



Research at Southern Health

How can you help us



What is research?

Research is very important to the NHS. It helps us try different ways to help make people better. At Southern Health we try to research lots of different things.



What research do we do?

We research lots of different illnesses. We research stroke, diabetes, wound healing, mental health, learning disability, dementia, Alzheimer's disease, Parkinson's disease and Huntington's disease.

Anyone can be part of research into new ways to make people better.



What difference can I make?

If you or someone you know is unwell, getting involved in our research can really help the NHS and other people who are unwell.

There are two ways you can help:

- 1) You could be in a research project.
- 2) You can be part of a group of people who talk about what research we should do.

If you want you can do both.



Getting involved

You can get involved by being part of our research or through our Patient and Public Involvement (PPI) initiative. This programme is about involving you in research. We would like your opinion on the way we do research. You can help us to improve our services.

You can:

- Be part of a project group
- Help with how we explain research projects
- Help us to ask good questions
- Do questionnaires with research participants
- Share information in ways that are easy for people to understand.
- Be in the research study. You can be in as little or as much as you like and in whatever you are interested in.



Who can get involved?

We are looking for both people who have used Southern Health services and people who have not.

What can I gain from being part of research?

Helping with research is good. You can put it on your CV to help you get jobs. You can also meet new people.

How much of my time will it take up?

This depends on the research project and how you are helping us. We will make sure that you have plenty of time to do other things.



What next?



If you would like to help us with research please contact us. You can contact us yourself or with help from your carer or someone you know:

Email: research@southernhealth.nhs.uk

Post: **Freepost RTCR-TJZH-JCBU**
PPI Research and Development Department
Southampton
SO30 3JB

Tel: **023 8047 5373**

**This information is available in other
formats and languages including large print,
braille and audio.**

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