



The PACES Project – Parent Leaflet

Take part before 31st December and receive a £20 voucher

What is this research project about?

This research project hopes to find out more about what makes it easy or difficult for 11 to 14 year olds to take part in physical activity. Clare Timblin is the main researcher, and she is doing this project as part of her PhD at the University of Sheffield.

Who do we want to talk to?

Parents of 11 to 14 year olds living in the any of these areas

- Nottingham - Arboretum, Basford, Berridge, Radford or St Ann's
- Sheffield - Darnall, Burngreave or Manor Castle

What does it involve?

A short conversation with the researcher (Clare) on the phone.

What will we talk about?

Clare will ask questions like,

- What kinds of things make it easy for 11 to 14 year olds to be active?
- What kinds of things make it difficult for 11 to 14 year olds to be active?

There are no right or wrong answers – it's your opinions we are interested in.

What are the benefits of me taking part?

You will receive a £20 Love2Shop or Amazon voucher to thank you for your time. This will be posted or emailed to you right after your chat with Clare.

All of the information you provide will be anonymised and kept confidential.

How do I take part?

Contact Clare by phone/text on 07925 340198 or by email ctimblin1@sheffield.ac.uk **before 31st December 2021** for your chance to take part. Or [click here](#) to complete a contact form, and Clare will reply to you ASAP.