

## June Newsletter

Thank you for reading this newsletter. If you are interested in volunteering and haven't found a role then feel free to contact me.

If you no longer want to receive the newsletter then contact me and I will remove you from the mailing list

Many thanks  
Karen

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## One offs

### Small Change Big Impact

A great example of the power of what our supporters can achieve together is through our Small Change, BIG Impact initiative. We launched this in September 2013, with volunteers across the North East and throughout the UK coming together to collect small change, to make a BIG Impact for blood cancer patients. Together over two days we raised over £4,000 in the North alone!

So, in 2014 we extended the campaign to run over 2 weeks resulting in an amazing £11,000 raised across the North.

We wanted to take it one step further and for 2015 have decided to extend the campaign to the entire month of September. September also marks blood cancer awareness month so will be an ideal opportunity to raise awareness along with raising vital funds.

Supermarket bag packs and store/street collections are at the heart of our campaign. Not only does the presence of our volunteers help create awareness of our charity, a fantastic amount of money can be raised with just a few hours of your time given up. We currently have collections confirmed on the following dates:

5th September	intu Metrocentre, Gateshead
19th September	intu Eldon Square, Newcastle-upon-Tyne

Please email [lfraser@beatingbloodcancers.org.uk](mailto:lfraser@beatingbloodcancers.org.uk) if you can spare a few hours to help out at one of the above collections.

We can use the small change collected to make a BIG impact on the lives of others - stopping people from dying and making patients' lives better.

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## Star and Shadow Cinema

We need someone to do a small fund-raising job for us.

As we dismantle the old star and shadow building we are finding lots of objects that we don't need any more but are valuable to someone. These include:

- Storage heaters,
- Specialist IT items with a possible heritage aspect to them,
- Salvage door,
- All kinds of stuff.

Your role would be to photograph them and put them on ebay and arrange transportation or collection and raise us thousands of pounds, or at the very least make sure that the item goes to a good home rather than into landfill.

If you are interested come to the meeting next Monday and we will show you around

our demolition site and take details with you.

Peace and Cooperation,

Robin [list-manager@lists.starandshadow.org.uk](mailto:list-manager@lists.starandshadow.org.uk)

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## Internship Scheme 2016

### Application Deadline: 15/06/2016

Do you want to be involved in developing and co-ordinating a volunteering action team in the North East of England and gain work experience with one of the biggest names in the charity sector?

We're looking for a budding project manager to help to recruit, manage and build up an 'Action Team' of volunteers who give their time on an ad-hoc basis to help with various events / tasks throughout the year.

Typically, those would include supermarket collections, marshalling / cheer points at organised events and promotion of National and Local events, although each team member may take part in any or all of those activities.

At the moment, the North East area is covered by five Fundraising Managers who are each required to source volunteers when events come up. Our aim would be to pass details of these to the 'Action Team' Leader, who would then in turn contact team members and co-ordinate their availability / time tables etc.

You would receive help and information from the team here in the North East, keeping you up to date with forthcoming events. You would be helping to make a very real difference to Macmillan, and ultimately, to the lives of people affected by cancer.

- You will be based at home within the North East with occasional travel to London.
- The internship is between 6<sup>th</sup> July 2015 and 25<sup>th</sup> September 2015, although there is some flexibility on dates depending on your availability.
- This is a 3-4 days a week role, Monday to Friday (with some weekends), but specific times and days are flexible to fit around your commitments.
- The internship is an unpaid voluntary role but we pay volunteer "out-of-pocket" expenses, including a daily lunch allowance and your travel expenses, within agreed guidelines.
- You will be supported by the local fundraising team

For more information on this role, contact Jill Campbell, Area Fundraising Manager on 07801 307033 or [jcampbell@macmillan.org.uk](mailto:jcampbell@macmillan.org.uk)

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**Grace House fundraising volunteering opportunities:**

**Grace House Charity Golf Day – Friday 12<sup>th</sup> June 2015 at Ramside Golf Club**

**Sunderland Airshow - Recreation Park 3M x 3M stand**

**Friday 24<sup>th</sup> July 2015 : public 4pm-10pm**

**Saturday 25<sup>th</sup> July 2015 : public 9am – 6pm**

**Sunday 26<sup>th</sup> July 2015 : public 9am – 6pm**

**Sunderland Airshow – Seafront 6M x 3M stand**

**Saturday 25<sup>th</sup> July 2015 : public 9am – 6pm**

**Sunday 26<sup>th</sup> July 2015 : public 9am – 6pm**

Role: requires active, enthusiastic individuals who are passionate and confident about talking about Grace House. You will need to be able to stand during the time volunteered for, manning the tombola stand and handing out information to the public about the services that Grace House provide. Full information about Grace House can be found on our website [www.gracehouse.co.uk](http://www.gracehouse.co.uk), there will be leaflets detailing the services available on hand to hand out to the public and there will be a member of staff available for more complex questions. You will also have a question and answer sheet to help with questions from the public.

