



A study testing local fresh food initiatives within social housing communities

You are invited to take part in a **research study on food habits and food access** that is being run across certain areas of Liverpool by researchers at the Universities of Liverpool and Cambridge.

Dr Courtney Neal and **Dr Nat Taylor** are involved in the day-to-day running of the study, and **Dr Rachel Loopstra** has overall responsibility for it. Other researchers at the Universities of Liverpool and Cambridge will also be involved in analysing the data once they're anonymised.

Before you decide whether to take part, it is important that you understand why this study is being done and what it will involve.

The following pages contain **important information about taking part in the study**. We understand that there is a lot to read. Before you see this information, **we have provided an infographic that summarises what you will need to do during the study** to help you decide whether to keep reading. You can also watch a **video version of the information** available [here](#).

Please **take time to read the information or watch the video carefully**. Feel free to **get in touch with us** by email (schouse@liverpool.ac.uk) or by phone, SMS, or WhatsApp (+447345 442688) if you would like more information or if there is anything you don't understand. Please also feel free to discuss the information with your friends, relatives, neighbours, and your housing officer if you wish.

[Here, we will have statements in five of the most common languages spoken in Liverpool/our study sites, indicating that we can arrange an interpreter service if someone would like to take part, but our use of English represents a barrier to their participation]

If you'd like to receive this information in *[insert 5 most common languages used in Liverpool]*, we can arrange to **meet with you with an interpreter present**. Please contact us using the details above to arrange this, and we will do our best to ensure you can take part.

If you are worried about taking part because you're not sure of how to use the study app, or you do not have a device or regular internet access, please get in touch with us. We will do our best to make sure you can take part.

We would like to stress that **you do not have to accept this invitation to take part in this study**, and **you should only agree to take part if you want to**. **Choosing to take part or choosing not to take part** will not affect your housing situation or access to any services or programmes in any way.

Thank you for reading this.

Taking part in the study

A simple guide to what to expect and what you'll do over the next 6 months



We are working in
12 areas across Liverpool

New food initiatives will start in
some but not all areas, e.g.

A new stop in the area by a
mobile greengrocer, or



Vouchers to spend at a new
mobile greengrocer stop



ONGOING



for
6 months

You'll receive
regular bulletins
from your
housing provider

- activities
- food initiatives
- available support

NOW



Fill in consent form

Share contact details

We'll be in touch to get set up

NEXT FEW DAYS



Download a free app

Create an account

Fill in questionnaire

<20-30 minutes

Complete food diary for 3 days

<15-20 minutes each

TOTAL TIME

Up to 90 minutes over 3 days

MONTHS 3 AND 5



Fill in questionnaire

<20 minutes

Complete food diary for 3 days

<15-20 minutes each

TOTAL TIME IN MONTH 3

Up to 80 minutes over 3 days

TOTAL TIME IN MONTH 5

Up to 80 minutes over 3 days



VOUCHER

You will receive
Love2Shop vouchers
for taking part

Don't worry

We will provide support
if you are worried
about using the app



What is the purpose of the study?

We want to test **how sharing bulletins about local activities, food initiatives and opportunities to receive support, and introducing new food initiatives** in your area, can **impact wellbeing, community and diet**.

We will be running the study for 6 months. For **6 months**, everyone taking part in the study will **receive regular bulletins from their housing provider**, letting them know what is going on in their area and what support the housing provider has available. In **some of the areas**, a **new food project may start**, and **you'll be told about this as well if you're in one of these areas**.

The study is being supported by three social housing providers: **Onward, Riverside and Torus**. They have helped design the study and are supporting it by getting involved in the promotion and delivery of various food initiatives. But the **social housing providers will not have access to the data the researchers collect during the study** (we will provide more details on this later).

Results from the study will also be used to investigate what might happen if new food initiatives were scaled up and rolled out across Liverpool and across England (see a later section, "How will my data be used?", for more details).

Why have I been chosen to take part?

We are working in **12 areas across Liverpool where it is not always easy to buy fresh food**. We are inviting you to take part because **you live in one of these 12 areas and rent your home from Onward, Riverside, or Torus**. Around 30 other people in your area will be taking part.

To take part, **you must be**:

- **18 years** or older
- **Renting** your home **from Onward, Riverside, or Torus**
- The person in your household who usually buys or gets the food for your household
- **Not currently receiving Rose Vouchers** to buy fruit and vegetables.

Do I have to take part?

