



PARTICIPANT INFORMATION SHEET

REALITIES: Researching Evidence-based Alternatives in Living, Imaginative, Traumatized, Integrated, Embodied Systems

1. You are invited to take part in a research study

Before you decide, it is important that you understand why the research is being carried out and what it would involve for you.

- Please take time to read this information sheet carefully.
- You may also want to discuss it with others.
- Contact us if there is anything that is not clear, or if you would like more information.
- Take time to decide if you want to take part in this research study.
- If you choose not to take part, this will not affect the service you receive from **North Lanarkshire Council's Arts Development Team**.
- You can decide to stop taking part in the study at any time without giving a reason.
- We will only use information that we need for the study. We will not share your name or contact details with anyone outside **North Lanarkshire Council's Arts Development Team**.
- Everyone involved in the study will follow privacy rules and keep your data safe and secure.
- At the end of the study, we will save some of the data in case we need to check it or use in future research.
- If you decide to take part, we will ask you to sign a form to give your consent.

2. Important things that you need to know

REALITIES (Researching Evidence-based Alternatives in Living, Imaginative, Traumatized, Integrated, Embodied Systems) aims to understand how systems and organisations within communities can be strengthened to reduce health inequalities. To do this we are working with organisations in five regions of Scotland: Clackmannanshire, Easter Ross, North Lanarkshire, Dundee and Edinburgh.

Within each region we have identified an organisation who we are working with. These organisations are called our community hubs. Each hub is an organisation that provides activities and services for different groups of people for example young people, people who need support to get into work, or people with mental health issues. These organisations will run some of their



activities as part of the REALITIES project and will share the information that they gather about how these activities work, what impact they make, some of the challenges. This information will help to shape new activities in the community hub that can build on the understanding from the original activities. In this way we can learn about how systems and organisations can strengthen their connections and the impact that this can have on a community's health related experiences.

REALITIES is one of twelve research projects funded by the UKRI's Mobilising Community Assets programme, you can find out more information here <https://www.ukri.org/news/projects-to-help-communities-reduce-health-inequalities/>

The activity is NL Creative Health Conference, where creativity, wellbeing, and community come together. This unique event shines a light on why creative health is essential for thriving, resilient communities and how nature, artistic practice, and social connection can play a transformative role in people's lives. By bringing together people from across North Lanarkshire and beyond who have an interest in this topic we can learn and develop together building stronger working relationships and a deeper understanding of Creative Health and its benefits.

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4. Why are we doing this study?

REALITIES (Researching Evidence-based Alternatives in Living, Imaginative, Traumatized, Integrated, Embodied Systems) aims to understand how systems and organisations within communities can be strengthened to reduce health inequalities.

The information we gather from activities like the one you are invited to participate in can help us understand how different kinds of organisations and activities help support people's health and strengthen systems to support health.

There are activities similar to this happening in the five areas of Scotland where the REALITIES project is running.

5. Why am I being asked to take part?

- You are invited to take part because you are attending the conference delivered by **North Lanarkshire Council's Arts Development Team**.

6. Do I have to take part in the study?

- No, it is up to you to decide whether or not to take part.
- If you decide to take part, you will be given this information sheet to keep and asked to sign a consent form.
- If you take part, you are still free to withdraw at any time and without giving a reason.
- Deciding not to take part or withdrawing from the study will not affect the support that you receive from **North Lanarkshire Council's Arts Development Team** or your legal rights.

7. What will happen if I take part?

Activity Details: The NL Creative Health Conference will consist of 7 presentations each with the opportunity to engage in Q&A discussions, attendees will also take part in a workshop which was pre-selected at time of booking. Workshops give attendees an opportunity to delve deeper into a topic of interest. The conference offers space and time for people from a variety of sectors to come together with a shared interest in Creative Health.

Data Collected: Presentations will be filmed and the full conference, including workshops, will be photographed. During registration attendees can opt out of being filmed and photographed and will be given a specific colour of lanyard to ensure the videographer and photographer know not to capture them throughout the day.

Attendees will complete an anonymous feedback questionnaire at the end of the event, and the North Lanarkshire Council Arts Development Team will be documenting the day as part of their reflective process. This may include quotes and interactions from the day; these will be anonymised



or pseudonymised to ensure no-one is identifiable. **We are asking you to give permission for this data to be shared with the REALITIES project.** It will be stored securely and will not include your name.

Deborah McArthur or another member of the North Lanarkshire Council Arts Development Team will take consent.

Information and consent



Information sheets and consent will be emailed out to attendees before the conference. On the day **Deborah McArthur** or a **member of the Arts Development** Team will go through this information sheet with you and answer any questions you have. This should take about 15 minutes.



If you wish, talk about this research study with people you know, such as your colleagues, and take as long as you need to decide.



If you agree to take part, we will ask you to sign a consent form. We will give you a copy of the signed consent form, this participant information sheet and the GDPR information sheet.

8. What are the possible benefits and disadvantages of taking part?

What are the possible benefits of taking part?



- The results from this study may help us to improve health and social care systems for people like yourself in the future.

What are the possible disadvantages of taking part?

