

# Public & Community Partners

## Getting Involved...

fulfilment  
 contribution partnership equality  
 hope empowered meaningful  
 valued insight views trust purpose  
 recognition respect voice opinions  
 impact change collaboration engaged  
 listening learning advocate sharing  
 important ideas inclusive expertise  
 positive validation  
 lived-experience influence  
 support rewarding

### What is research?

Research is a way of discovering new information by asking questions.

In health and social care, research helps us discover better ways to improve wellbeing. It involves studying health conditions, testing treatments, and finding out what care and support work best.

Researchers might look at how diseases spread, test new medicines, or explore ways to improve mental health services. They also study how factors like housing, income, and family support affect people's health. This research helps doctors, nurses, and care workers provide better treatments and support to improve lives.

### Types of Research

There are different types of research including Primary Care, Public Health, Social Care and Clinical Trials.

Primary Care is the first point of contact for general health concerns.

Public Health focuses on protecting and improving the health of communities. Social Care is about providing support and services to help individuals with daily living.

Clinical Trials are research studies that test new medical treatments or interventions.

### How does research help?

Research helps us ask questions and find answers. It helps us discover new things, improve treatments and services.

### How can you get involved?

You can help in lots of ways, including:

- Giving your opinion on research plans. Saying what works well and what could be better?
- Checking patient leaflets to see if they are clear and easy to read.
- Giving feedback on a research idea.
- Finding ways to encourage and involve different types of people as participants on a study.
- Checking if research adverts make sense.
- Making sure questionnaires are simple and easy to answer.
- Suggesting how researchers can share the results.