No, you don't have to take part in this research study. Taking part in the study is completely voluntary, and deciding not to take part will have no consequences and will not affect your housing situation or access to any other services. You are free to withdraw from the study at any time without telling us why.

What will happen if I take part?

If you decide to take part, you'll be asked to complete **a series of tasks now and over the next 6 months**.

What do I need to do now?

The **tasks that you will do now** are:

- **Complete a consent form** (to agree to the researchers contacting you and to confirm that you understand what this study is about, what you are being asked to do, the types of data we will collect and how we will use this information)
- **Provide your contact details** (name, phone number, email address and home address – this is so that the researchers can stay in touch with you throughout the study and check which of the 12 sites you live in, and so that your housing provider can send you bulletins during the study)

What do I need to do in the next few days?

After you have completed these tasks, **Courtney or Nat will be in touch within a few days** to help you get **set up for the study**. You will then **complete the following tasks**:

- **Download a free app** called Avicenna Research to your phone or tablet and enable push notifications (if you need support with this, the researcher can help so that you can take part if you want to)
- **Create an account on the app** using your name and email address and log in
- **Fill out the study questionnaire on the app** (approximately 20-30 min; these questions are about you and your household and are mostly tick box responses)
- **Over three consecutive days, fill out an online food diary** (approximately 15-20 min each time; this asks you to recall what you ate the day before)

We expect the study questionnaire and 3 online food diaries you will complete over the next few days will take you up to 90 minutes in total across three days. **To continue to take part in the study, you must complete the study questionnaire and at least 2 online food diaries within a week**, starting from when you first complete the study questionnaire.

What do I need to do over the next 6 months?

After you have completed these tasks over the next few days or so, we won't ask you to complete any more questionnaires for a while. In the **next 1-3 weeks**, Courtney or Nat will reach out again to let you know if any new food projects are starting in your area.

Around **3 months from now**, you will:

- **Fill out the study questionnaire** (approximately 15-20 min; the questionnaire is a little shorter than the first time you complete it)
- **Fill out online food diaries on three consecutive days** (approximately 15-20 min per day)

Then, around **5 to 6 months from now**, you will complete these questionnaires again (**1 study questionnaire; 3 online food diaries** on three consecutive days).

We expect the questionnaire and 3 online food diaries you will complete 3 months from now will take you up to 80 minutes in total across three days, and the questionnaires and 3 online food diaries you will complete around 5 to 6 months from now will take around the same amount of time.

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How will I know when to complete the questionnaires and food diaries?

You won't need to worry about remembering to complete the questionnaires and online food diaries – **the app will send you a notification** each time you need to complete one, and **we will send you reminders** if we think you may have missed it or you might need support.

If a new food project starts in your area as part of the study, you will also **receive a few notifications at random time points during the study** to ask **whether you have used the food project** that week.

What will the questionnaires ask me?

It is important to know that you will fill out these questionnaires anonymously – we will link your answers using a participant number that we will give to you. That means **if anyone outside of the University of Liverpool research team looked at the information** you provided, they would **not know it belongs to you**. Your **housing provider will never know how you answered the questions** in these questionnaires.

The study questionnaire will ask you about your:

- background,
- health and wellbeing, including height and weight,
- living situation,
- household income,
- who else is in your household (if anyone),
- experiences and feelings about getting food,
- use of local health and community services; and
- views of your community and housing provider.

If you have children, it will ask you about the fruit and vegetables your youngest child eats. You might find some of the questions difficult to answer, and you may not want to answer them – please be reassured you can skip any questions you don't want to answer.

The online food diaries will ask you to complete a 24-hour food recall on a research website called Intake24 (the researcher will provide you with login details). In a 24-hour food recall, **you tell us everything that you ate the day before** (i.e. in the previous 24 hours). The website helps you do this, and the researcher will also provide instructions and support for using it.

You mentioned that a food project might start in my area. What does that mean?

Each area in the study will be **randomly sorted into one of three groups**. The group an area is in determines **what sort of information sharing, activities, and initiatives happen in that area during the six months of the study**.

We can't offer the same things everywhere, and you can't choose what will be offered in your area. **Which area gets what will be decided by chance**. All 12 areas have an equal chance of being sorted into each group. **You'll find out which group your area is in a few weeks** after you fill out your first questionnaires.

All areas will receive **bulletins from their housing provider** about local activities, food initiatives and support opportunities. Additionally, in some areas, new initiatives will start. These might be a **new mobile greengrocer service**, or, in some areas, **vouchers may be offered** to people taking part in the study to spend at the new service.