**Great North Run – South Shields – Sunday 13<sup>th</sup> September 2015**

Required to help on the day in our marquee on the Charity Village.

Roads close into South Shields from 8am – transport can be provided with the fundraising team from Grace House, Sunderland at 7am and dropped back at Grace House, Sunderland once roads have opened at 5pm. Anticipated time of return is around 6pm.

Volunteers can also make their own way to the Charity Village by Metro and are required and asked to be on site by 11:30am – 3:30pm at the minimum.

Lesley Jackson [lj@gracehouse.co.uk](mailto:lj@gracehouse.co.uk)

Volunteer Co-ordinator

Grace House North East

[www.gracehouse.co.uk](http://www.gracehouse.co.uk)<<http://www.gracehouse.co.uk/>>

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**OpportUNITY**

### **Ethical consumerism/Eco-researcher**

Do you want to explore the length and breadth of Geordieland?

Are you familiar with topics like Fair Trade, up-cycling and Do-It-Yourself ethics?

Do you want to promote healthy lifestyle, organic and local food?

If yes, our project is for you!

OpportUNITY is currently working on creating an Alternative Map of Geordieland – our aim is to promote another way of consumption: conscious and responsible. We focus on:

- food (shops, markets and restaurants selling Fair Trade, local and organic products)
- shopping (ethical, up-cycled and handmade products, flea markets, book and clothes swapping)
- services (up-cycling and repairing points)
- Educational space (workshops, events, debates)

You will be responsible for:

- developing a database and collecting information about the places that meet the above mentioned requirements and are located in Tyneside
- supporting the team in creating an on-line map and a handy guide

If you think you have what it takes then this is an opportunity for you to be part of an international organisation, get an excellent reference for your CV and...be the change you want to see in the world!

For more information please contact: [volunteer@opportunityuk.org](mailto:volunteer@opportunityuk.org)

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### **Dynamix Extreme CIC**

Dynamix Extreme CIC is a not for profit organisation who engage young people in extreme sports, street based, circus and performance arts. Our 40,000sq ft skatepark and performance centre is based on the Felling Bypass in Gateshead.

This month we are looking for volunteers to help with our “Spring cleaning”. Volunteers will be helping with general tidying of the building and outside areas, sweeping floors and ramps of the skatepark, and sorting waste materials that need to be thrown out.

Both volunteer opportunities receive travel expenses. Dynamix has a large car park, if driving you will head for the Gateshead College turn off on the Felling Bypass. We are also within 5 minutes walking distance from Gateshead Stadium metro.

Please send a cover letter/EMAIL to Emma at [info@dynamixskatepark.com](mailto:info@dynamixskatepark.com)

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### **Northern Pride 17<sup>th</sup> – 19<sup>th</sup> July**

Following the success of last year’s Pride celebration, which welcomed 65,000 people from across the region, UK and overseas, Newcastle Pride is back and the event will be even bigger than before. This year we’ll be staging a mega three day celebration with eight satellite events running throughout the months of July and August – our biggest and most ambitious festival ever. We will also be welcoming a new team of volunteers.

This year we are delighted to announce vacancies for the following roles;

Assistant Volunteering Co-ordinator

Park Guide  
Bucket Collector  
Logistical Tasker  
Researcher  
Parade Steward  
Meet & Greeter  
Steward's  
Photographer

Every year we see over 65 volunteers getting involved, some donating an hour some helping throughout the year. Being a Newcastle Pride Volunteer is an excellent way to meet new friends, take advantage of being part of the biggest LGBT festival on your door step & gain experience in events as well as receive a complimentary limited addition T-Shirt, Lanyard, Whistle, Wristband & Refreshments.

