

**Participant Information Sheet**

**1. Project Title**

Babi Actif

**2. Invitation to take part in the project**

You are being invited to take part in a project being run by Snowdonia Active (Eryri-Bywiol Cyf) and evaluated by the School of Sport, Health and Exercise Sciences at Bangor University. Before you agree to take part it is important for you to understand why the project is being done and what it will involve. Please take time to read the following information carefully. If you wish, discuss it with friends and relatives. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether you wish to take part, or not.

**3. What is the aim of this project?**

The aim of this project is to support parents to be active outdoors with their babies during their baby’s first 1000 days; the period from conception to a child’s second birthday.

Positive early experiences have an important influence on children’s chances for achievement, success and happiness. The first 1,000 days of being a parent are accepted to be the most significant in a child’s development. The 1,000 days between a woman’s pregnancy and her child’s 2nd birthday offer a unique window of opportunity to build healthier and more prosperous futures. There have been a number of high profile campaigns promoting the importance of good nutrition during this time, however the associated benefits of being active post pregnancy and during the early years has not received the same degree of attention.

Specifically, the Babi Actif project’s objectives are to:

•Deliver targeted interventions to overcome real and perceived barriers to getting active outdoors with small children ​

•Promote enjoyable, active activities which are accessible to parents and children during baby’s first 1000 days ​

•Identify and promote new, innovative activities for families with young children ​

•Deliver a physical and digital campaign which shares ideas of how to get outdoors and active with your babies ​

•Share positive stories of how being active outdoors has enriched family life

**4. Why have I been invited to take part?**

You are within the first 1000 days of being a parent. We are working with perinatal and postnatal services in certain geographical areas to identify parents like you. Alternatively, you may have

responded to one of our adverts.

**5. Do I have to take part?**

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this Participant Information Sheet to keep and be asked to sign a consent form. If you decide to take part you are free to withdraw at any time and without giving a reason.

**6. What will happen to me if I agree to take part?**

At your course or session, you will be asked to complete an attendance register and explain how you found out about Babi Actif. Your contact details will be recorded. We will then collect data on your date of birth, gender, ethnicity, home postcode, disability status and employment status. Your baby’s name, age and gender will also be noted.

After each Babi Actif course or session, you will be asked to rate how satisfied you were with the activity.

To evaluate the Babi Actif project, we will assess your physical activity and mental wellbeing by asking you to complete two questionnaires. In total these questionnaires will take approximately 20 minutes to complete. You will complete the questionnaire on four occasions: once before you start your Babi Actif course or session; once in your last Babi Actif session; once six months after your last Babi Actif session, and finally once twelve months after your last Babi Actif session.

Then we will assess the physical activity and mood of your baby, by asking you to complete a diary of your baby’s activity and level of contentment over a 48-hour period. The diary will take approximately 45 minutes to complete. You will complete the diary on four occasions: once before you start your Babi Actif course or session; once in your last Babi Actif session; once six months after your last Babi Actif session, and finally once twelve months after your last Babi Actif session.

We will ask you to share any reports received from your health visitor about your baby.

Optionally, you may also participate in a focus group to allow your views of the Babi Actif programme to be obtained. The focus group will take approximately one and a half hours, plus travel to the focus group venue (reasonable travel costs will be reimbursed).

**7. What do I have to do?**

You will attend your preferred Babi Actif courses or sessions. The project evaluation (described in part 6, above) will be completed using paper and/or online methods during your Babi Actif courses or sessions or in your own time at home. You do not have to restrict or change your normal lifestyle in any other way.

**8. What are the possible benefits of taking part?**

You will gain access to the Babi Actif activities and resources. You may also meet other like-minded parents. Thus this project aims support you to be more active outdoors with your baby. You taking part will also help the Healthy and Active Fund partnership (Welsh Government, Sport Wales and Public Health Wales) determine whether a project such as Babi Actif is effective and

should be scaled up to support parents across Wales in the future.

**9. What are the possible disadvantages and risks of taking part?**

The project will take up your time, as described in section 6, above.

As with any project that involves personal data, there is a risk of breach of confidentiality. Please so section 10, below, on how we will mitigate this risk.

During the optional focus group, we are not planning to ask any sensitive questions, but you may choose to not answer any question as you wish. If you do disclose any sensitive information, the organizer will advise you on further steps you could take to obtain additional support, should you need it.