Importantly, choosing to use any of the information or services offered in your area is up to you. Even though you will receive information about activities, support and services in your area during the study, you don't need to use them to take part in this study.

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Are there any risks in taking part?

The risks involved in taking part in this research study are **minimal**.

In the study questionnaire, you will be asked about your experiences getting food, challenges that you may face (financial or otherwise), and your mental and physical health and wellbeing. We know that sometimes this **might be upsetting** to think about. You **do not have to answer any questions** that might **make you feel uncomfortable**.

We have **provided a list of helplines at the end of this information** that you can use if you feel upset while taking part in the study. We have also **provided the contact details for Onward, Riverside and Torus**, whom you can contact if needed.

Nobody beyond the University of Liverpool research team will be able to identify that your answers belong to you. While your housing provider will know that you are taking part in the study, they will not be able to see your answers. We, the researchers, **will not link your personally identifiable details to your answers.**

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Are there any benefits in taking part?

By taking part, you will help us to understand how local activities and food initiatives impact people. We hope that in the longer term, the findings from this research will be used to support more activities in your area and in other areas like yours.

Additionally, as a thank you for the time you put into completing our questionnaires and online food diaries, **you will receive vouchers for the questionnaires and online food diaries you complete.**

You will **receive vouchers** for the questionnaires and online food diaries you have completed **within two weeks of you completing them**, i.e. the beginning (the next week or so), middle (around three months from now) and end (around five to six months from now) of the study. **How much** you receive will **depend on which and how many research activities you completed at each time point.**

At the beginning, middle and end of the study:

- If you complete **1 study questionnaire** and **1 online food diary** (i.e. one 24-hour food recall), you will receive a **£15** digital Love2Shop voucher, **OR**
- If you complete **1 study questionnaire** and **2 online food diaries** (i.e. one 24-hour food recall a day for two consecutive days), you will receive a **£20** digital Love2Shop voucher, **OR**
- If you complete **1 study questionnaire** and **3 online food diaries** (i.e. one 24-hour food recall a day for three consecutive days), you will receive a **£25** digital Love2Shop voucher.

If, at **all three study time points** (i.e. beginning, middle, and end), you complete **the study questionnaire and three days of online food diaries**, you will receive an **additional bonus of a further £10 Love2Shop voucher.**

To receive the bonus, all questionnaires and online food diaries must be completed on time. If you do not complete a questionnaire or online food diary at any given time point, you will not be able to complete it later to catch up and receive the bonus. You'll have one week to complete the questionnaires and online food diaries from the time you receive the notification. If you miss a questionnaire or online food diary in the middle of the study, you can continue to take part in the study.

However, **to be a participant in the study, you must complete the first study questionnaire and at least two online food diaries at the beginning of the study.** Otherwise, you will not be able to continue the study.

If you don't have sufficient data allowance on your mobile phone to keep in touch with us or complete the questionnaires online, please let us know. We'll help you find a way to ensure that you can still take part.

Overall, if you **complete all questionnaires and online food diaries** on time, you will **receive £85 worth of digital Love2Shop vouchers across the course of the study**. These vouchers can be spent at over 150 UK brands. Receiving these vouchers doesn't impact your receipt of state benefits, pension, pension credit or other payments that you might be receiving. If you will struggle to use digital vouchers, please let us know, and we will explore alternatives with you.

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How will my data be used?

The University processes personal data as part of its research and teaching activities in accordance with the lawful basis of 'public task', and in accordance with the University's purpose of "advancing education, learning and research for the public benefit.

Under UK data protection legislation, the University acts as the Data Controller for personal data collected as part of the University's research. The University of Liverpool's Privacy notice for research participants can be found here: [Privacy notice for research participants | Legal and Governance | University of Liverpool](#). The Principal Investigator, Dr Rachel Loopstra, acts as the Data Processor for this study, and **any queries relating to the handling of your personal data can be sent to Rachel** at rachel.loopstra@liverpool.ac.uk.

All information which is collected about you during the study will be **kept strictly confidential, unless** you tell the researcher that **you or someone else is in immediate danger of serious harm**, or the researcher sees or is told about something likely to cause serious harm. If this does happen, **the researcher will discuss it with you** during the research and explain what could happen if you continue to talk about it and explore how you would prefer to deal with the situation.