If you would like to find out more or request an application form for any of the roles mentioned above simply  
EMAIL - [steven.duffy@npride.org.uk](mailto:steven.duffy@npride.org.uk)

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### **CANCER UK**

Race for Life Pretty Muddy – 11<sup>TH</sup> July Newcastle Town Moor & Exhibition Park  
Volunteer roles within our Pretty Muddy events are extensive as well as exciting. The different roles that can be applied for include:

Admin and Enquiries Team  
Volunteer Manager  
Event Day logistics  
Course Marshall  
Obstacle Marshall

The above roles ensure that all participants are well informed and ready for the race day ahead. However, we also take into consideration the safety and enjoyment of the participants whilst taking part in the 5k obstacle course. This includes their wellbeing out on route and safety when facing an obstacle.

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Ongoing

## **Healthwatch needs you!**

### **Healthwatch Newcastle Investigators**

We would love YOU to join us for our up and coming research project looking at GP services.

- Are you interested in practicing and improving your research or communication skills?
- Would you like to help make GP services better for the people who use them?

If your answer is yes, we have a great volunteering opportunity for you.

And, if you are a student in further or higher education, completing a course with a research element - this will be perfect for you.

Volunteers in this role will be taking people through a structured survey whilst running a Healthwatch Newcastle stall or in a GP practice waiting room. The results of this survey should tell us more about people's preferences when booking and attending GP appointments.

We are looking for people who have:

- Good communication, organisational, listening, interviewing and questioning skills
- Good interpersonal skills
- Research experience
- The ability to explain the research clearly, concisely and confidently to third parties
- The ability to act on their own initiative

It would also be desirable for the Healthwatch Newcastle Investigator to have a basic understanding of the health and social care environment in Newcastle and the ability to be flexible.

If you would like to talk to someone about the role please get in touch with Rachel on 0191 338 5723 or [rachel@healthwatchnewcastle.org.uk](mailto:rachel@healthwatchnewcastle.org.uk)

Applicants must be aged over 18. The deadline for applications is 10 July 2015. We will be interviewing on 20 July and running a half day training course on either 27 or 28 July.

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### **Board Members required - The Time Exchange**

We are a residents' skills-share charity that improves life in Newcastle's West End.

1. *We facilitate skills-exchanges*  
This creates significant economic value, improves quality of life, and allows members to access skills and services which they would not otherwise be able to afford.
2. *Welfare and wellbeing support*
  - We offer information, advocacy, and intensive support at times of crisis.
  - We provide a gateway to statutory services, or specialist support agencies.

3. *Group activities* and workshops to bring together local residents from a wide range of ethnic and social groups. EG. making hanging baskets - a good chance to chat while planting out your choice of blooms!

We are embarking on an exciting period of growth, and would like to offer Trustee positions to individuals who are interested in supporting the Time Exchange in its future development.

There are three vacancies on our Board. We would particularly welcome applications from people with the following skills:

- Income-generation
- Accounts
- Marketing and promotions

To apply, please email a brief summary of how you could help to [info@thetimeexchange.org](mailto:info@thetimeexchange.org)

To find out more, call Project Manager Theresa Ball on 0191 245 0663.

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**The Edward Lloyd Trust is a registered charity that is committed to working with and for people with learning disabilities to enable them to lead full and active lives as citizens. We achieve this through supporting people in their own homes and in the community.**

We have exciting opportunities for Volunteers to gain a real sense of satisfaction in a role that is rewarding and fulfilling. Choosing to volunteer with Edward Lloyd Trust is the first step, choosing what kind of opportunity you would like to volunteer with is the next.

We currently have the following Volunteering opportunities with Edward Lloyd Trust:

### **Soundbeam Drop in Band**

The Edward Lloyd Trust are currently seeking volunteer musicians for the Drop in Band.

The Drop in Band is a music session for people with learning disabilities. Our band is mixture of musicians with and without learning disabilities - who come along every week to make music and mainly have fun.

**It's on every Monday and Wednesday afternoon at Byker Community Centre (153 Headlam St. Byker Newcastle upon Tyne NE6 2DX)**

We require volunteer musicians to assist with the Drop in Band on a Monday and Wednesday afternoon for 3 hours; the role will involve setting up equipment, playing with the band as well as encouraging and supporting clients to participate.

Volunteers maybe also asked to take subs on the door and assist with teas & coffees when required.

Travelling expenses will be paid for and basic fire safety & health & safety training will be provided.

