



## Study Title: Assessment of LifeLab Southampton: on-going evaluation

Researchers: The LifeLab Team

Ethics number: 12713.A5

Dear Parent/Carer,

Your child's school/college has chosen to take part in the LifeLab programme offered by the University of Southampton.

The LifeLab visit will involve practical activities to measure health and fitness, as well as a chance to talk with scientists. Activities may include: measuring blood pressure, flexibility, using ultrasound to look at blood vessels, seeing how scientists can look at DNA and practicing CPR techniques. The activities are all completely safe and non-invasive and are no riskier than those carried out in the normal science classroom at school/college. Your child's regular teachers will be involved throughout the programme.

The activities are offered so students can use equipment which they may not have access to at school/college, and so they can gain a deeper understanding of how doctors and scientists can measure health. Students will not be made to do any tests they do not wish to and may withdraw from any activities at any time; no results are being recorded.

LifeLab teachers are not medically trained and will not be making any medical assessments based on the results the children find. However, if either you or your child is concerned about any of the activities, either before or after the LifeLab activity day, please feel free to contact any member of the LifeLab team.

LifeLab is sponsored by the University of Southampton and University Hospital Southampton NHS Foundation Trust and we plan to carry out research to evaluate the impact of the LifeLab Programme, looking at knowledge and understanding of health-related issues and also tracking curriculum and higher education choices of children.

At the end of the LifeLab activity day, all children will be asked to complete an evaluation - asking their thoughts about the activities, whether their thoughts about science and health-related issues have changed and exploring ways to support them in future behaviour change. As part of our work to support young people in making changes to their behaviour we are developing a game-based app for smartphones. Your child will be given access to the app to help them on their journey to improving their health behaviours. Your child can choose a character and a personal journey, and can choose quests and challenges related to the journey to help them. Information will be provided to the research team on your child's use of the app to help us assess the value of this method, but the data will not be used outside research for any purpose.

To evaluate whether outreach activities like this have an impact on children's future choices of higher education, the outreach department record information on the Higher Education Access Tracker (H.E.A.T) database (<http://heat.ac.uk>). The information recorded is: child's name, school, gender, date of birth and postcode. This information is used to track the children through their education and identify which (if any) higher education facilities the children attend. We would also like to have the opportunity to contact you / your child in years 11 and 13 to understand the longer-term impact of this project on career, education and healthy lifestyle choices.



We have included a box to ask for a contact email or phone number if you or your child would like to hear more about the research, have opportunities to feedback your views as a parent for future research proposals and to be invited to LifeLab events such as the annual Showcase celebration event.

#### Will my child's participation be confidential?

No health-related data is recorded or stored. All answers to the questionnaires will remain confidential. Data will be stored on a trusted third-party database in accordance with the Data Protection Act. This data may also be shared with other trusted partners such as the Higher Education Funding Council for England (HEFCE), Higher Education Statistics Agency (HESA) or the University and Colleges Admissions Service (UCAS). For the purposes of reporting all data is anonymized. The data will be used to evaluate the effectiveness of outreach activity as part of the government policy to widening participation in higher education and to develop future policy. The data controller for the purposes of the Data Protection Act 1998, is the University of Southampton. Enquiries about the use of your data should be addressed to [outreach@soton.ac.uk](mailto:outreach@soton.ac.uk).

#### What happens if I change my mind?

Your child's participation in this study is completely voluntary and you are free to withdraw the participation of your child at any time – please indicate on the consent form attached which aspects of the programme you are happy for your child to participate in.

#### COVID-19 safety and what is expected during the visit:

It is important to note that although the impact of the COVID-19 testing and vaccination programmes has been positive, COVID-19 remains a risk to health and the 'Hands Face Space Fresh Air' message is still important. People should continue to practice COVID-safe measures such as good hand hygiene and wearing of face coverings where recommended.

As LifeLab is hosted at University Hospital Southampton, we are conscious of requiring additional considerations. Working with the hospital and the University, a risk assessment and 'safe return to LifeLab' protocol have been written to ensure the safety of students and school staff visiting LifeLab and the hospital staff, patients and visitors.

- If your child is experiencing COVID-19 symptoms, has tested positive for COVID-19, or is feeling unwell they **must not attend the visit**.
- Staff and students will be asked to use the hand sanitiser located in the building entrance on entry and exit.
- When masks are required within the hospital, staff and students will be asked to wear masks whilst travelling through the hospital to LifeLab, spare masks will be made available when entering the hospital.
- We request that attendees do not adjust any ventilation settings in the room or close windows that have been left open.
- Hand sanitiser will be provided, staff and students will be asked to sanitise or wash hands before and after collecting and using equipment.

