

REACH Research Champions Information sheet

We're hiring, join our team as a **REACH Research Champion!**

Interested in learning some research skills? Passionate about young people's mental health? You could get **paid** to tell us what *you* think about REACH!

Please read the following information carefully. It will explain to you why this role is important, what you will be asked to do if you are offered the role of REACH Research Champion, how to apply for the role, what you will receive in return for your time.

WHO ARE WE?

We are a group of researchers from a university called **King's College London**. We do research to try to understand and improve people's mental health.

WHAT ARE WE DOING?

For the last 4 years, we have been doing a study in schools in south London to see what things affect young people's mental health. The study is focussing on what leads to better mental health. Over 4,000 young people are taking part. The study is called **REACH**, which stands for **R**esilience, **E**thnicity, and **A**doles**C**ent Mental **H**ealth. Resilience is about the ability to deal with life's ups and downs. Your school and your year group have been taking part in REACH for the past few years.

The aim of REACH is to understand what things lead to better mental health and what things lead to worse mental health in young people

WHY IS THE CHAMPIONS ROLE IMPORTANT?

Young people have been involved in, and advised us, at all stages of the REACH project. As you, our REACH participants, get older and leave school, REACH need to come up with creative new ways to engage and keep in touch with our participants outside of the school environment.

We also know that **young people are the real experts** to talk to when looking for ways to make our research interesting for and relevant to young people and the general public.

With that in mind, we've developed the exciting new REACH Research Champions role and are looking to recruit **12 young people, aged 16-18**, who have taken part in REACH before, to advise and guide us through this important next phase of the study!

WHAT DOES THE CHAMPIONS ROLE INVOLVE?

As a REACH Research Champion you would work alongside the REACH team and other Champions. You would:

- 1) Join our **Young Person's Advisory Group (YPAG)**. This is a group of young people who **meet with us** regularly, around **3 times a year**, to advise us on how we can **improve REACH**, so that we can answer the questions that are **most important for young people**. Each meeting lasts around 2 hours.
- 2) Work closely with our research team to:
 - Help us **share our research findings** with young people and the general public in creative and engaging ways (e.g. contributing to blogs, events and our social media and website)
 - **Raise awareness about REACH** among other young people who are taking part (e.g. sharing information with peers, posting leaflets and flyers at school)

We ask that you commit a minimum of **5 hours per year** (and up to a maximum of 20 hours per year) to undertake REACH tasks and/or attend YPAG meetings.

You will also be required to attend a compulsory induction training before you begin your role, which will take around 1 hour and read and sign a code of conduct form which outlines what will be expected of you, how you should behave in your role and what to expect from the REACH team.



WHAT'S IN IT FOR YOU?

- You will be **paid £25 per hour** (you can choose to be paid to receive vouchers)
- You will learn essential and transferable **research skills** (e.g. research study design, blog and report writing, event and competition planning etc.)
- Boost your **CV and personal statements**
- Access a valuable **work experience** opportunity at **King's College London**
- Access to **training** (e.g. Intro to psychology, Research Methods, Statistics etc.)
- Contribute to **important and valuable research** that investigates young people's mental health
- Have **fun** working alongside our dedicated research team!

WHO CAN APPLY TO BE A CHAMPION?

We are looking to recruit **12 young people** who:

- are interested in young people's mental health and/or research
- can commit a minimum of 5 hours per year to undertake REACH tasks and/or attend YPAG meetings
- have attended a secondary school that is taking part in REACH
- are aged 16 and above

IMPORTANT INFORMATION!

If you have understood what is involved in the REACH Research Champions role and you do not have any more questions, please have a think about whether you want to apply for the role. This is entirely up to you. It's ok if you don't want to apply for the role and you will not have to explain your reasons.

If you decide to apply and are offered the position, you are also able to change your mind and leave your role at any time if you would like to. This would **not** have any impact on your ability to take part in other REACH research activities. You can opt out at any time by contacting us on REACH@kcl.ac.uk.



If you are selected to be a REACH Research Champion, we will ask you to complete a **consent form** confirming that you accept the role and that you understand what is involved.

We will also ask you if you would like to have your name and picture included on our website. **This is completely optional and will not affect your ability to undertake your role.** You may also change your mind at any time if you would like to. You can change your preferences by contacting us on REACH@kcl.ac.uk / 07391482947.

Any information that you shared with us when you took part in REACH questionnaires as a study participant still **remains completely confidential**. Champions will not have access to information about any young people who have been involved in REACH. Any personal information that you give us in your role as Champion (e.g. bank details for payments, contact information) will be collected and stored in line with the Data Protection Act 2018.

QUESTIONS AND HOW TO APPLY?

If there is anything you don't understand or if you have any questions you would like to ask, then please get in touch! You can contact us at:



07391482947



www.thereachstudy.com



reach@kcl.ac.uk

If you would like to apply for the role, please send us an email or a text using the above details, telling us that you would like to apply. We will then contact you to arrange a time to speak over the phone to provide you with more information.

The Champions role has been approved by an independent group of people called the Psychiatry, Nursing and Midwifery (PNM) Research Ethics Subcommittee (RESC) (reference: HR15/162320). If this role harms you in any way, please contact the Chair of the PNM RESC at rec@kcl.ac.uk.