**If you're interested in volunteering for this role, then please contact Brian Wilkinson on 0191 2659341. Alternatively you can email [brian.wilkinson@edwardlloydtrust.co.uk](mailto:brian.wilkinson@edwardlloydtrust.co.uk)**

### **One to one support Volunteer**

Volunteering as part of a team of staff within an Independent Living Service as Support Volunteer.

This is an exciting opportunity to gain a real sense of satisfaction in a Volunteer role that is rewarding and fulfilling. You will assist team members to meet the physical, emotional and social needs of the people we support, using a person centered approach in a way that promotes independence, choice and respects the dignity of each individual.

Helping to ensure the Service User is the focus of your attention at all times, you will assist in all aspects of daily living, support, promoting health and wellbeing and supporting the individual to experience a range of recreational activities.

No two roles are ever alike, and one to one support focuses on the needs and goals of the individual.

### **Children's, Young People and Outreach Services- Saturday Club & Playscheme Volunteers**

The Saturday Club and Playscheme provide social and educational opportunities for people aged 8-18 years and provides respite for their families.

You will assist the Team to provide care and support to encourage and enable children to take part in a wide range of activities at the Saturday Club which takes place every Saturday 10am-2pm at **Byker Community Centre (153 Headlam St. Byker Newcastle upon Tyne NE6 2DX)**.

The Playscheme takes place during School Half term Holidays and runs from 10am-3pm Monday-Friday, all Playschemes take place at **Newburn Leisure & Activity Centre (Grange Road, Newcastle upon Tyne, Newburn NE15 8ND)**

For these rewarding Volunteer roles we are looking for enthusiastic individuals to assist in providing support to children with learning disabilities and some challenging behavior. You will help to ensure each child's individual needs are met and suitable activities are undertaken. You should be committed to providing support and encouragement enabling the children to join in a range of activities.

**If you're interested in volunteering for any of these roles, then please contact Rachael Dillon on 0191 213 1608. Alternatively you can visit our website [www.edwardlloydtrust.co.uk](http://www.edwardlloydtrust.co.uk)**

**Training and full support will be provided with all Volunteer roles.**

**Travelling expenses will be paid for by the Trust.**

***The posts are subject to a Disclosure and Barring Service Certificate at an Enhanced Level. The cost of which will be met by Edward Lloyd Trust.***

*Edward Lloyd Trust is an Equal Opportunities Employer and welcomes applicants from all sectors of the community.*

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## **Newcastle Carers**

Newcastle Carers is an independent charity working citywide to provide support and information to unpaid carers - those who care for a family member or friend who is ill, disabled or has mental health or substance misuse problems. We provide a range of information and support services to help improve the quality of life for Newcastle carers.

We currently have 2 volunteering opportunities:

### **Group Support Volunteers**

We're looking for people who are friendly and good at listening to help out with our support groups for unpaid carers, including:

- Coming along to support groups regularly (usually once a month)
- Helping with the set-up of the room
- Welcoming carers and making them feel comfortable
- Preparing refreshments
- Encouraging carers to develop friendships within the group

### **Promotion Volunteers**

We're looking for enthusiastic people to help spread the word about Newcastle Carers, including:

- Distributing information to GP surgeries and libraries
- Attending community groups or promotional events as a representative of Newcastle Carers

Volunteers must be over 18. Volunteering hours are flexible. We work with carers from diverse communities and welcome all enquiries.

If you are interested in either role, please contact Alison Neill for more information: [alison@newcastlecarers.org.uk](mailto:alison@newcastlecarers.org.uk); 0191 275 5060

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## **HAND IN HAND**

Working with socially isolated and elderly in Newcastle and North Tyneside through our Befriending Service, Lunch Clubs and Activities & Reminisce Clubs and Monthly Outings in Small Groups. Care and Compassion is at the heart of all we do. You can really make a difference to someone's life by volunteering with us.

## **OUTING COMPANIONS**

We are looking for volunteers with or without transport who would support an elderly person on a monthly outing. The outings are normally in small groups of two service users with two outing companions. This role is extremely flexible, to fit in with your life style, all expenses are re-imbursed. Full role description can be found on our website.

## **BEFRIENDERS**

We are looking for volunteer Befrienders to visit socially isolated elderly people in Newcastle and North Tyneside. If you have a couple of hours to spare a week and

can give a six month commitment we'd love to hear from you, you could help reduce our waiting list and make a difference to someone. All expenses are re-imbursed. Full role description can be found on our website.

