

Real life stories

Perry, 72, physiotherapy study participant

"Taking part in research has changed my life totally - I wish I'd done it 40 years ago! I thought I was going to have a miserable retirement but I'm doing Nordic walking and pilates, when in the past I would have been lying in bed all day in pain."



Jessica, 27, fertility study participant

"My husband and I had been trying to conceive for three years. We had nothing to lose, yet we've gained everything we

ever wanted. We've been given fantastic care and it's been amazing to take part in research like this at our local clinic. Not only have we benefited by having Joshua, we also feel we have contributed a little something to medical research."

Sheila, 60, breast cancer study participant

"Taking part in research has been amazing and I feel honoured to be giving something back. The love and personal care I have received from the team has made it a more pleasant journey. I feel like I am part of a family. It's great to contribute to research, and something I am very proud of - you shouldn't be scared."



Helping you to Be Part of Research

Thousands of studies take place across the UK every year. There are studies looking for people living with a condition as well as those who may be healthy.

We've created an online service, called Be Part of Research, which lists research studies taking place near you.

Be Part of Research makes it easy for you to find out more about UK health and social care research.

- Learn what health and care research is and what might happen if you volunteer.
- Search for ethically-approved studies and ask to take part.
- Download information about studies and discuss with your doctor, nurse or healthcare professional.
- Read about the latest research findings.

www.bepartofresearch.uk



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RESEARCH CHANGES LIVES

Vital research only happens thanks to people, of all ages, who volunteer for studies.

Last year, more than three quarters of a million people helped improve healthcare and save lives by taking part in health and social care research.

You can help.



Ask your doctor, nurse or healthcare professional about research.

What is research?

Research is needed for all common and rare conditions. It is only through research that we can develop better treatments, as well as improve diagnosis, prevention, care and quality of life for everyone.

There are different types of research and every study is different. Researchers will explain what's involved in their study before you decide if you want to take part.



Why take part?

People enjoy being part of health or social care research for many reasons:

- You could help improve health and social care for others, as well as giving hope for future generations.
- You might learn more about your condition.
- Your health may be monitored more regularly.
- If you have an illness or condition, you might be able to try a new treatment or device.
- You will help researchers learn important new information.

Other ways to get involved

Research is most likely to benefit everyone if it reflects the needs and views of the public. You could help shape research by:

- Giving your views on which research ideas are important.
- Helping interpret results or making sure reports are understandable.
- Helping researchers design their projects or write clear patient information sheets.
- Telling your friends and family about research opportunities or becoming an ambassador for research.
- Being trained to carry out research (such as interviews).



Find a research study at
www.bepartofresearch.uk

Explore ways to get involved at
www.peopleinresearch.org