

The National Institute for Health and Care Research (NIHR) Clinical Research Network (CRN) in the East of England region has launched the world's first video game to tell the story of how scientists have found treatments for health conditions like diabetes through research.

It's great for all ages and the game is now available to download for free to your iPad or Android tablet from the App Store and Google Play!

Free Rebo Lesson Plans for schools are also now available for teachers to use as part of the UK Science Curriculum.



For more information about Rebo (and the Lesson Plans) visit: bit.ly/RebosResearchAdventure

To take part in research check out:

<https://bepartofresearch.nihr.ac.uk/>

or speak to your specialist clinician

You do not have to take part. It is **your choice**. If you do take part, you are free to stop at any time.

This will not affect the care that you receive now or in the future.

We believe that everyone should have the opportunity to consider taking part in research.

For volunteers whose first language is not English, we will try to provide translation services to assist.

National data opt-out

The national data opt-out is a service that allows patients to stop their confidential patient information being used for research and planning.

Find out more at:

<https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/>

¹Our Hospitals: The Norfolk and Norwich University Hospital; Cromer Hospital; The Jenny Lind Children's Hospital

Public and Patient Involvement in Research at the Norfolk and Norwich University Hospitals¹

Take part in research

Research is important because it helps us: gain knowledge about why people become unwell; improve the treatment and support available; prevent illness and disease and contributes to the development of cures.



Research needs you!

Research is central to the way we develop our services at NNUH

We conduct research into most conditions treated at our hospitals, including: cancer, diabetes, disorders and diseases that affect: the digestive system, the heart, the joints, breathing, the ear nose and throat, the hormonal balance, as well as research undertaken during pregnancy and childbirth.

Our research department includes the NIHR Norfolk Clinical Research Facility located at the Quadram Institute and on the main hospital site.

We work together with the University of East Anglia and the Quadram Institute Bioscience as well as the wider Norwich Research Park community. Members of the public and patients can get involved in research by volunteering to take part.

"All research is vital; it is an opportunity to help others. The experience has been very good"

Research needs you to get involved!

Sometimes we need volunteers with specific conditions, sometimes we need volunteers who are a certain gender or age, and at other times we need healthy volunteers.

Research depends on willing volunteers. Without volunteers research cannot happen.

Every participant makes a difference by helping us to understand more about illnesses and treatments.



Anyone can get involved in research by volunteering to take part

The **benefits** can vary from study to study. There may be no direct benefit to you personally.

A study information sheet will be provided to you explaining what the study involves and outlining any potential risks of participation.

You will also be able to discuss taking part with a member of the research team and we encourage you to discuss it with friends, family and your specialist clinician.

Below are some comments that we have received from people who have taken part in research at NNUH:

"I have been lucky to have been given the opportunity to participate and would encourage others to volunteer for research projects. I would like to thank the hospital staff"

"Staff were excellent, friendly, understanding, willing to listen and very informative"