Visit [www.handinhandproject.org.uk](http://www.handinhandproject.org.uk)

If you are interested in volunteering with us please contact Trevor Chapman on 0191 2804265 / [trevor@handinhandproject.org.uk](mailto:trevor@handinhandproject.org.uk)

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### **Oxfam Books & Music, Jesmond**

Have a passion for books music and organising – our small but vibrant shop has lots of tasks that we need help with from book sorting to customer service

We need people every day so don't be shy get in touch

Katie Liddle | Shop Manager

Oxfam Books & Music, Jesmond

0191 281 8383 | [oxfamshopf0204@oxfam.org.uk](mailto:oxfamshopf0204@oxfam.org.uk)

Find us on Facebook: OxfamBooksMusicJesmond

Follow us on Twitter: @OxfamBMJesmond

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Leonard Cheshire Disability,

### **Disability Rights Campaigner**

Leonard Cheshire Disability, a leading disability charity is looking for enthusiastic and dedicated volunteers to help with their new campaigning initiative. This is a fantastic opportunity to develop your skills, create positive change for disabled people and work with a variety of individuals. The role will involve campaigning on issues that matter to local disabled people such as housing, access or social care. The role will be varied and will develop with the campaign. The role will involve a range of tasks such as lobbying your local MP, working with the media or getting the public to sign a petition. You can utilise the skills you already have or use the support and training available to develop new ones such as letter writing, communications or work on social media.

If you are looking for a varied and challenging role that has the potential to really change people's lives for the better come and join Leonard Cheshire Disability as a Disability Rights Campaigner.

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### **Marketing and Events Management**

OpportUNITY, a non-governmental organisation, based in the centre of Newcastle, which provides local and international opportunities for young people, **is looking for**

an enthusiastic and motivated **individual to join our team for a voluntary placement in Marketing and Events Management.**

You will be responsible for:

- developing marketing strategy on a local and international level
- developing our digital presence by updating social media platforms and assisting in the development of our website
- designing and developing promotional materials (both digital and print)
- supporting the team's requirements in events organisation and administrative tasks when necessary

This is an excellent opportunity for you to enhance your marketing skills, get experience of working with social media platforms and websites, gain events management experience, get a reference for your CV and work in our international team!

You will be working in a city centre based office. To apply, please contact:

[volunteer@opportunityuk.org](mailto:volunteer@opportunityuk.org)

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## **Volunteering Matters**

**We need incredible volunteers to start now to support people across the UK. Can you help?**

**The proposition** Volunteering Matters is looking for people aged 18-35 available now to take part in some **Challenging and exciting** volunteer roles helping a wide range of people across the UK. You might be providing support to students with disabilities at university, helping in a homeless hostel or enabling someone with a disability to live independently. Alternatively you might find yourself providing respite for carers or mentoring and supporting young people.

**What?** We want to find incredible people to volunteer **full-time**, and who can commit for **6 months and up to a year**.

**The sales pitch** This is a **fantastic opportunity** to develop new skills, build your CV, make new friends and make a real difference to people's lives.

**The small print** You will **volunteer away from home** and relocate to one of our projects which could be anywhere in the UK. You'll be provided with **accommodation** and **subsistence** to cover your food and expenses. You do not need previous experience and you will be well supported.

**When? Apply Now!** We particularly need people who can start now but you can also apply to start later in the year.

**Pass it on** Even if this is not for you; please help us by passing this on to your friends and anyone else who could be one of the **incredible people**.

**Fancy it?** Get on line at <http://volunteeringmatters.org.uk/volunteering-matters/young-people/full-time-volunteering/> to apply or call 0800 374 991 now.

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## **Grace House**

### Gardening Team Volunteers

Working as part of a team, Volunteer Gardeners help with the upkeep, development and protection of the gardens at Grace House so that it can be enjoyed by our children when come and visit.

What's in it for you?

- Becoming part of a friendly and dedicated team
- Meeting people from all walks of life and making new friends
- Getting your hands dirty and enjoying the great outdoors

What's involved?

