

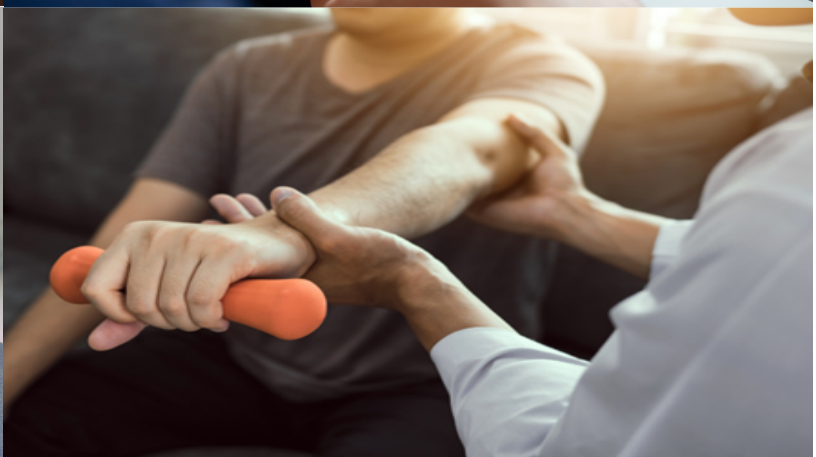


ReSTORE

Remote STrOke Rehabilitation

EASY READ

PARTICIPANT INFORMATION SHEET



WELCOME TO ReSTORE



You are **invited** to take part in the **ReSTORE research study** because you have **had a stroke** in the last **3 years**.



Before you **decide** whether to take part, this **information** will help you **understand** why this study is **being done** and what **you** will have to **do**.



If anything is **not clear**, please **call** the ReSTORE team on **02476 575767**.



After a stroke, some people have long-term health **problems** that can greatly affect **quality of life**.

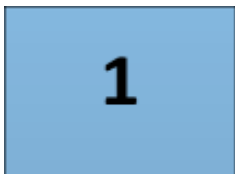


People who have had a stroke have told us that problems with feeling **tired, worried, unfit**, and **low in confidence** are common.

WHAT TREATMENTS ARE WE TESTING?



We will **test an online exercise and support rehabilitation programme** to find out if it can help people **recover after a stroke**.



You will join **one of two groups**.

This will be decided by **chance**.

You, and the research team **cannot choose** which **group** you join.

This is so we can **compare** the study **treatments fairly**.



Group 1

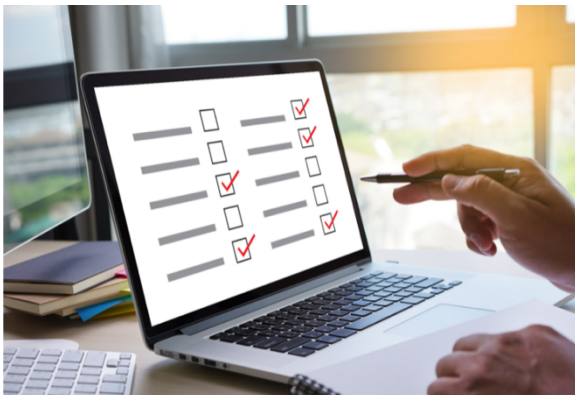
One online session of **advice** and **support** with a trained **professional**.



Group 2

The **ReSTORE** online rehabilitation **programme** which you can do at **home** over **10 weeks**.

This will include **weekly group exercise** and **recovery support** sessions.



We will ask you to complete a questionnaire **4 times** over a **year**.

These will ask about your **quality of life, fatigue, confidence and activity levels**.

WHAT WILL IT INVOLVE?



If you **want to take part**, follow the website link:

www.warwick.ac.uk/restorestudy to **check if you can join** the study.



You will **need**:

Laptop with a **camera**



or **computer** with a **camera**



or **tablet** with a **camera**



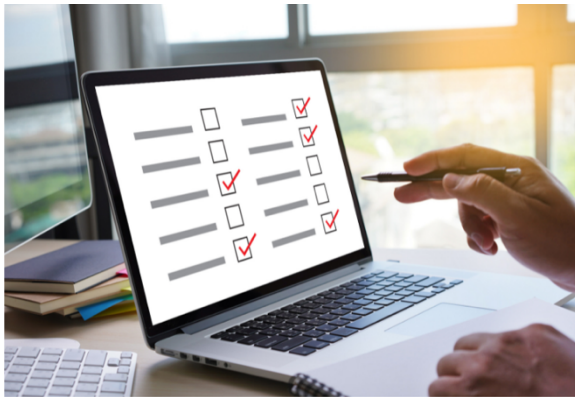
Mobile phone with a valid phone **number**



Internet access



Email address



There will be **4 questionnaires** to complete after you join the study.

They will be **available online** and **won't take too long** to complete.

If you have any **questions** or concerns, **please call us**.