During the pandemic, there is a risk of contracting COVID-19. When you attend your preferred Babi Actif courses or sessions you will follow Babi Actif’s procedures to minimize this risk. The project evaluation (described in part 6, above) will be completed using paper and/or online methods during your Babi Actif courses or sessions or in your own time at home. If you complete the project evaluation during a course or session, you will be asked to follow Welsh Government guidance on maintaining physical distancing, hand washing, and staying outdoors. You will be encouraged to utilize your own phone, tablet or computer to complete any surveys; if you prefer to use paper copies then stationary will be disinfected before and after use. If you attend the optional focus group this will be organized online, or if COVID-19 restrictions allow, in an indoor space that allows compliance with current Welsh Government guidance (e.g. maintain physical distancing and provision of face masks to be worn by all participants).

**10. Confidentiality**

All information which is collected about you during the course of the research will be kept strictly confidential. Any information which leaves Babi Actif and Bangor University will have your name and address removed so that you cannot be recognized from it. The only exception to this is that, if necessary, your personal details will be passed onto NHS Wales Test, Trace, Protect system.

If you choose to take part in the focus group, we would like you to speak as freely as possible within the discussion group, so maintaining your confidentiality is important to us. To ensure this, the discussion groups will be recorded for transcription purposes. The recordings will be transcribed by professional transcribers before being deleted. The transcriptions will then be interpreted and analysed by the Babi Actif staff or by colleagues from the School of Sport, Health, and Exercise Sciences at Bangor University.

Babi Actif and Bangor University will securely store your personal data on password-protected computers or in locked filling cabinets for a period of five years.

All of the collected data will be used to produce reports and scientific publications. It will not be possible to identify you in any report or publication of the study. A lay summary of any report or publication will be sent to you, if you wish.

**11. What will happen if I don’t want to carry on with the project?**

You are free to withdraw from the Babi Actif project at any time. If you would like to do so, please speak to one of the Babi Actif staff. If you withdraw your consent; information collected about you will still be used to evaluate the project. However, no new information will be collected from you and you will not be contacted by us again unless it is deemed in your best interest to do so. Your decision to withdraw will not affect any relationship you have with your healthcare provider, Snowdonia Active, or Bangor University.

**12. Who is organising and funding the project? (Disclosure of Conflict of Interest)**

The Babi Actif project is being organised by Snowdonia Active (Eryri-Bywiol Cyf). The School of Sport, Health and Exercise Sciences at Bangor University is assisting Snowdonia Active with project evaluation.

The Babi Actif project is funded by the Sports Council for Wales, trading as Sport Wales, on behalf of the Healthy and Active Fund partnership (Welsh Government, Sport Wales and Public Health Wales).The Sports Council for Wales (“SCW”) trading as Sport Wales to Eryri-Bywiol Cyf(“the Recipient”) to provide a grant towards the funding of the Project (“the Offer”). The offer is made on behalf of the Healthy and Active Fund partnership; Welsh Government, Sport Wales and Public Health Wales

**13. Who has reviewed the study?**

The study has been reviewed by the School of Sport, Health and Exercise Science’s Ethics Committee.

**14. Feedback on the conduct of the project**

If you would like to provide feedback on your experiences of being involved in this project, you may use a feedback form available from the Babi Actif staff (contact details below). You may

return your completed form to these staff or if you prefer you may send it to the person responsible for monitoring Snowdonia Active’s activities: Jeanette Wooden, Project Coordinator, 01286 685502; and/or Bangor University’s activities: Mr. Huw Ellis, College Manager: 01248 383229; huw.ellis@bangor.ac.uk.

**15. Any Questions?**

Please ask us if you have any questions. You should not sign the form consenting to take part in the project if you still have unanswered questions or any doubts.

**16. Thank you**

Thank you for considering taking part and taking the time to read this information sheet.

If you decide to take part in the project, we will give you a copy of the information sheet and a signed consent form to keep.

**17. Project investigators:**

Babi Actif Project Lead: Jeanette Wooden, Snowdonia Active: email: babiactif@snowdonia-active.com; Tel: 01286 685502

Project Evaluation Lead: Jamie Macdonald, Head of School, School of Sport, Health and Exercise Sciences, Bangor University: email: j.h.macdonald@bangor.ac.uk; Tel: 01248 383272.