- Helping out with the general upkeep of the garden - tidying up, dead-heading, weeding and caring for borders - looking after trees, shrubs and plants - propagating and nursery work - grass cutting - looking after garden machinery and equipment
- Being a friendly face for visitors to the garden and answering any questions

Lesley Jackson [lj@gracehouse.co.uk](mailto:lj@gracehouse.co.uk)

Volunteer Co-ordinator

Grace House North East

[www.gracehouse.co.uk](http://www.gracehouse.co.uk)<<http://www.gracehouse.co.uk/>>

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## **St Oswald Hospice**

2 new shops Opening Jesmond and Clayton Street

Are you interested in retail want to have a chance to be part of our new teams

We have lots of ways you can get involved

Supporting with the

- books,
- bric a brac,
- on the till as a cashier,

- Serving and supporting customers on the shop floor.
- Window design.

You name it we have roles and support for you

Interested

**Jesmond** - Charlotte Charlton  
07527 506 579  
charlottecharlton@stoswaldsuk.org

**Clayton Street** - Susan Freeman  
07726 902 586  
Susanfreeman@stoswaldsuk.org

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## **Clowns in the Sky**

### **Art and Sensory Trolley Co-ordinator**

Clowns in the Sky support children's oncology ward in the RVI hospital. We do this by working with the play therapist to provide a trolley of art supplies to support and engage the children in activities, and offer sensory distraction.

Through the creative activities the children can express themselves and have fun.

The art trolley and supplies is our commitment to the children and staff

This volunteer role requires you to make contact with the play therapist discuss the art supplies that have been most successful - supplies they would like to have and then make the necessary order through Clowns in the Sky

The supplies go through our regular dealer and will be delivered to your house

When you get the supplies it's a case of arranging a good time to take them up to the hospital

You would be the local contact - the friendly face behind the art trolley - it's not just about supplies it's about the human connection and making it work

This role requires you to be available 3-4 times per year

## **Event Organiser**

Would you like to join the "unseen team" behind Clowns in the Sky?

We need people to organise their own events and donate money to provide art equipment for children's oncology units at the RVI

It's simple - you decide what you want to do then do it

Cake sale, sponsor walk, dye your hair pink, car boot sale

Every penny you make will brighten a child's life

The art trolley costs at least £750 pounds a year, and as just 50p to £10 pays for an item for an activity or sensory trolley on a local children's ward, and £50 pays for a children's entertainer to visit the ward for 2 hours, any amount raised will be well used.

Donna 01708756169 [donna.clownsinthesky@hotmail.co.uk](mailto:donna.clownsinthesky@hotmail.co.uk)

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## **JOBS**

**Admin and ART coordinator post**

***Chilli Studios***

***We aim to provide a sustainable service that engages people in creative activity, which promotes social inclusion and interaction, develops skills and ability which builds resilience, enables potential and improves well-being.***

Want to work with us? Well, you're in luck...we are recruiting 2 exciting new posts - an Arts & Admin Project Worker

Click the link to below to check out our work and download a recruitment pack:

[www.chillistudios.co.uk](http://www.chillistudios.co.uk)

Good luck with your application

**Appeals#**

We are a voluntary organisation called Opportunity based in Newcastle. We are renovating and refurbishing a Youth residential Training Centre in Whitley Bay and due to our really limited budget we could use all the help we can get.

We need:

- bunk beds
- mattresses
- Electric showers
- Shower cubicles
- Stackable or folding chairs
- cups and glasses
- cutlery
- garbage cans
- Bedding - bed sheets, pillows, pillow covers, duvets, duvet covers etc
- Clocks
- Towels
- Mirrors

We will collect stuff from your house. Thank you very much.

For more information email [office@opportunityuk.org](mailto:office@opportunityuk.org) or call 07709146981

## RESEARCH PARTICIPANTS

### **PARTICIPANTS NEEDED**

**Are you a healthy adult aged 40-65 and feel your memory isn't as good as it used to be?**

We are looking for participants for a study investigating the effects of a Wild Green Oat Extract on cognitive (mental) performance and mood.

The study involves a training session (3hrs) and two testing days (for each testing day there are 4 x 60 minute testing sessions), which are separated by a 7 days. Sessions run weekdays and take place in the Brain, Performance and Nutrition Centre at Northumbria University's City Campus.

**To compensate for your time and travel you will receive £80 for taking part in this study**

For more information contact [jo.forster@northumbria.ac.uk](mailto:jo.forster@northumbria.ac.uk) or call 01912437252

Note: If you do not fit the criteria for this study but are interested in participating in other studies please still contact us.

Please feel free to tell anyone that you think may be interested about this study

**This study has received approval from Northumbria University's Faculty of Health and Life Sciences Ethics Committee**