

## 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."



## BE PART OF RESEARCH

- Learn more about research at [www.nihr.ac.uk/bepartofresearch](http://www.nihr.ac.uk/bepartofresearch)
- Take part in research by asking your doctor, nurse or healthcare professional about studies you can take part in, or search for studies yourself at [www.bepartofresearch.uk](http://www.bepartofresearch.uk)
- Explore other ways to get involved in research, by visiting [www.peopleinresearch.org](http://www.peopleinresearch.org)

## JOIN THE CONVERSATION



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for Health Research



## BE PART OF IMPROVING HEALTH AND SOCIAL CARE

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# RESEARCH CHANGES LIVES

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

Last year, almost 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.

Find a research study at  
[www.bepartofresearch.uk](http://www.bepartofresearch.uk)

## 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 what research is 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).



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