



## Participant Information Sheet

### What is this project about?

The ACE Neighbours project recruits older volunteers who can support older adults to become more active and to engage with their local community.

### How can I get involved?

We are asking older adults (65 years+) from Hartcliffe and Withywood who feel they would like to get out and about a bit more to take part in the ACE Neighbours project.

### What will happen to me if I get involved?

If you take part in ACE Neighbours there are a number of things we would ask you to do. This is because we want to monitor the effectiveness of the project. If it is successful, it will help us gain more funding to offer the project in other areas of Bristol.

### What will I have to do if I take part?

We would match you up with a volunteer (an 'Activator') - an older person like you living locally - and arrange for you to meet them a few times so that you get to know one another. Your Activator will talk to you about ways you might get out and about a bit more, in a safe way, and help you to get a bit more involved in activities going on in your local community, by going along with you. You'd meet with your Activator a number of times over six months – initially spending more time with them but as time goes on they gradually reduce their support. During the six months that the programme will last we would arrange some small social gatherings so you can meet the other people taking part in ACE Neighbours – these will be occasional and informal get-togethers where everyone can meet and chat over a cuppa.

### Some things we'd like to find out about you

We know that the ACE Neighbours project has a really positive effect on those who take part. Therefore, first of all we would ask you to wear a small activity monitor on your wrist so that we can



measure how physically active you are. We would ask you to wear this monitor for a week at the start of the programme and again in 6 months' time at the end of the programme.

Secondly, we would like to spend some time with you asking some questions about your everyday life, your health and wellbeing. We would do this at the beginning and then ask you some of the questions again in 6 months' time at the end of the matching period. We will meet you at your home to show you how to wear the activity monitor and go through the questions with you. We'll also ask you to take part in three simple measurements to make sure you can safely take part in ACE Neighbours. We'll then pick up the activity monitor about a week later, at your convenience. The whole visit should take less than an hour.

### **Some things we'd like you to tell us**

At the end of six months we would like you to tell us about your experiences of taking part in the ACE Neighbours project. We will invite you to come to a small discussion group with five or six other ACE Neighbours at a local community centre. A researcher from the University of Bath will ask you all about your involvement in ACE Neighbours and what you think of the programme. These groups will be recorded and someone may take a few notes.

### **What are the possible benefits of taking part?**

People who have already participated in ACE have told us:

- "I don't have any anxiety about joining in; now that has made a difference!"
- "I've really enjoyed it, I'm doing the painting, I've done the skittles and also I've started the singing."
- "Going out on my own is really difficult but now I feel better about that."
- "My confidence and determination has improved."
- "It's been like a door opening."

### **Confidentiality and data protection**

Your involvement in the project, anything you say and all the information you give us is confidential. We ask for this information so that we can effectively run the project, make improvements and show the difference the project is making. Information will be anonymised and securely stored in paper form and electronically. Only staff working on ACE Neighbours will have access to the data. After six years all data will be destroyed. If you consent to taking part, we will comply with all formal, ethical duties and obligations, including the Data Protection Act 1998.

**What next?**

Before you decide whether to take part we would be happy to answer any questions. If there is anything else you would like to talk about, please call Catherine on 07817 632 963 or 0117 305 2365, Mondays to Wednesdays. If you decide you would like to take part in ACE Neighbours, please complete the enclosed application form. When we receive your completed form we will call you to ask you a few questions about your normal activities and to make sure the project is right for you. Then we will arrange to visit you.

**Thank you for your interest in ACE Neighbours!**