To find out more about the steps we will take to collect, protect, store, use and delete the data you provide as part of the research study, please see the information presented below. **We will send you a digital copy** of the information you are currently reading when we contact you to join the study, so that you can review it at your convenience.

How will my data be collected?	Your data will be collected using three different online platforms: Qualtrics, Avicenna Research and Intake24. These platforms are regularly used in research studies by many universities across the country and across the world. For more information on their security, see below. You are currently reading this information on Qualtrics. If you choose to take part in the study, you will tell us your contact information via Qualtrics. You will only use Qualtrics again during the study if you are unable to use the study app.
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How will my data be stored?	Your information will be kept safe and secure. Your name and contact details will be stored separately from any other information you provide on the study app (Avicenna Research) or Intake24. Your participant ID (which you will receive from the researcher) and your Avicenna Research ID (which will be automatically generated by the Avicenna Research app) will be stored with your name and contact details to create an “anonymisation key”. Only authorised research team members at the University of Liverpool will have access to this key. All other information you provide will be linked to your participant ID. This means that any information you provide during the study via the Avicenna Research app, Intake24 and Qualtrics (during the study) will be anonymous; anyone looking at your responses will not know who they belong to. During the study, information will be temporarily stored on the secure servers of the data collection platforms (Avicenna Research, Intake24, and Qualtrics). All three of these companies comply with the UK General Data Protection Regulation (GDPR) law. Avicenna Research is a Canadian company that stores data on its servers in Canada. Qualtrics is an American company that stores data for UK-based users (like us) on its servers in Germany. Intake24 is UK-based, hosted at the University of Cambridge and stores data on servers in the UK. Once a month during the study, we will download all information from the data collection platforms and create a backup in a secure, password-protected folder managed by the University of Liverpool. At the end of the study, all information will be immediately transferred to and stored in a secure, password-protected folder managed by the University of Liverpool. Once the transfer is complete, all information will be deleted from Avicenna Research, Intake24, and Qualtrics.
How long will my data be stored for?	In the consent form, we will ask whether you would like to receive a study report explaining the study findings when it is ready. If you select yes, we will store your contact details until the report is ready to send to you (approximately 1 year after data collection for the study is completed). After you have received the report, we will delete your contact information. If you select no, we will store your contact details for a period sufficient to fulfil our administrative, legal and regulatory responsibilities (approximately 6 months after the study’s data collection is completed). After the period expires, we will delete your contact information. The key linking your name and contact details to the information you provide during the study via Avicenna Research, Intake24, and Qualtrics will be deleted once the study is complete, before we analyse the data. At this stage, the information collected during the study will be checked to ensure it does not contain any identifying information. If it does, this information will be deleted or redacted. The data collected for this study will be stored for at least 10 years on a secure, password-protected University of Liverpool server, in accordance with the University of Liverpool’s Data Management Policy, available here: https://www.liverpool.ac.uk/library/research-data-management/researchdatamanagementpolicy/.
What measures are in place to protect the security and confidentiality of my data?	We will store your name and contact details separately from any other information you provide during the study questionnaires or food diaries. Only authorised research team members will have access to your answers to study questionnaires and food diaries. Only authorised research team members and authorised staff from your housing provider will be able to access your name and contact details. This is required so that the researcher can contact you with study information, support, and reimbursement, and so that housing staff can send you bulletins during the study. Any authorised persons accessing your data must do so on a device provided by their organisation. Furthermore, these details will be password-protected to avoid others accessing the data. We are using only reputable data collection services (Avicenna Research, Intake24, and Qualtrics) to collect data for this study. These companies comply