Thank you for taking the time to read this. If you have any queries or questions, please do not hesitate to speak to any of the following researchers:

Dr Kathryn Woods-Townsend  
Tel: 023 8120 8979  
[k.woods-townsend@soton.ac.uk](mailto:k.woods-townsend@soton.ac.uk)

Professor Marcus Grace  
Tel: 023 8059 3213  
[M.M.Grace@soton.ac.uk](mailto:M.M.Grace@soton.ac.uk)

If you have any concerns, please contact the Head of Research Governance by calling 02380 595058 or via email at [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)



CONSENT FORM (Day visit)  
For completion by parent/carer

School Name:	
Child's first name:	Child's surname:

Please initial ALL the boxes below to give your consent to each item:

1. I have read and understand the information sheet (Dated 15/10/21 Version 7) for the above study and have had the opportunity to ask questions about the study. ☐
2. I understand that my child's participation is voluntary and that I am free to withdraw my child's participation at any time, without giving any reason. ☐
3. I understand that the measurements taken on the LifeLab activity day are not testing for any specific health disorders and are for educational purposes only. ☐
4. If I/or my child are worried by any of the measurements taken on the LifeLab day, we know that we can talk to the science teacher, the school nurse or any member of the LifeLab team for further information. ☐
5. I agree that my child can:  
Attend the LifeLab activity day ☐  
Access the game-based app for smartphones ☐  
Complete the evaluation questionnaire ☐
6. I consent to my child's data being recorded on the H.E.A.T database to help track students' progression from school into Higher Education and beyond ☐

If yes, please provide the following information about your child:

DOB:     /     /	Gender: Male/Female ( <i>Please circle</i> )
Address:	
Postcode:	

8. I agree to be contacted when my child is in year 11 and 13 to feedback on long term impact of project. ☐
9. I would like to hear more about the research, have opportunities to feedback my views as a parent for future research proposals, and receive email invites to LifeLab events such as the annual Showcase celebration event. ☐

If yes to either question 8 or 9, please provide your contact details:

Email Address:
Phone number:

\_\_\_\_\_  
Name of Parent/Carer

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# Photography Permission Form



Dear Parent / Guardian,

The University of Southampton<sup>1</sup> (the “University”) maybe taking some photographs at LifeLab on your child’s school visit. We would like to be able to use a photograph of your child or children named below (“the Child”) in our marketing materials, including our website, newsletters, social media, local and national media and other marketing/communications publications (“the Purposes”).

To enable us to do this, the University needs to keep a record of the Child’s name, address and contact details, although the Child won’t be identified by name in any publications where their photo is used. We will only collect and process<sup>2</sup> the Child’s personal data that we need and will only use it for the Purposes. We will keep it secure and we will not share it with any third parties. The Child’s personal data will be kept for 36 months from the date when it was collected in case their photo is considered suitable for publication, otherwise it will be destroyed securely after that date.

The University will own the copyright in the photographs produced and other intellectual property rights in the Products<sup>3</sup> (as defined below) produced from the photo shoot. By signing this form and allowing the Child to participate you are agreeing to the University having a free and unlimited right to use or modify these photos for marketing purposes in any format or medium and to create Products.

I give my permission for the University to take photographs of the Child, to use the Child’s image, portrait or picture, appearance, likeness and form, and to process the Child’s personal data, only for the Purposes as set out above.

Name of child or children: .....

Name and Address of School: .....

Parent/Guardian or Adult having Parental  
Responsibility:

Date: .....

You have the right to withdraw your permission at any time by contacting us at: [lifelab@soton.ac.uk]. If you want to access, review, verify, correct or request erasure of the Child’s personal data, object to the processing of that data, or request that we transfer a copy of the Child’s personal data to another party, please contact [lifelab@soton.ac.uk].

If you are unhappy with the way that we have processed the Child’s information you can contact us at:

Lifelab, Mailpoint 847, Level D, Room LD150, South Lab and Path Block, University Hospital Southampton, SO16 6YD.

Email: [lifelab@soton.ac.uk]

Telephone: +44(0)23 8120 8079

Alternatively, you can contact the UK Information Commissioner’s Office. See their website at: <https://ico.org.uk/>.

Thank you for your co-operation.

- a. The University of Southampton is the data controller and our registration number with the Information Commissioner’s Office is Z6801020
- b. “Processing” means doing anything with the Child’s data, such as collecting, recording, or holding the data, as well as disclosing, destroying, or using the data in any way.
- c. “Products” means any goods created, produced, distributed or manufactured by or on behalf of the University or service offered by or on behalf of the University, and in the case of goods is regardless of whether they are in a fixed final format or transient in nature. Examples of Products include but are not limited to advertisements, publications and general marketing materials and Products are not limited to printed publications.