to explore how you can get involved in research, contribute to the local research groups and to identify barriers to involvement.  |
| 3.10pm         | Group feed back – General Discussion<br>How do people would like to be involved?<br>What were the barriers?<br>Has your view of “getting involved in research changed”?  |
| 3.30 pm        | Close  |

*With thanks to Angela Martin and INVOLVE for the cartoon*