	with the UK General Data Protection Regulation (GDPR) law, and our use of them has been vetted and approved by the University of Liverpool's Data Protection and IT Information Security teams. While you will sign into the Avicenna Research app using your name and your email address, Avicenna Research will not be able to link your personal details to any responses you provide via the app during the study.
Will my data be anonymised?	During the study, your data will be linked to your participant ID, rather than your name or contact details. This means that no one other than the researchers will be able to identify your questionnaire responses as yours. The only reason we collect your data this way is to know whom to send the reimbursement vouchers to when we see that a questionnaire has been completed in the research app, Intake24, and Qualtrics. After the study is finished, we will delete your participant ID from the data and your data will be fully anonymised. Your anonymous responses will be combined with those of everyone else taking part in our research study. We will then report the anonymous data (i.e., questionnaire responses) for everyone together, and you will not be identifiable in any findings from the research study.
How will my data be used?	Your data will only be used for research purposes. Your contact details will only be used to invite you to take part in the study, troubleshoot issues during the study, and to send you study materials, reimbursements for completed study activities, and the study report (if you choose to receive it). Your home address will be used to assess your eligibility to participate in the study, as we are recruiting only participants who live in specific areas of Liverpool. If your area is randomly selected to receive vouchers to spend at a new service in your area, your address will be used to send you the vouchers. Your responses to questions in the study questionnaire will be used to: • Assess the impacts of the study on wellbeing, eating habits and community • Work out how many vouchers you are eligible to receive to spend at a new service in your area if your area is in this group • Work out how representative the people taking part in the study are of the general population in the area • Investigate how well the activities delivered in the study work for people with a variety of characteristics (including: age, gender, racial origin, daily activities, health status, eating patterns, use of community projects and support services, and household size, composition, and income) • Feed into a larger project aiming to assess how well the study's activities might work to improve health if they were scaled up across the whole of Liverpool and throughout England (information used for these purposes includes: age, gender, racial origin, height, weight, daily activities, health status, education, alcohol and tobacco use, use of health services, and household size, composition, and income) We will use information from the online food diaries to monitor dietary patterns throughout the study.
Who will have access to my data?	We want to stress that the responses that you give on questionnaires during the study will only be visible to us, the researchers. Your questionnaire responses will not be shared with staff at your social housing provider, such as your housing officer, and will not impact your housing situation in any way. We will share your contact details (name, email address, and phone number) with your housing provider so they can send you regular bulletins about local activities, food initiatives, and opportunities to receive support in your area. This is an important part of the study, and anyone who wants to take part will be agreeing to receive this information. If you are in the group that will receive vouchers to spend

	at the mobile greengrocer, we will also share your home address with your housing provider so they can send you the vouchers. We would like to stress that your housing provider is only allowed to use the contact details and home address we provide them with for the purposes we have just outlined. They are not permitted to use the information they receive from us for any other reason. Once the study is finished, anonymous data from all participants will be used to investigate how the initiatives tested in this study might benefit people if they were scaled up across Liverpool and across England. You will not be identifiable in this dataset; the researchers will not know who you are.
Will my data be archived for use in other research projects in the future?	Your personally identifiable information will not be archived or used in other research projects in the future. At the end of the study, we will combine all anonymous questionnaire responses from all participants – you will not be identifiable in this dataset. Once the researchers have published the study's findings, this anonymous dataset will be made available online for other researchers to use in the future. Doing this increases the study's impact beyond just the research we are doing.
How will my data be destroyed?	Your personally identifiable information will be deleted from Qualtrics and from University of Liverpool systems after the study has completed, according to the timeline described above.
Will my data be transferred abroad and why?	Two of the data collection platforms we will use in the study store data outside of the UK. Information that you provide via the questionnaire website, Qualtrics, will be stored in Germany, as that is where Qualtrics stores data collected in the UK. Qualtrics complies with the UK General Data Protection Regulation (GDPR) law, and its privacy policy is available here: https://www.qualtrics.com/privacy-statement/ . Information that you provide via the study app, Avicenna Research, will be stored in Canada, as Avicenna Research are a Canadian company and that is where their servers are located. Avicenna Research complies with the UK General Data Protection Regulation (GDPR) law, and its privacy policy is available here: https://avicennaresearch.com/legal .

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What will happen to the results of the study?

The findings of this study will provide important insights into how **sharing information about local activities, food initiatives and support** and **introducing new food initiatives** in your area and across Liverpool, **impact wellbeing, community, and diet**. We will share a study report of our findings with all participants who request this, and we will send this via email or WhatsApp. We will publish the findings in **research reports** and **academic journals** and give **presentations on our findings**. We may use creative ways to share findings, such as films, blogs, or social media posts, and may also report them in a **press release**. We will share our findings with our project partners (Alexandra Rose Charity, Queen of Greens, Onwards Homes, Riverside and Torus), as well as the public, policymakers, local authorities, and other organisations who might be interested. Anonymised data from the study will

be made available to other researchers for future use and may be stored in open-access repositories such as the Open Science Framework. **You will not be identifiable in the results of this study.**

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What will happen if I want to stop taking part?

If you decide that taking part is no longer right for you, please **let one of the research team know**. You are **free to stop taking part at any time**, and this will not negatively affect you in any way or have any consequences relating to your housing or otherwise. You **do not need to give us a reason for no longer taking part**, although if you would like to tell us why you are withdrawing from the study, we would be grateful to hear it. We may get in touch with you to ask about this, but you should not feel that you must answer.

