

Summary of Research study: Barriers to Being Active.

This sheet and a more detailed information sheet for participants is available for you to keep.

Why are we contacting you?

It might be possible to provide more opportunities to be active where you live. We would like to talk to you about activities you like to do where you live. We especially want to talk to people who would like to be more active.



Why are we doing this research?

When we know what you and other people who live in your area want we can ask for some money to provide new activities people will enjoy.



What will I have to do to take part?

You will be asked to talk about what sorts of things you enjoy doing near your home and what stops you doing other things you might enjoy. We will ask you to give your permission for us to use information you share. You may also be asked to fill out a survey giving your views.

What will you do with my information?

We will store your information safely. Only the researchers will see what you have said. We will take your name off the record of what you have said. Then we will put the information with all the other participants' information. We will then study what everyone has said. We will write a report using all the information collected which tells what activities the people where you live all want. We will give this report to the people who can ask for money to provide activities. We will also use the information to present to other researchers who are interested in helping communities be more active.



What are the possible advantages of taking part?

We hope you will enjoy taking part in activities and discussions. Some people enjoy talking to others and being listened to. If it is OK we will share what you say with people who provide activities for young people and adults.

What are the possible disadvantages of taking part?

We do not expect there to be any disadvantages to you. It will take a little of your time. You do not have to share or talk about anything you do not want.



Will anyone know I am taking part?

No one will be told you have taken part in the study. What you say will not be linked to you after it has been gathered. We will not use your name when we report results.



What will happen if I do not want to carry on with the research?

You can stop taking part and/or ask for your information to be taken out of the research without giving a reason when it is being collected. We will not put your name on your information. That means that no one will know who said what.

Your information will be private. After it has been collected your information will be mixed with other people's information and we will not know which your information is to take out. We will remind you before this happens to make sure you want your information to be kept in the study.

Who is organising and funding the research?

This study is being done by Open University Researchers for Leap who help everyone in Buckinghamshire and Milton Keynes to be more active. The research is being paid for by Sport England. Sport England has money to spend on new opportunities to get active.

In case you have a complaint – confidential independent contact.

You or your parent/carer can contact Prof Mimi Tatlow-Golden to confidentially share any concerns that arise. Mimi is fully aware of the project but is not involved in collecting data.



mimi.tatlow-golden@open.uk.ac



01908 652684

What to do now?

If you or a group you are in are interested in participating in this study please contact lead researcher Linda Plowright-Pepper.



linda.plowright-pepper@open.uk.ac



07903 995581

Experts in making sure that research is done correctly and treats participants fairly have agreed to this study taking place - The Open University Human Research Ethics Committee, reference HREC/2025-1028-2.

Thank you very much for taking the time to read this information sheet and for considering taking part in this research.