

## MK Place Expansion Programme (MKPEP) Community Study: Barriers to Being Active.

### YOU WILL BE GIVEN A COPY OF THIS INFORMATION SHEET

**A summary sheet of key points is also available.**

*This project has been reviewed by, and received a favourable opinion from, The Open University Human Research Ethics Committee, reference HREC/2025-1028-2*

#### Why are we contacting you?

We have contacted you as a community leader or member of a community in two targeted regions of Milton Keynes for potential investment to increase community based physical activity.

We would like to invite you and others like you to tell us about:

- a) The sorts of things people like to do in their communities.
- b) What people enjoy about their community activities, especially ones that get them physically active.
- c) What physical activities you would like to do but can't and what stops you.

Our research team wants to meet with a wide range of children and adults - particularly those who would like to be more active. We have planned different ways for you to share your views including informal discussions and interviews, surveys and fun, creative focus groups.

Before you decide if you would like to take part it is important you know why the study is taking place and what it would involve. Please take time to read the following information and if you need more information contact the lead researcher, Linda (contact details at the end),

#### Why are we doing this research.

Sport England is investing in selected communities across England to encourage people to be more active for better wellbeing. Leap, the Active Partnership responsible for getting more people more active in Milton Keynes and Buckinghamshire has asked the Open University to gather information from the communities in two areas of Milton Keynes which have been identified for potential investment.

Leap is committed to collaborating with community members to build a good understanding of each their priorities for activity and barriers to being active. With this information Leap will prepare an application to Sport England for funding which will meet community physical activity priorities.

#### What will I have to do to take part?

If you agree to take part you and in the case of children/vulnerable adults your parent/key carer will be asked to sign a form giving permission for us to involve you in the study. You will also be asked to give us your name and contact details so that we can contact you to invite you to an information gathering activity. We will also ask you to share some personal information which will help us to ensure that we are gathering views from a broad range of community members comprising: partial postcode, age, gender description, racial /ethnic origin, health and disability descriptor, self-assessed activity level descriptor. This will take you about 5 minutes.

**Individual interviews and informal discussions** to share your views will be arranged at times and in familiar community places which are convenient to you and allow for private discussion. These will generally take 45-90 minutes.

**Group interviews and focus groups** will generally be arranged as part of existing group meetings.

Two researchers will join your group and ask for your thoughts and opinions about what community activities people currently enjoy, things that are physically active, barriers and aspirations for more opportunities for physical activity. These will take 2-3 hours including refreshment breaks.

**Surveys** that can be completed online as part of a discussion with a researcher or on paper and these should take no more than 20 minutes and may be part of meetings or completed on their own.

We would like to take notes and where possible audio record discussions as part of interviews, discussions, and group meetings. This would help researchers put forward your opinions to build a strong case for investment based on the people's priorities for the development and delivery of activity opportunities.

There are no right or wrong answers in any of the discussions about the activities you enjoy in your community. We only want to find out what you think is important.

You will have an opportunity to view and comment on what we learn from discussions at various points during the collection and analysis of information. If you want to do this, we will ask you to provide your contact details so that we can be in touch with you. Your contact information will not be linked to any views you have shared with us. All that information will be stored anonymously.

### **What are the possible advantages of taking part?**

Some people enjoy the opportunity to share their experience and views. It can be uplifting to feel others have listened and taken your opinions seriously. We hope that participants will feel valued. They will be making an important contribution to a bid for funding new and improved activities for their community.

### **What are the possible disadvantages of taking part?**

Taking part will take your time however we do not expect there to be any other disadvantages to you taking part. However, if topics arise which you find upsetting you can stop taking part in the information collection at any time without giving a reason. During meetings or focus group you do not have to share or talk about anything you do not want to.

### **Will my taking part be kept confidential?**

All personal information and information given as part of discussion groups, interviews, focus groups and surveys will only be looked at by the research team. All the information you provide will be stored safely and securely in Open University password protected electronic files. We will not tell anyone that you have taken part in an information collection activity. Direct quotes from members of the community might be used because these are immensely powerful in making the case for funding, but these will never include your name or details that could identify you.

However, if you share information that could put you or others at risk, we must share it with the right people to keep you safe. For those we contact through organised groups we would use the arrangements that are in place for that group and speak to the person responsible to make sure you receive any support you need.

### **How will my information be used?**

Information from community participants will be used to prepare a report to Leap (the Active Partnership for Buckinghamshire and Milton Keynes) which will support them in preparing a bid to Sport England to fund investment in improved community opportunities to be active. We also plan to use appropriate information in academic journals and presentations to share with other researchers and people working in this field nationally and internationally.

### **What will happen if I do not want to continue with the research?**

You may stop taking part in this research at any time without giving a reason. If you decide to stop before the information gathering activity finishes, anything you share will be destroyed.

If you decide you want to withdraw during information collection group or individual meetings all you need to do is to leave. If the information gathering event is taking place as part of one of your regular community activities there will be an interesting appropriate alternative activity for you to do until the rest of the group rejoin you.

If you decide to withdraw after information collection events and want us to withdraw anything you have said we will do this by destroying any written or electronic notes and taking your contributions out of the records we type up when we listen to the audio recordings after which audio recordings will be destroyed.

You can do this right up to the time your information is mixed with other participants' information which is also when we remove your name from what you said. This is usually about 4 weeks after gathering information. At that point we will not be able to tell what you said from what others in the study have said and so not be able to take it out. Before this happens we will ask you check the information we have gathered is accurate. This will help to remind you to be confirm you are happy for us to use your information before it is too late to remove it.

You or if appropriate your parent/carer can tell us that you want to withdraw by telling any member of the research team at an information gathering event, telling your usual group leader or email or telephone Linda using the information below.

### Who is organising and funding the research?

We are researchers from the Open University conducting this study on behalf of Leap – the Active Partnership for Buckinghamshire and Milton Keynes with funding from Sport England as part of Sport England's Places and Spaces for activity campaign. We are interested in improving community activity opportunities by better talking with a wide range of people, particularly those who would like to get more active, to understand what they would like in their communities.

### Independent point of contact in case you have a complaint.

If at any time during the research, you would like to comment, have a complaint, or wish to report a problem about any aspect but do not want to speak with the researchers you meet, then please ask your parent or guardian to contact Mimi Tatlow-Golden



mimi.tatlow-golden@open.uk.ac



01908 652684

Mimi is Professor of Interdisciplinary Studies of Childhood at the Open University and is fully aware of the project but is not involved in collecting data from community members in this study. You will be able to share any concerns you have with her confidentially.

### What to do now?

If you or any community group with whom you are linked are interested in participating in any of the information collection activities or have any questions, please contact researcher Dr Linda Plowright-Pepper using the details below.



linda.plowright-pepper@open.uk.ac



07903 995581

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