We do not anticipate any significant disadvantages associated with taking part in this activity. However, as with any research or creative engagement, there are a few aspects that some people may prefer to be aware of.

You will be invited to take part in creative and mindfulness activities during the conference. While many people find these activities enjoyable and supportive, there is no expectation to participate in anything that does not feel right for you. You can choose how much or how little you take part, and you are free to step back from any activity at any time without giving a reason.

During the conference, NLC Arts Development and members of the REALITIES consortium will be present and may spend time observing activities or speaking informally with attendees. This may include general reflections about your experiences of Creative Health. If you would prefer not to be observed in this way, you can let the team know at any time.



9. More information about the study

Who is organising and funding the study?

- The University of Edinburgh has overall responsibility for the REALITIES project.
- The UKRI has funded the project through the Mobilising Community Assets programme
- Dr Marisa de Andrade is the Project Lead for REALITIES
- The REALITIES project is a consortium of academic and community-embedded researchers from the following organisations:
 - The University of Edinburgh, Edinburgh, UK
 - The University of Dundee, Dundee, UK
 - The University of St Andrews, St Andrews, UK
 - The Manchester Metropolitan University, Manchester, UK
 - Glasgow School of Art, Glasgow, UK
 - Bethany Christian Trust, Edinburgh, UK
 - Artlink Edinburgh and the Lothians, Edinburgh, UK
 - Ninewells Community Garden, Dundee, UK
 - North Lanarkshire Council, Motherwell, UK
 - Ochil Youths Community Improvement, Tillicoultry, UK
 - Flip of the Coin, Tain, UK

Who has reviewed the study?

- All research is looked at by an independent group of people called a Research Ethics Committee.
- A favourable ethical opinion has been obtained from Health in Social Science Ethics Committee.

What will happen to the results of the study?

The results of this study may be summarised in published articles, reports and presentations. You will not be identifiable from any published results. Quotes or key findings will always be made anonymous in any formal outputs unless we have your prior and explicit written permission to attribute them to you by name. We will ask for your consent to keep your anonymised information for future research.

What if there are any problems?

- If you have a concern regarding any aspect of this study or wish to complain, please refer to the contact details at the end of this leaflet to identify the appropriate person to contact.

What will happen if I don't want to carry on with the study?



If you decide to withdraw, please contact **Deborah McArthur**.

The data we collect will not have your name attached to it and so it will not be possible to withdraw the data that we have already collected.

10. What will happen to information collected about me during the study?

The data we collect will be stored securely in line with the research data management policies of the University of Edinburgh and the GDPR. Your name and personal details will not be included in any data that is shared with the REALITIES project. All data will be anonymised as far as is possible before it is shared with the REALITIES consortium.

A list of organisations in the consortium can be found in Section 9 above.

We will keep your information safe and secure by:

- Storing it in a locked folder on Microsoft Sharepoint hosted on University of Edinburgh's servers
- Anonymising data before it is shared with the REALITIES consortium
- At the end of the REALITIES project, the anonymised data will continue to be stored securely in the University of Edinburgh's Sharepoint for possible use in other research where researchers are granted permission to access the anonymised data.



We will keep your data for a minimum of 10 years in line with the funder's data retention policy. The study data will then be securely destroyed.

You can find out more about how we use your information:

- Information available from www.ed.ac.uk/data-protection/privacy-notice-research.
- By sending an email to Dr Marisa de Andrade. marisa.deandrade@ed.ac.uk
- By sending an email to dpo@ed.ac.uk (the University of Edinburgh Data Protection Officer).

11. Contacts for further information

Contact your local study team about your participation:

Name: Deborah McArthur
Email: arts@northlan.gov.uk
Telephone: 01698 274 545
Website: <https://www.northlanculture.co.uk/arts/realities>



THE UNIVERSITY
of EDINBURGH

You can obtain independent advice about this study by contacting:



Name: Craig Smart
Job title: Creative Resources and Asset Manager
Address: Airdrie Town Hall, Stirling Street, Airdrie
Email: smartcr@northlan.gov.uk

Contact for formal complaints:

Email: REALITIES Project Manager, Leah Soweid, lsoweid@ed.ac.uk

Thank you for taking the time to read this information sheet and for thinking about taking part in this study.



CONSENT FORM

REALITIES: Researching Evidence-based Alternatives in Living, Imaginative, Traumatised, Integrated, Embodied Systems

	Please initial box
1. I confirm that I have read and understand the Participant Information Sheet for the above study.	☐
2. I have had the opportunity to consider the information, ask questions and have had these questions answered satisfactorily.	☐
3. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason and this will not affect the support that I receive from North Lanarkshire Council's Arts Development Team, or my legal rights	☐
4. I understand that data collected about me during the study will be converted to anonymised data.	☐
5. I agree to my anonymised data being used for future ethically approved studies.	Yes ☐ No ☐
6. I understand the conference will be filmed and photographed and I can choose not to be included and will be given a specific colour of lanyard to wear during the event	Yes ☐ No ☐
7. I agree to be contacted with a summary of results of the study.	Yes ☐ No ☐
8. I agree to take part in the above study.	☐

Name of Person Giving Consent

Date

Signature

Name of Person Receiving Consent

Date

Signature