



Enhancing Social-Emotional Health and Wellbeing in the Early Years (The E-SEE Project)

Parent Advisory Committee Information Sheet

Seven reasons to join the E-SEE project Parent Advisory Committee:

1. Add new skills to your CV.
2. Meet new people and other parents.
3. Get involved in a research project that will help your local community.
4. Help other families and children.
5. We will give you shopping vouchers as a thank you.
6. We will pay your travel and expenses.
7. Flexible hours.

What is the E-SEE PAC?

The E-SEE Parent Advisory Committee (PAC) will be made up of five parents from your area. You will help researchers at the University of York by providing real-world parent perspectives. We are looking for views and opinions from parents with babies and children under the age of three. Our team will use your insights at every level of a family wellbeing study called the E-SEE project.

What are the PAC activities and how much of my time will they take up?

Members of the PAC will be asked to contribute to six separate activities over the course of an 18-month study. Some activities will be conducted by email and others will be face-to-face meetings. One of our team will visit you for the face-to-face PAC meetings so you do not have to worry about childcare or travel. We understand that parents have busy lives, so we are asking PAC members to contribute to at least two or three of the activities. There is a calendar of activities attached to your invitation letter. Here is a brief summary of the PAC activities:

1. Advise the research team on measures

This activity will be a two-hour session to advise the research team on conducting home visits to parents. This activity will take place at a venue local to you. We will thank you for your time with a £10 shopping voucher and cover your travel costs. Depending on the venue we may be able to provide a crèche.

2. Support the training of the research team

This activity will be a two- to three-hour session. As a PAC member you will be encouraged to attend with your youngest child. This session will help train our data collectors for real-life data collection. There is a possibility that this activity will be repeated later on. We will thank you for your time with £10 to £15 in shopping vouchers and cover your travel costs. Depending on the venue we may be able to provide a crèche.

3. Advise on the E-SEE project website

This activity will be a one-hour session that can be done either face-to-face or by email if you prefer. The aim is to gain feedback on the project website. This activity will continue through the 18-months of the project as we update the website. We will thank you for your time with £5 in shopping vouchers. If you travel for a face-to-face meeting we will cover your travel.

4. Plan and run Parent-for-Parent Events

This activity will comprise two half-day events. There will be planning meetings up to two months ahead of the event with a member of our research team. The events will support the research team in identifying eligible parents to take part in the E-SEE trial. In return for your time you will receive up to £45 in shopping vouchers (depending on the number of hours) and we will cover all of your travel costs.

5. Advise the research team on recruitment/retention

This is a one-hour session that may be held up to four times a year. PAC members will support and advise the research team on identifying and keeping parents in the study for the full 18 months. We will conduct the session by email or phone calls. You will receive £5 in shopping vouchers.

6. Plan and run Parent-for-PAC Events

This will be two half-day events with planning meetings up to two months before. The purpose of this activity is to increase the number of PAC members at the end of the initial 18-months. In return for your time we will give you up to £45 (depending on the number of hours) in shopping vouchers and we will cover your travel costs.

Will the shopping vouchers affect my benefits?

No. Our team will work with you to ensure that receiving the shopping vouchers as a thank you for your time does not affect your benefits. Together we can work out a payment schedule that meets your needs (such as £10 every month for X number of months).

What do I do if I do want to be part of the E-SEE PAC?

If you have read this information sheet and want to be part of your local E-SEE PAC just complete the form attached to your invitation letter and return it to Louise Tracey using the freepost envelope provided. Alternatively, you can complete the invitation letter and return to Louise by email (details below). If you still have questions about taking part in the PAC please contact any of the research team using the details below.

Louise Tracey: (01904) 328152 louise.tracey@york.ac.uk

Zoe Hindson: (01904) 321934 zoe.hindson@york.ac.uk

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THANK YOU!

WE HOPE TO WORK WITH YOU SOON.