



UCL



Are you a family member or friend of someone living with a severe mental illness who has risk factors for heart disease or stroke*?

Would you be interested in speaking to us about your views and experiences of social prescribing and accessing community activities to support their health?

Social prescribing involves a health professional (usually a GP) referring someone to a link worker who then works with the person to identify community activities that they would like to take part in to support their health and wellbeing. For example, arts, community gardening, employment, benefits and debt advice, volunteering, sports, exercise groups and leisure activities.

We want to understand your views and experiences of social prescribing and community activities and any challenges that your family member or friend might have in accessing these activities.

If your family member or friend has not taken part in social prescribing or community activities, we would like to hear if there is anything that could help them to access these activities.

We would like to speak to you if you:

- »» are aged 18 years or older
- »» you are a family member or friend of someone with a diagnosis of schizophrenia, psychosis or bipolar disorder
- »» **your family member or friend has one or more of the following***: is a smoker, overweight, physically inactive, has diabetes, high blood pressure, poor diet or raised cholesterol.

What will happen if I take part?

- »» You will have the opportunity to discuss the study with a trained researcher and ask questions.
- »» You will be asked to take part in an interview with a researcher over the telephone, video call or in-person depending on your preferences.
- »» The interview should last around 45 minutes.
- »» The information you give us will be anonymised and kept confidential.
- »» We will offer you a £10 online gift voucher to thank you for taking part.

If you are interested in hearing more, please contact **Alexandra Burton** (a.burton@ucl.ac.uk)



Mental
health
research

the social
biobehavioural
research group