



### What is Involvement in Research?

We cover research that is done with or by the public.

We also have opportunities for people to become involved in improving the research process that might:

- Use your personal knowledge of an illness, or health care service, that we want to research.
- Enable you to become a clinical study advocate for your area of interest.
- Involve you taking part in the training of health researchers.

### Contact Us...

To find out more please contact the RDS on:-

telephone: 01206 874856  
email: rdseoe@essex.ac.uk

or

the Essex and Hertfordshire CLRN on:-  
telephone: 01206 288251  
email: clrn@northeastessex.nhs.uk

or

complete and return the attached form.

A guide on how to become involved in improving health research

# Could you be the missing piece in our jigsaw?



The National Institute for Health Research  
Research Design Service for the East of England  
and the  
Clinical Local Research Network for Essex and Hertfordshire

*working together.....*

The NIHR Research Design Service for the East of England  
Patient and Public Involvement Liaison Officer  
University of Essex  
Wivenhoe Park  
Colchester  
Essex  
CO4 3SQ



Please affix  
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## Who are we?

We are the **Research Design Service for the East of England** and the **Comprehensive Local Research Network for Essex and Hertfordshire**

We are funded by the National Institute for Health Research; part of the NHS.

Each organisation has a different role, but works jointly to support research projects that are important to NHS patients.

These projects aim to develop new treatments, improve patient care and services.

## What is public involvement?

This is what happens when members of the public get actively involved in research, such as helping to decide:

- What is researched.
- What practical measures should researchers consider.
- How the outcomes of the research can be communicated to a wide range of people.



## Why should I get involved?

Your involvement in the process of research development and planning is valued as much as the expertise of health care professionals and academics.

**You are the experts in the use of NHS health treatments and services.**

## What people say...

*'For me, this is a really positive way to feedback some of my experience into the health system.'*

## What will I be asked to do?

There are a variety of ways you can get involved in research, for example:

- Commenting on research proposals.
- Working with others, in a group to provide advice and ideas.
- Writing or commenting on documents, such as patient information leaflets or questionnaires, to ensure that they are clear and free from medical jargon.

*Some research activities can be done from home, others may involve travelling to meetings.*

We will help you choose something that fits in around you and your commitments.

## Finding out more....

**Please tick the right options for you:**

I would like more information about being involved in health research.

I would like to be notified of future meetings.

I would like to know more about training opportunities.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

The information you provide will be used solely for the purpose of contacting you with information relating to Patient and Public Involvement in Health Research.

**This information will not be disclosed to any other parties.**

