

# Get involved in ... Research

## “Introduction to Research” Training for Service Users and Carers

Monday 6<sup>th</sup> November 2017, 10.00am - 1.30pm  
Tuesday 7<sup>th</sup> November 2017, 10.00am - 1.30pm  
Monday 13<sup>th</sup> November 2017, 10.00am - 1.30pm  
Tuesday 14<sup>th</sup> November 2017, 10.00am - 1.30pm

All sessions are at Douglas House, 18b Trumpington Road, Cambridge, CB2 8AH. The course is free with refreshments provided. Sessions will be delivered by the CPFT Research & Development office alongside Service Users and Researchers.

**Who is the training for?** The training is aimed at anyone who:

- Has personal experience of mental health issues and/or dementia as service users or carers
- Has an interest in research
- Wants to gain the skills and confidence needed to get involved in local research!

The training aims to give those new to research the opportunity to gain skills, knowledge and confidence to get involved in research activity at Cambridge & Peterborough NHS Foundation Trust. We hope these will be fun and informative afternoons!

**To book a place e-mail or call:**

Iliana Rokkou (User and Carer Research & Development Manager)

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**W:** [www.cpft.nhs.uk/research.htm](http://www.cpft.nhs.uk/research.htm)

# **“Introduction to Research”**

## **Training for Service Users and Carers**

### **Session 1: “Introducing Involvement in Research”**

**Tuesday 6<sup>th</sup> November 2014, 10.00am-1.30pm**

This session will provide an introduction to research and to involvement in research. We will explore how research is used in health and social care and why it is important. We will discuss some important issues for good research. The second part of this session will focus on involvement in research, from the personal perspective of a service user researcher. Why do people do it and what are the benefits for research, for researchers and for service users and the public who get involved?

### **Session 2: “Introducing the Research Cycle”**

**Thursday 7<sup>th</sup> November 2017, 10.00am - 1.30pm**

This session aims to provide participants with an introduction to the research process. We will explore the main stages of the research process and we will discuss the management of a research project from the original idea, through the data collection to the implementation of results and recommendations.

### **Session 3: “Introducing Research Ethics”**

**Monday 13<sup>th</sup> November 2017, 10.00am - 1.30pm**

This session will provide an introduction to some key ethical issues involved in planning and carrying out research, especially in mental health. We will explore why these issues are important and consider ways in which these can be addressed. The session will also build your skills in reviewing ethical issues as a service user or carer advisor in a research project.

### **Session 4: “How can you get involved?”**

**Tuesday 14<sup>th</sup> November 2017, 10.00am - 1.30pm**

In this session we will explore the various ways that service users and carers can get involved in the research process and what people need to be effective in this role. We will discuss what good practice is and what to expect as a service user and carer advisor or researcher. We will consider tips for managing some common challenges and talk about the kind of support that people might need. We will also focus on next steps and how people can get involved in local research.