

Evaluation of the PIPYN Children and Families Programme

Interviews to discuss the PIPYN Children and Families Programme

We would like to invite you to take part in an interview with an NHS researcher to hear your thoughts on taking part in the PIPYN programme.

The PIPYN programme aims to help children (ages 3-7) and their families make healthy lifestyle choices. This project is studying how well the PIPYN programme works in Merthyr Tydfil.

Before you decide whether or not to take part, please read the following information to understand what it is for and what it would involve for you. Please feel free to get in touch and ask questions if anything is not clear or if you would like any more information before you decide.

What is the purpose of this project?

We are interested in understanding people's experiences of the PIPYN programme. In particular, we would like to hear your opinions on:

- How did you find taking part in the PIPYN programme?
- Has the PIPYN programme helped your family to make healthy changes to your lifestyle?
- What could improve the PIPYN programme?

Finding out more about your experience of taking part in the PIPYN programme will help us understand how useful it is for families, and whether there are any changes we can make to improve it.

Why have I been invited to take part?

We want to talk to people who have taken part in the PIPYN programme. If you've received this information sheet, it is because the PIPYN team have you listed as having taken part in the PIPYN programme.

Do I have to take part?

No, it is up to you whether or not to take part. If you decide to take part, a researcher from CEDAR (an NHS organisation) will be in contact to arrange a time to talk to you. You can change your mind at any time without giving a reason. If you choose not to take part, or change your mind about taking part, it will not affect the care that you or your family receive in any way.

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

If you decide to take part, we ask that you please fill in an [Expression of Interest](#) form. The information you share in the form will go to researchers in CEDAR, who will contact you to arrange an interview. The interview will take place online via Microsoft Teams, in person, or on the telephone. Before we start the interview, the researcher will talk to you further about the study, answer any questions you have, and will document that you are happy to take part. We expect that the interview will take a maximum of 1 hour. During the interview, we will ask about your experiences and opinions about taking part in the PIPYN programme, any changes this has helped you to make to your family's diet and lifestyle, and about how we could improve the programme. You will not have to do anything to prepare for the interview.

The interview will be led by a researcher who works at CEDAR which is part of the NHS in Cardiff & Vale University Health Board. With your permission, we will audio or video record the interview so that we do not miss anything that is said on the day. The researcher may also take some additional notes.

Anything discussed will be anonymous, but we may use anonymised quotes in reports and feedback we provide.

What will happen to the information that I give?

The information from the interviews will be used to help us understand more about people's experiences and opinions about taking part in the PIPYN programme, so we can understand the impact of the programme, and improve it for people taking part in the future.

Will taking part be confidential and will my personal details be secure?

All information which you provide will be confidential (i.e. we won't use your name or any information that could identify you in any reports or information we share). The handling and storage of personal information will be covered by strict NHS data protection standards. We will aim to use the information we get from the interviews to write a report and create infographics which anyone can read. All names and personal details will be removed, so no one reading the report will be able to identify you. If you decide to take part, we will keep the information you provide, so that we can contact you to take part in the interview. After the interviews are complete, all of the identifiable information provided (including your name and contact details) will be destroyed and only the anonymous feedback will be kept.

What will happen if I change my mind?

We would like to emphasise that it is completely voluntary to take part. If you decide to take part, you are free to change your mind at any time without giving a reason. If you withdraw we will delete any identifiable data you have provided but will keep anonymised interview information.

What do I need to do next if I want to take part?

Your help would be greatly appreciated. If you would like to take part please fill in an [Expression of Interest form](#). Depending on how many people wish to take part we may be unable to include everyone. However, we will contact you over the next few weeks to provide you with more information.

Please contact: christina.lloydwin@wales.nhs.uk if you have any questions.

Thank you for taking the time to read this information.