We **do not expect** any **serious risk** to you.

If you take part in the **ReSTORe programme (Group 2)** there is a **very small chance** that **exercise** could **cause**:

- tiredness
- breathlessness
- sore muscles

This should get **easier each time** you **exercise**.

Specialist staff will **advise** and **monitor** you.



Do I have to take part?

You can **decide** if you **want** to **take part**.

If you want to **stop taking part**, please **tell us**.

You can **stop taking part** at **any time** without giving a reason.

PARTICIPANT DATA HANDLING

 <p>The logo for the University of Warwick Clinical Trials Unit. It features a stylized 'W' made of two overlapping triangles, one yellow and one purple. Below this, the word 'WARWICK' is written in a purple serif font, followed by 'CLINICAL TRIALS UNIT' in a smaller, black sans-serif font. At the bottom is the NHS logo, which consists of the letters 'NHS' in white on a blue rectangular background.</p>	<p>University of Warwick staff will use information from:</p> <ul style="list-style-type: none">- you- your medical records,- GP records,- other NHS data sources <p>This is in accordance with the University of Warwick's standard procedures.</p>
 <p>A photograph showing a close-up of a person in a blue NHS uniform, likely a nurse or healthcare professional, using a tablet computer. The person's hands are visible, and they are pointing at the screen. The background is slightly blurred, showing what appears to be a clinical setting.</p>	<p>The information we collect about you will be kept strictly confidential.</p> <p>It will only be accessible to authorised people.</p>

MORE INFORMATION



To find out **more**:

- Have a look at the detailed information sheet found on the ReSTORE website
- Call the **ReSTORE** team on 02476 575767

This study has been reviewed by Derby Research Ethics Committee.

❖ **How will we use information about you?**

UHCW NHS Trust is the sponsor for the study. The study will be run by Warwick Clinical Trials Unit at the University of Warwick (UoW). If you agree, UoW and UHCW NHS Trust will use the information you give, your GP records and other NHS records to do this study and will be joint data controllers. They will both be in charge of keeping your information safe and using it properly.

People from UoW, UHCW NHS Trust and regulatory organisations may

look at your medical and study records to check everything is **correct**.
Your data will have a study number and we will keep it **safe**.
Reports will be written so **no one** can **tell you took part** in the study.

The **people** at UoW and UHCW NHS Trust who can **see your information** are:

- **Exercise specialists** running **the online groups**
- **ReSTORE team** from **UoW** who **check how you are doing** or make sure **questionnaires** are **filled in**
- **ReSTORE team** from **UoW** who **manage** the **database** where **your information** is kept, or **people who will check** how **data** is **collected**.



The team that analyse study information at the UoW will not know who you are.

UoW will keep your name and contact details until the final report is published. Information that does not have your name on it will be kept for 5 years. UHCW NHS Trust will keep your name and contact details for 10 years.



With your permission, some of your contact details will be shared with other companies only for the study. If you agree to take part, we will share your name, phone number, and email address so we can contact you about the study. Any personal information shared with other people will be safely deleted when it is no longer needed.

If you agree to join the study, we may use the information we collect for future research. This information will be shared without your name, so no one will know it's you. Any future research will only happen if it is approved by the Research Ethics Committee.

❖ What are your choices about how your information is used?

You can **stop being part of the study at any time, without giving a reason**, but we **will keep information** about you that we **already have**.

We need to **manage your records in specific ways** for the research to **be reliable**. This means that we **won't be able to let you see or change the data** we hold about you.

If you **agree to take part** in this study, you will have the **option to take part in future research** using your data saved from this study.

❖ How will we keep your data safe?



To protect your rights, we will use as **little personal information** as possible. Any **information** we collect about you during the study will be **kept private** and **only certain people** will be able to **see it**. The **only time** we would **share your information** is **if there is an emergency**.

If your health, or someone else's health, is in danger, we may contact you, emergency services, or other healthcare staff.

If you join the **10-week online** exercise and support programme, ReSTORE specialists at **UHCW** will **keep paper records** of your **contact details** and **health information** for **safety**. These records will be stored safely in **locked cabinets** that only study staff can open. These records will **not** be **shared with UoW**.

You can read the privacy statements on the University of Warwick and University Hospitals Coventry & Warwickshire websites:

<https://warwick.ac.uk/services/legalandcomplianceservices/dataprotection/otherprivacynotices/research/>

<https://www.uhcw.nhs.uk/privacy>

You can also find out more about how we use your information here:

<http://www.hra.nhs.uk/patientdataandresearch>

For **independent advice** on research, you can **contact PALS**
(Patient Advice and Liaison Service) on free phone 0800 028
4203, Email: feedback@uhcw.nhs.uk

CONTACT US

If you have any **questions** or **concerns**, please get in
touch via:



restore@warwick.ac.uk



02476 575767



<https://warwick.ac.uk/restorestudy>