

Participant Information Sheet

Before you decide whether to participate in the evaluation, you need to understand why the evaluation is being done and what it would involve for you. Please take the time to read the following information carefully. Talk to others about the evaluation if you wish.

Please ask us if anything is unclear or if you would like more information. You can speak with the service evaluation leads by emailing REDSAppts@cpft.nhs.uk.

What is a service evaluation?

A service evaluation assesses the effectiveness of a service and uses feedback to improve them.

Who is organising the service evaluation?

The service evaluation has been organised by three members of the Relational and Emotional Difficulties Service (REDS):

- Eloise Bennett (REDS Assistant Psychologist)
- Chloe Waite (REDS Assistant Psychologist)
- Dr Amanda Barton (REDS Consultant Clinical Psychologist)

What is the service evaluation about?

RED-E is a new course, and we're keen to understand how it's working. This service evaluation aims to explore what aspects of the course are most helpful, what could be improved, and how people may be benefitting from it. By gathering feedback from those who use the course, we hope to make RED-E as effective, inclusive, and helpful as possible.

What would taking part involve?

You'll be asked to complete an online form that takes around 10–15 minutes. It includes short questionnaires that help us understand your emotional regulation and overall mental wellbeing. There are no right or wrong answers.

What are the possible benefits of taking part in this service evaluation?

By participating in our evaluation, you can help us understand more about what it's like for people using our new online course. Your opinions and experiences will help us improve the course and make it more effective and accessible for others.

What are the possible disadvantages, side effects or risks, of taking part in this service evaluation?

You may be asked to reflect on aspects of your experience that feel personal or uncomfortable. However, you won't be required to share anything you don't want to, and you can stop filling out the online form at any time.

Will my information be kept confidential?

All the data collected will be stored confidentially and securely as per GDPR guidelines. We will analyse the data at a group level so that it is anonymous, and results may be presented within Cambridgeshire and Peterborough NHS Foundation Trust (CPFT). No names will be used, and your details will not be identifiable.

By completing this questionnaire, you give CPFT consent to store and use your collected data in the manner outlined above.

What happens if I agree to take part, but change my mind later?

Participation is entirely voluntary, and a decision to withdraw participation from the service evaluation without giving a reason would not affect you in any way.

If you decide that you no longer want your data to be included in the evaluation, you can contact the team at [**REDSAppTs@cpft.nhs.uk**](mailto:REDSAppTs@cpft.nhs.uk) within **one month** of submitting your responses. This timeframe allows us to remove your data before we begin analysing and reporting the results. If you withdraw within this period, your data will be securely deleted and will not be included in the final report.

What will happen to the results of the service evaluation?

The results of the evaluation will be shared with the REDS team to contribute to the ongoing improvement of RED-E. Findings may also be presented within Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), at conferences, and published if appropriate. All responses will be kept anonymous and will not identify you personally.

What do I need to do next?

If you require this information in another format such as braille, large print or another language please let us know by emailing the team at [**REDSAppts@cpft.nhs.uk**](mailto:REDSAppts@cpft.nhs.uk).

If you're happy to proceed after reading this information, please follow the link to the form to continue.

Crisis support

RED-E is an online, self-guided course, and we are unable to offer crisis support. If you need help or have any concerns regarding your mental health, please contact:

First Response Service: 111 (and select the 'mental health' option). Calls will be answered 24/7 by trained mental health practitioners.

Cambridgeshire and Peterborough out of hours service: Telephone 0808 808 2121, between 7pm and 11pm, 7 days a week.

Emergency Doctor: All GP surgeries have an out-of-hours number that you can call in an emergency.

Samaritans: If you feel you urgently need to speak to someone, the Samaritans are available 24 hours a day, seven days a week on Telephone 116 123 (free call).

A&E: If you are not able to obtain the support you need through the methods above, you can call 999 or go to your nearest A&E department.

You may also wish to refer to your safety plan if you have one.

Thank you for taking the time to read this information.