The Change Project is a research project trying out a new way of helping young people. It will be running in your school from November 2006 until the end of the spring term.

This leaflet tells you about it. Please read it and talk to other people about it if you want to.
THE CHANGE PROJECT

What is the Change Project about?
It is about helping young people to learn better ways of coping with worries and difficulties.

About me

My name is Sarah Kendal. I am a nurse and have worked in Manchester for many years. Now I am doing research for a PhD degree at The University of Manchester.
We know that young people have a lot of things to deal with. I want to test out a new way of helping young people, helping them to find better ways of dealing with their problems.

**Who else is involved?**
The Change Project will be run in three high schools in Manchester.

**How will the project work in my school?**
In your school, some of the support staff are having extra training so that they can also be Change Project workers.

As a Change Project worker, they will be available at set times during the school day (not lesson times) for appointments.
THE CHANGE PROJECT

You will be able to get some help for things that are nothing to do with your schoolwork. We will show you some things you can try, some websites and some activities you can have a look at.

What sort of things?
Maybe there is something in your life you want to change

Like feeling:
• Stressed
• Lonely
• Under pressure
• Unhappy
• Shy
What happens in appointments?
The first appointment lasts about half an hour. No one else will be in the room. You can talk privately to a project worker to explain the problem and decide together what you can do about it.

Other appointments last 15 minutes.

These appointments are to see how you are getting on and to encourage you to keep going.

The project worker will show you how to look at the problem calmly, to help decide what to do about it.

They will explain some activities you can try out to help. This might be trying to notice how you react to things or practicing doing something differently.
Yes.

Everything you talk about in appointments will be confidential. The Change Project workers and I will not tell anyone else what you say, and anything we write down will be private.

If a really big problem crops up we may have to ask someone else to help with it, but the Project worker would always talk to you about that first.
When I write a report about the project I will make sure that the young people and project workers cannot be identified. I will not use your name or the name of your school.

How do I get an appointment?
You can get an appointment by asking your form tutor, getting a form from student services or texting your name and form to 07981 690273.
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What is the research part of the Change Project?
I will be collecting information to find out
  • whether the project helps young people
  • and how to make it better.

We will be asking everyone who uses the project if they mind filling in some questionnaires.
The questionnaires will not have your name on; no one will be able to find out what you have written.

I also want to find out what people think about the project. I may ask your permission to contact you later, to arrange to take part in an interview.

The interview is for you to say what you think about the project.
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If you agree to this, that would be very helpful. It will help me to find out whether the Change Project is a good idea.

If you come to a project appointment but decide you don’t want to get involved, that’s okay as well.

You can change your mind about any of the decisions you make with this project, at any time. From all the information I get I will be able to improve the Change Project, so it helps people like you even more.
Any questions?
Anyone can get in touch with me or my supervisors at the University of Manchester and we will answer your questions. You can write, phone or email us.

Thank you for reading this!
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For an appointment, get a form at school (ask your form tutor or the school nurse) and post it in the school office, or text us on 07981 690 273.