



Finding out how we are doing

“Studying the effectiveness of outdoor pursuit (water-based) projects to enhance social and emotional resilience”

**RESEARCH
WITH
PLYMOUTH
UNIVERSITY**

Dear Parent / Carer

We are currently undertaking a research project to look at whether taking young people sailing improves their chances in other aspects of their lives. We would like to ask you for your consent to ask your child(ren) some questions. This is in the form of questionnaires.

Any information we receive is treated in the utmost confidence and will not affect the opportunity for your child(ren) to go sailing.

This project is being jointly undertaken by the Island Sailing Trust / Horizons sailing charity, and Plymouth University. This study is looking to find out what benefit people have from going sailing, and in what way.

Not only do people learn to sail as an enjoyable experience, it is thought provides a sense of adventure and achievement. This sense of adventure and achievement helps people develop ‘resilience’. When people have strong resilience, they have a better ability to face other areas of life, especially in facing difficulties from the past and those challenges in the future.

What does my child have to do?

They will be asked to fill out a brief questionnaire. This takes about five minutes. This questionnaire has been designed and used in a number of other settings, including sailing projects.

Some of the children may be asked to attend a brief interview to talk about their experiences. This is because questionnaires don’t always give ‘the whole story’ and there may be other things that people wish to tell us.

Does my child have to take part in the research?

No, it is entirely up to you and your child if you don’t wish to answer any questions.

If they don’t take part, will it affect their opportunity to go sailing?

No, they will be able to do everything that anybody else does even if you say ‘no’.

What if they are unable to complete the written questionnaire?

Just tell somebody and they will help fill it in but without knowing what is answered.

Will other people know what they say or write?

No, all information is confidential, and we will not know who has said what.

How is the research study carried out?

People will be asked to complete the questionnaires at the beginning of the sailing and again later. They will be asked to assign a secret code to the questionnaire. This will be put in the locked file held in the Horizons office.

When the person completes the questionnaire later on, the questionnaires will be gathered together by the Horizons team for analysis, but there will be no names on the questionnaires.

What happens to the information I give?

We will then take all the completed questionnaires and lock them in a filing cabinet at:

Centre for Practice Learning, University of Plymouth, 6 Kirkby Place, Plymouth, PL4 8AA.

We will work out what the questionnaires tell us. This will then be written up and the results put on the website at <http://horizonsplymouth.org/> which you can then access.

If you want, you can ask for a copy to be sent to you

For how long will the information be kept?

It will be kept in a locked filing cabinet for 10 years.

What if I change my mind about taking part?

If you change your mind, you tell us your code and we will send the completed questionnaire back to you to destroy, or we can destroy it for you if you wish. Your information will not then be included in the study.

Where can I find more information about this?

You can ask any member of staff, or ask the member of staff to contact a researcher who will answer any questions fully and truthfully. You can do this at any time in person, or by email, or by any other means either by writing or telephoning.

Contact names

Dr Andy Wills, Centre for Practice Learning, University of Plymouth, 6 Kirkby Place, Plymouth, PL4 8AA. Tel: 01752 586614. Email: Andrew.wills@plymouth.ac.uk

Dr Andrew Eccleston, (Director of Research), Andrew.ecclestone@plymouth.ac.uk, Plymouth University, 4 Outcrop Road, Plymouth PL9 9FR

Is there another person I can contact that knows about the study but has no direct involvement?

Di Galpin, Academic Lead for Social Work, Diane.galpin@plymouth.ac.uk Centre for Practice Learning, University of Plymouth, 6 Kirkby Place, Plymouth, PL4 8AA.

What is I am not happy with things? Can I make a complaint?

You can make a complaint by accessing the Complaints Procedure at: <http://horizonsplymouth.org/>

Your complaint will be taken very seriously and fully investigated. Every effort will be made to put right anything that can be put right to your satisfaction.

“Studying the effectiveness of outdoor pursuit (water-based) projects to enhance social and emotional resilience”

Consent form

- I have read the Participant information Sheet and I have had the opportunity to ask any questions.
- I understand that my child(ren)'s participation in the research study is entirely voluntary, and that I can withdraw my consent at any time.
- If I withdraw my consent, I understand all information given by me will be destroyed and that I will not be treated any differently to any other person, and it will not affect the opportunity to go sailing in any way.
- I understand that any information given will be kept confidential and not used for any other purpose.
- I consent for my child(name) to take part in this research.

Name.....

Signed.....

Dated.....