If you wish to withdraw from the research study, **we will keep any questionnaire data that you have shared with us up to the point you withdraw**. However, if you do not want us to keep any of your data, **you can ask the researchers to delete any data you have provided** (i.e. your questionnaire responses). You can request that your data be deleted **up to 28 days after you stop** participating in the research study.

It is important to note that if you're in an area where vouchers to spend at a new mobile greengrocer service are offered, the vouchers will only be provided to people who continue to participate in the study.

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What if I am unhappy or if there is a problem?

If at any point you feel unhappy with the research study or encounter any issues, **please let us know by contacting the researchers** via email (schouse@liverpool.ac.uk) or by phone, SMS or WhatsApp (+447345 442688). **We are here to help** and are committed to addressing any concerns you may have – **we want to make sure that you have a positive experience on the research study**. You can also contact the Principal Investigator, Dr Rachel Loopstra, by email (rachel.loopstra@liverpool.ac.uk).

If you are **still unhappy** or have a **complaint you feel cannot bring to us**, please contact the **University of Liverpool Research Ethics and Integrity Office** at ethics@liverpool.ac.uk. When contacting the Research Ethics and Integrity Office, please provide details of the name or description of the study ("A study testing local fresh food initiatives with social housing communities"), the researcher(s) involved and the details of your complaint.

The University strives to maintain the highest standards of rigour in the processing of your data. However, if you are **unhappy about how your data is used**, you can complain directly to the Data Protection Team by writing to the **University Data Protection Officer**, by email (legal@liverpool.ac.uk) or by post (Legal & Governance, University of Liverpool, Foundation Building, 765 Brownlow Hill, Liverpool L69 7ZX). You also have the **right to complain to the Information Commissioner's Office**

by calling 0303 123 1113, by post (The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF), or by visiting www.ico.org.uk.

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Who has reviewed this research?

The University of Liverpool Central University Research Ethics Committee have approved this research (18413).

Who is funding this research?

This work is supported through the UK Research and Innovation (UKRI) Strategic Theme on Creating Opportunities, Improving Outcomes, in partnership with UKRI's Global Food Security programme (UKRI GFS), BBSRC, AHRC, ESRC, MRC, NERC and Innovate UK.

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Who can I contact if I have further questions?

If you have any **additional questions** about this study or **need further clarification** on any of the details, please feel free to contact the Lead Researchers by email, phone, SMS, or WhatsApp using the details below. You may also contact the Principal Investigator by email or phone using the details below.

Researchers running the study

Dr Courtney Neal and Dr Nat Taylor

+447345 442688

schouse@liverpool.ac.uk

Principal Investigator

Dr Rachel Loopstra

rachel.loopstra@liverpool.ac.uk

Links to additional support

If reading this information has raised any issues or concerns for you, please contact your housing officer (if applicable) or your GP in the first instance.

You may also find the following organisations helpful:

- Samaritans – 116 123, <https://www.samaritans.org/>.
- Citizen's Advice Bureau – 0800 114 8848, <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>.

We have also included the contact details for Onward, Riverside and Torus below:

- **Onward** – you can call 0300 555 0600 between 8 am and 6 pm on Mondays, Tuesdays, Thursdays and Fridays, and 10 am to 6 pm on Wednesdays. All the ways to contact Onward, including details on how to reach them outside of these hours, are available at this link: <https://www.onward.co.uk/contact-us/>.
- **Riverside** – you can call 0345 111 0000 at any time on any day. All the ways to contact Riverside are available at this link: https://www.riverside.org.uk/contact_us/.
- **Torus** – you can call 0800 678 1894 between 8 am and 8 pm Monday to Friday, and between 8 am and noon on Saturdays. All the ways to contact Torus, including details on how to reach them outside of these hours, are available at this link: <https://www.torus.co.uk/contact-us>.

Accessibility: To request this document in an alternative format, please contact the Principal Investigator listed above.

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If you would like to take part in the study, click **next**.

If you have decided **you would not like to take part** in the study or that you would like to **contact the researchers to ask a question before signing up** (schouse@liverpool.ac.uk; +447345 442688), you may **close this questionnaire** now.

If you feel you need to, you may also contact the researcher who has overall responsibility for the study, Dr Rachel Loopstra, by email (rachel.loopstra@liverpool.ac.uk).

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Online Consent Form (see separate file)