



**University of Brighton**

Appendix One

# We are looking for people aged 50 years and over to take part in a research project

If you enjoy sharing your views and listening to other peoples opinions within a small group setting, and if you would like the opportunity to discuss day centre facilities available within the community to older people.

The Wellbeing, Health & Occupation in Older People research project may interest you.



For further details please contact Lisa Hodgson on 01273 643457 or alternatively email [l.hodgson@brighton.ac.uk](mailto:l.hodgson@brighton.ac.uk)



**University of Brighton**

**We are looking for people aged 50 years  
and over to take part in a research project**

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The Wellbeing, Health & Occupation in Older People research project may interest you.

**For further details about our next discussion group  
please contact:  
Lisa Hodgson on 01273 643457**

Appendix Two



Information Sheet for Participants

**To Determine Whether there is a need for the Development of a Well-being, Health & Occupation Centre for Older People**

Purpose of the study

The purpose of this study is to enable the Well-being, Health & Occupation for Older People Research Group (WHOOP) based at the University of Brighton to take the first steps necessary in determining whether there is a perceived need for the establishment of a well-being, health & occupation centre. If there is such a perceived need the second purpose of the study is to identify what form the centre should take, what the centre might offer and what expertise from within and outside the university would be required to run the centre.

Taking part in the study will give you as a participant the opportunity to discuss with other participants and University of Brighton staff what benefits can arise from the development of such a centre and whether there is a need for such a centre. Participation in the focus group discussion will enable you to influence how the centre might take shape. Expressing your views is your opportunity to voice the views of people in the local community and saying what you want and what you would like to see developed for older people has the potential to contribute the needs of the older people's community in your locality.

The project will include a variety of participants of 50 years of age and above from a range of backgrounds, cultures, interests and abilities. You will not be able to participate if you are currently undergoing intensive nursing care in a residential home or in an inpatient NHS setting.

Requirements of participants

Participants will be asked to take part in one focus group session. The focus group sessions will last between one to two hours. Focus groups will be organised in a variety of locations within the Eastbourne and Hastings area using venues both in the university and community settings. You will be offered a location which will be convenient to you. Participants travelling to attend a focus group session by car, bus or rail will have their travelling costs reimbursed. If you require any assistance getting to the venue where focus groups are being held please get in contact with the WHOOP project Research Officer, Lisa Hodgson, on the number overleaf.

Light refreshments will be provided at each focus group session.

Focus group sessions

A focus group session is a method which is used to collect information, which essentially involves engaging a small number of people in an informal group discussion. The informal discussion will be based on exploring a series of questions created around determining the need for the development of a well-being, health and occupation centre for older people. The

interview will be preceded by a group activity designed to enable the group to explore questions relevant to the study.

### Confidentiality

All focus group sessions will be tape recorded for the sake of accuracy. The interview material will be treated as confidential and retained in a safe and locked place which only can be accessed by the researchers. Your identity will remain confidential and any written material used in the study will be anonymised.

### Participation in focus groups

Participation is voluntary and if you do not feel comfortable at any point during the focus group interview and you wish to stop your participation in the focus group interview, you may do so at any point without needing to give an explanation. If you wish to withdraw from the study altogether please contact me using the telephone number or email address below.

### Researchers

The project will be led and supervised by Professor Ann Moore, Director of the Clinical Research Centre for Health Profession and Chair of the Well-being, Health and Occupation for Older People (Whoop) research group.

The focus group session will be facilitated by two members of the Whoop group, below is a list of members who may be facilitating your focus group session.

Dr Beatrice Sofaer

Dr Raija Kuisma

Dr Liz Bryant

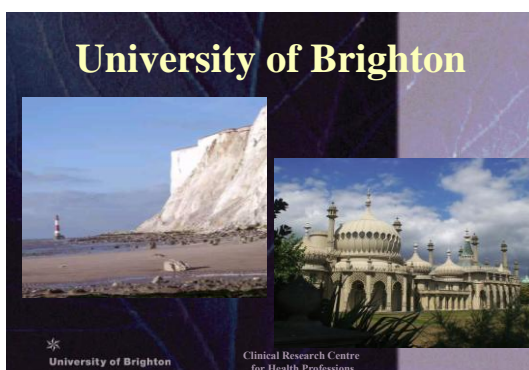
Lisa Hodgson - Research Officer (Older People)

If you would like to take part in this project please fill out the attached form enclosed and return it in the stamped addressed envelope provided.

