**Interested in Stroke Research?**

**Introduction**

Hello, my name is Ben Parkinson. I am a research student at Glasgow Caledonian University. I am interested in seeing if mindfulness meditation can help people affected by stroke.

I want to find people affected by stroke to help make stroke research better. The help I need involves reading forms and talking with me about my work. I am interested to know what you think about my research and what I can do to make it better. I am not asking you to take part in research. I am asking you to join the Advisory Group. It is your choice whether you want to help and you can stop helping at any time.

**The Research Topic**

Mindfulness meditation helps people cope with stress, anxiety, and low mood (depression). My research will help us understand if stroke survivors and family caregivers find an online mindfulness course helpful.

**The Advisory Group**

The Advisory Group will take about five hours of your time over the next year. It is flexible. I will ask you to read some forms and talk to me about the research. I am interested to know what you think of the forms and whether they are easy to understand. It is helpful to know what you think about the research findings and whether the research is appropriate for people affected by stroke. Your help will make my research better and will help other stroke survivors. Your help is important. When the study has finished you will be given a £50 gift voucher. Your help will be acknowledged in my final report (thesis).

**Contact Ben or Maggie, if you want to know more:**

**Ben Parkinson Maggie Lawrence**

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