

## **EFFECTIVENESS EVALUATION OF THE JOIN US: MOVE PLAY (JU:MP) PROGRAMME**

Information for Parents/Carers  
INTERVENTION GROUP  
(Version 2 – 20/07/2021)

### **WHAT IS JU:MP?**

The Join US: Move Play (JU:MP) programme is happening over the next few years in the neighbourhood where your child attends school. JU:MP is a four-year programme funded by The National Lottery through Sport England and is led by Active Bradford. The JU:MP programme aims to support children and families in parts of North Bradford to be more active.

### **WHAT IS THE RESEARCH ABOUT?**

This study aims to test whether the JU:MP programme increases the amount of physical activity children in your neighbourhood do.

### **WHY HAS MY CHILD BEEN INVITED?**

Your child's school has already agreed to be part of the JU:MP programme so we are now inviting your child (who will be in Year 1, 2 or 3 in September 2021) to take part in this research to see whether JU:MP works. Children in Years 1, 2 and 3 from up to 38 primary schools across West Yorkshire will be invited to take part in this science study which is one the biggest of its kind in the UK.

### **DOES MY CHILD HAVE TO TAKE PART?**

No, you do not have to give consent, and you are free to withdraw your child from the study at any point. Your child will be allowed to choose whether they want to take part, and if so what measures they are happy to have taken. They also has the right to withdraw at any point. If you wish to withdraw your child from this research please contact one of the research team, whose contact details are at the end of this letter. Withdrawing from the study will not lead to any negative consequences for yourself or your child.

### **WHAT WILL THE STUDY INVOLVE?**

We are wanting to invite all the pupils from Years 1, 2 and 3 (in September 2021) in your child's school, including your child, to be part of this research study.

Trained researchers will go into your child's school and ask for each child taking part to leave class for around 20 minutes and do the following things:

- **Measure children’s physical activity** – researchers will fit each child with a device called an ActiGraph accelerometer, which is worn on an elastic belt around the waist (see picture). This device measures the time children spend being active, sedentary and sleeping. The ActiGraph can be worn over a vest or t-shirt or it can be hidden under clothing. We will ask children to wear for 24 hours a day, for 7 days (including when they are asleep and at the weekend). It must be taken off when showering, bathing, and swimming.



- **Measure children’s height, weight and around their waist.**

- **Give children a pack which has a parents/carers questionnaire** - we will give each child a plastic pack which includes a survey/questionnaire for parents/carers to complete. The questionnaire will take around 15-20 minutes and will ask questions about children’s physical activity, sedentary behaviour, sleep, health, quality of life, neighbourhood, physical activity parenting, and activities out of school time. The questionnaire must be returned to your child’s teacher or school office by the time the ActiGraph is returned (7 days).

Researchers will also do the following for each child taking part:

- **Ask teachers to complete a survey** - called a Strengths and Difficulties questionnaire – which measures children’s emotion and conduct behaviour.
- **Ask school for children’s information** – which will be the child’s full name, date of birth, unique Pupil Number (UPN), gender, ethnicity, home postcode, class name, teacher name, disability and/or special educational need, receipt of free school dinners, most recent attendance records, most recent educational attainment data, a copy of class time tables and information about any health conditions.

We would like to take the measures listed above three times with your child over the next three years:

- 1<sup>st</sup> time in September-December 2021
- 2<sup>nd</sup> Time in September-December 2023

- 3<sup>rd</sup> and Final September-December 2024

Nearer the time in 2023, and 2024 we will contact parents by a letter from school to remind them that these measurements will be happening again and why.

### **Parents and Children's research meetings (focus groups)**

Because your child's school neighbourhood is part of the JU:MP programme, researchers would like to speak with groups of children and parents a total of three times over three years (2021-2024). These meetings are entirely optional, and will consist of between 4 to 6 parents, and 4 to 6 children. The meetings with children will take place during school time, and a member of school staff will be present. The meetings for parents will also be taking place on school premises, most likely straight after school. During these meetings, a researcher will ask the children and parents about their experiences of being part of JU:MP and about their own physical activity. The meetings will last between 30 and 60 minutes. Anything said in these meetings will not be passed on to anyone else, and all responses will remain private. Parents will be told by the school if researchers are planning to do a meeting with their child, and children taking part in a meeting will be given a letter home to parents to let them know the meeting has taken place.

### **WHAT HAPPENS TO THE INFORMATION COLLECTED?**

- All information collected will be kept private and confidential and will only be used for research.
- No information will be passed to any other organisation not directly involved in this study.
- Any identifiable information will be stored securely, for up to 10 years at Bradford Teaching Hospitals NHS Foundation Trust.
- The data will be analysed by researchers and the results will be presented in reports and publications.

### **WHAT ARE THE BENEFITS OF TAKING PART?**

- Children taking part will be part of a real-life science experiment working directly with scientists trying to understand how best to increase children's physical activity and improve their health and well-being. Many children in the past have found being part of a real life science experiment enjoyable.
- Children in the past have found doing the activities fun and enjoyable.
- Children will be given a small gift each time they wear the Actigraph accelerometer for 7 days.

- Parents/carers will receive a £10 voucher and travel expenses for each research meeting they attend take part in.

### **ARE THERE ANY RISKS IN PARTICIPATING?**

There are no expected risks in taking part. If you or your child experience any problems while participating in the research you can raise any issues or concerns with Dr Daniel Bingham (contact details at the bottom of this letter) at any time.

### **HOW WILL I FIND OUT THE RESULTS OF THE STUDY?**

The results of this study will be published in scientific journals, but we will also make sure that they are included in newsletters and are available through our website (<https://borninbradford.nhs.uk/>). We will ask your child's school to share any key findings on their own website and in newsletters too.

### **WHAT DO I NEED TO DO NOW?**

- If you and your child would like to take in the study then please complete the consent form attached to this information sheet and return to it to your child's teacher. We will be present in your school for the next week to answer any questions you may have.
- If you decide in the future that you want to withdraw your child from the study or you don't want us to use any of your child's data, please contact us at the address below.

### **WHAT IF I AM NOT HAPPY WITH HOW THE RESEARCH WAS CONDUCTED?**

If you are not happy with how the research was conducted, please contact:

Ms Jagruti Lad, Research Performance Administrator, University of Bradford, Bradford. BD7 1DP. Phone: 01274 236225. Email: [J.Lad1@bradford.ac.uk](mailto:J.Lad1@bradford.ac.uk), or

Deborah Hodgson, Research Support Administrator, University of Bradford, Bradford. BD7 1DP. Phone: 01274 233196. Email: [d.hodgson1@bradford.ac.uk](mailto:d.hodgson1@bradford.ac.uk)

### **HOW CAN I FIND OUT MORE INFORMATION?**

If you would like to find out more about the study before deciding to let your child take part please contact one of the researchers below:

Dr Daniel Bingham, telephone 01274 364474 or by e-mail [daniel.bingham@bthft.nhs.uk](mailto:daniel.bingham@bthft.nhs.uk)

Dr Sally Barber, telephone 01274 383696 or by email [sally.barber@bthft.nhs.uk](mailto:sally.barber@bthft.nhs.uk);