We look forward to seeing you at one of our focus groups session.

Lisa Hodgson  
Research Officer  
University of Brighton  
(01273) 643457  
l.hodgson@brighton.ac.uk

## Appendix Three



## University Research Centres

- Clinical Research Centre for Health Professions
- Centre for Research and Innovation Management (CENTRIM)
- Information Technology Research Institute
- Health and Social Policy Research Centre
- Pharmaceutical & Biomolecular Sciences Research Centre

# WHOOP

Wellbeing, Health &  
Occupation in Older People

Research Group

## Who is involved in the WHOOP research group

- Allied Health Professions
- Sport & Exercise Scientists
- Pharmacists, Social workers and Nurses
- Representatives from local Forums and Voluntary Organisations

## Research Interests

- Older People and Meaningful Occupation
- Wellbeing and Health
- Leisure Pursuits
- Fitness/Balance
- Chronic Pain
- Social Care for Older People
- Age Discrimination



- Attitudes Towards Aging in Undergraduate Students
- PhD Person Centred Assessment with Older People
- Chronic Pain in Elderly People with Alzheimer's Disease
- Older People and Gardening as a Leisure Pursuit
- One handed Wheelchair Project



## WHOOP Research Project:

To determine if there is a need for the development of a wellbeing, health and occupation centre for older people

## Aims of the

- To identify if there is a need for a wellbeing, health and occupation centre for older people
- Peoples perceived image of a wellbeing, health and occupation centre for older people
- To explore the benefits of a wellbeing, health and occupation centre for older people
- To feedback findings

## WHAT IS TODAY ABOUT

Exploring and Discussing

Your ideas  
Your opinions  
Your Thoughts



Appendix Four



**University of Brighton**

Clinical Research Centre for Health Professions  
WHOOP Research Group Project:

**To determine whether there is a need for the development of Wellbeing,  
Health & Occupation Centre for Older People.**

**University of Brighton**

**Aldro Building  
Focus Group 5**

**Monday 3<sup>rd</sup> October 10.00am -12.00pm**

**Facilitated by  
Ann Moore and Lisa Hodgson**

**Attendees**

10.00am – 10.15am	Refreshments
10.15am – 10.25am	Introduction (Ann Moore)
10.25am – 10.30am	Introduction to group activity (Lisa Hodgson)
10.30am – 10.55am	Group activity
10.55am – 11.00am	Group activity finishes, move into group discussion
11.00am – 12.00pm	Group Discussion (Ann Moore & Lisa Hodgson)
12.00pm	Close of Focus Group Session & Refreshments



Appendix Five

**UNIVERSITY OF BRIGHTON**

**To determine whether there is a need for the Development of a Well-being,  
Health & Occupation Centre for Older People**

Dear Participant,

Please read through this consent form carefully and ensure that you understand the following protocols regarding the study you are being asked to participate

in. Please ensure that you complete the consent form and return it to one of the facilitators prior to the start of the focus group session.

I agree to take part in an informal focus group interview and I understand that I will be asked to participate in a group activity and discussion.

I understand that any views or opinions that I express during the focus groups interviews will be treated in the strictest confidence and will not be kept in any data files. Only the researchers will have access to your confidential answers, and will ensure that your views remain confidential and anonymity is maintained throughout the study.

Participation in this study is entirely voluntary and you are free to withdraw from the project at any time which you deem necessary.

I have read the attached information sheet and I understand what is required from me when taking part in this study.

I agree to take part in this study which is to determine the need for the Development of a Well-being, Health & Occupation Centre for Older People in Eastbourne.

Name (Please Print).....

Signed.....

Date.....



**UNIVERSITY OF BRIGHTON**

**WHOOP Research Project:**



**To Determine Whether there is a need for the Development of a Well-being, Health & Occupation Centre for Older People**

**Contact details**

In order for us to contact you further, please can you fill out your contact details.

Name.....Title.....

Address.....

.....

.....Post Code.....

Tel (Home).....Mobile.....

Email.....