

## **Project Information Sheet**

### **Title of the Study**

Health 4 U

### **Names of Researchers**

- Mr. Amdani Juma and the Health 4 U Research Team, African Institute for Social Development (Nottingham)
- Dr. Catrin Evans, Dr. Holly Blake & Katie Turner, University of Nottingham, School of Nursing, Midwifery and Physiotherapy
- Dr. Suzanne Suggs, Università della Svizzera Italiana (Lugano, Switzerland)

### **Invitation Paragraph**

Thank you very much for agreeing to take part in this research project. We are a group of researchers who are committed to improving the health and wellbeing of African communities in Nottingham. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Please ask if you have any questions. Thank you for reading this.

### **Background**

This is the first stage in a project that aims to develop and test a health promotion initiative delivered via mobile phones. The aim of the project is to see if messages delivered via mobile-phones can increase awareness of health issues and uptake of HIV testing and amongst African communities in Nottingham.

### **Why is this Project Needed?**

This new initiative is being developed because research shows that African communities in the UK can be at risk of HIV and other health conditions. In particular, there is a low uptake of testing and screening for health conditions. The consequence is that individuals who may benefit from early treatment and support, may not get the help they need at the right time.

This project aims to develop a different approach to promoting health and wellbeing. We recognise that health messages need to feel relevant and need to address people's everyday concerns. In addition, there is a need to develop health interventions that can be accessed anytime, anywhere to fit in with busy lives. For this reason, we wish to explore whether or not health messages delivered via mobile phone text messages might be a useful addition to other health promotion activities.

### **How will Participation in this Focus Group Contribute to the Overall Project?**

In order to help develop the right kind of health promotion text messages, we need to explore the views and experiences of African community members around health issues generally and around HIV in particular.

## **What does Involvement in this Study Mean for Me?**

If you agree, you will be invited to participate in a focus group discussion that will last about one hour. Details of the date, time and venue have been provided to you by one of the Health 4 U research team. If you are unsure or have forgotten, please call us or email us (see below) and we will confirm the details with you. The list of groups and dates is also available on our website: <http://www.nottingham.ac.uk/health4u>.

There will be 5-10 other people taking part in the discussion to ensure that we get a range of views and a lively debate. There will be separate group discussions for men and for women. Food and refreshments will be provided. We will also provide a reimbursement for travel costs and for your time. A crèche facility will be available, so do feel free to bring your children along.

The discussion will be recorded and the research team will use the group's anonymised views to help inform the design, content and delivery process of the subsequent text messaging intervention. It is very important that the mobile phone-based intervention should be acceptable, appropriate and relevant to community members. That is why it is so important to have some group discussions first to explore your views, priorities and experiences. The content of the discussion will be treated with the utmost confidence.

## **Do I Have to Take Part?**

It is completely up to you to decide whether or not to take part in this study. If you do decide to take part, you will be asked to sign a consent form before the group discussion starts. However, you are free to withdraw from the study at any time and without giving a reason.

## **What will happen to the Results of this Research Study?**

At the end of the project, the research team hopes to share the main findings and outcomes with other health promotion practitioners and researchers in order to benefit the wider African community. Information from the focus group discussions may be used to contribute to meetings, conference presentations and research papers. However, all data will be presented in a completely anonymised format.

## **Who is Organising and Funding this Research?**

This project is funded by NHS Nottingham City Primary Care Trust (Public Health Directorate). The study is being carried out by the group of researchers named above.

## **Who has Reviewed the Study?**

This study has been reviewed and approved by the Ethics Committee, University of Nottingham, Faculty of Medicine and Health Sciences.

## **Who do I Complain to if I am not Happy about the Study?**

If you are not happy about any aspect of this study, please contact Dr. Catrin Evans, Principal Investigator, in the first instance [catrin.evans@nottingham.ac.uk; Tel. 0115 823 0894]. If you are not satisfied with the response, please contact Ms. Louise Sabir, Secretary of the Ethics Committee [louise.sabir@nottingham.ac.uk; Tel. 0115 8231063].

## **Who do I Contact for Further Information about the Research?**

For further information, please contact Mr. Amdani Juma:

Email: [amdani@africaninstitute.org.uk](mailto:amdani@africaninstitute.org.uk)

Tel: 07834 459 076

More details about the project can be found at this website: [www.nottingham.ac.uk/health4u](http://www.nottingham.ac.uk/health4u)

## **Further Information about Health and HIV Services in Nottingham City**

### **THT (Nottingham branch)**

At THT Nottingham, you can make appointments to talk with a counsellor or come for a rapid HIV test at a time that is convenient for you.

Terrence Higgins Trust  
Unit 1, 12 High Pavement  
Nottingham  
NG1 1HN  
Tel: 0115 882 0121  
Email: [info@tht.org.uk](mailto:info@tht.org.uk)  
Web: [www.tht.org.uk](http://www.tht.org.uk)

### **City Hospital, GU Medicine Clinic:**

Here, you can make appointments to see a health advisor to discuss any questions or to have an HIV test.

GU Medicine  
City Hospital  
Hucknall Road  
Nottingham  
NG5 1PB  
Tel (Main Reception / Appointment Desk): 0115 962 7744 or 0115 969 1169 ext. 56745/57013  
Web: [www.nuh.nhs.uk/our-services/services/sexual-health/](http://www.nuh.nhs.uk/our-services/services/sexual-health/)

### **The Health Shop:**

At The Health Shop, you can access free and confidential HIV and STD testing, clinical psychology and complimentary therapy services.

The Health Shop  
12 Broad Street  
Hockley  
Nottingham  
NG1 3AL  
Tel: 0115 9475414  
Email: [HealthShop@nottshc.nhs.uk](mailto:HealthShop@nottshc.nhs.uk)  
Web: [www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)

### **NHS Choices**

NHS Choices is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.

Web: [www.nhs.uk/Pages/HomePage.aspx](http://www.nhs.uk/Pages/HomePage.aspx)

### **Find GP Services**

If you have concerns about any other health related matters, we would suggest you talk to your GP. If you are not currently registered with a GP, you can find your nearest one through the NHS Choices Find GP Services page.

Web: [www.nhs.uk/Service-Search/GP/LocationSearch/4](http://www.nhs.uk/Service-Search/GP/LocationSearch/4)