



## Participant Information Sheet

### Service Providers Mapping Survey

**Study Title:** The Growing with Nature Project: Mapping Nature-Based Support for Pregnant Women and Birthing People

#### Introduction

- We are inviting you to take part in our research study looking at how nature-based activities can support the health and wellbeing of pregnant women and birthing people.
- This study was developed by researchers from the University of Bristol.
- Joining the study is entirely up to you, before you decide, here is some information about why this research is being done and what it would involve for you.
- You're welcome to discuss the study with others. If anything is unclear, feel free to contact us using the details at the end of this sheet.

#### Why are we doing this research?

- Mental health problems during pregnancy are common but often go unnoticed or untreated. These challenges can have lasting effects on the parent, baby, and family.
- Nature-based activities—like community gardening or walking in green spaces — can help improve mental health in adults, but we don't know how well they support pregnant women and birthing people specifically.
- This study will map the nature-based support available to pregnant women and birthing people in Bristol, North Somerset, and South Gloucestershire (BNSSG).
- We will also explore what helps or hinders organisations in offering nature-based activities during pregnancy.

#### What do we mean by nature-based activities?

- In this project, nature-based activities are group sessions that take place outdoors in natural settings such as parks, woodlands, or gardens.
- These sessions are usually led by someone who guides an activity, and may include:
  - Walking groups
  - Community gardening
  - Outdoor yoga/exercise
  - Forest bathing
  - Mindfulness or relaxation sessions in nature

- These activities may support wellbeing, connection, relaxation, physical health, social engagement, or skill-building.
- We are interested in understanding the full range of nature-based support available.

### **Why have I been invited?**

- You have been invited to take part in this study because you work for an organisation—such as a charity, community interest company, non-profit organisation, private company, or are an independent practitioner—that offer either nature-based activities or health and wellbeing support during pregnancy within BNSSG.

### **Do I have to take part?**

- You do not have to take part; it is your choice. If you do agree to take part, we will ask you to sign a consent form. You are free to change your mind and leave the study at any time, without a reason.

### **What is involved if I agree to take part?**

- By taking part, we would like you to fill in an online survey.
- The survey will ask about the services your organisation offers. It will also ask about your interest in providing nature-based support during pregnancy, any challenges you may face, and what help or resources could make it easier.
- If you are unable to fill in the survey online you can complete the survey over the telephone with a member of the study team.

### **What are the possible disadvantages or risks of taking part?**

- We do not anticipate any disadvantages or risks of taking part.
- We will not expect you to disclose anything you do not want to.

### **What are the possible benefits of taking part?**

- By taking part, you will contribute to improving our understanding of how nature-based activities can support the health and wellbeing of pregnant women and birthing people in BNSSG.
- If you wish, you can enter a prize draw to win one of two £25 Amazon vouchers. Winners will be chosen at random on the 11<sup>th</sup> May 2026.
- If you wish, you can opt in to be contacted about future research projects related to nature-based activities during pregnancy.

### **What if something goes wrong?**

- If you have a concern about any aspect of this study, you should ask to speak to the researchers who will do their best to answer your questions [Tel: 0117 455 3759].
- If you feel distressed by taking part in the study, contact support services such as the Samaritans or NHS 111:
  - Samaritans, open 24 hours a day, 365 days a year, phone number 116 123
  - NHS 111, open 24 hours a day, 365 days a year, phone number 111 and select the mental health option when prompted.

### **How will we use information about you?**

We will need to use information that you provide about yourself and your organisation for this research project.

This information will include

- The name of your organisation and project(s).
- Your role within your organisation.
- A description of your project(s).
- Your opinions about the challenges and resources required to deliver nature-based activities for pregnant women and birthing people.
- You can choose to provide your contact details for the prize draw, future research contact, or both.
- People will use this information to do the research or to make sure that the research is being done properly.
  - People who do not need to know who you are will not be able to see your name or contact details.
  - We will keep all information about you safe and secure.
  - Once we have finished the study, we will keep some of the data so we can check the results.

### **What are your choices about how your information is used?**

- You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.
- We need to manage your records in specific ways for the research to be reliable. This means that we won't be able to let you see or change the data we hold about you.
- We will put your anonymised survey in the University of Bristol's Research Data Repository (data.bris) for a minimum of 10 years. We will only include surveys where services and organisations as well as individuals cannot be identified. These anonymised data will be open access and so publicly available.

### **What will happen to my data?**

- Your involvement in the study will remain confidential. This information will only be available to research staff and national bodies which monitor whether research studies are conducted properly. Your study data will be anonymised. This means that it will be given an identification number and any identifying information about you will be removed. Therefore, it will not be possible to identify you by name from any aspect of documentation or reporting for this research study. At the end of the study your data will be made “Open Data”. This means that it will be stored in an online database so that it is publicly available.

### What is open Data?

- Open data means that data are made available, free of charge, to anyone interested in the research, or who wishes to conduct their own analysis of the data. We will therefore have no control over how these data are used. However, all data will be anonymised before it is made available and therefore there will be no way to identify you from the research data.

### Why open data?

- Open access to research findings and access to data is considered best research practice and is a requirement of many funding bodies and journals. As a large proportion of research is publicly funded, the outcomes of the research should be made publicly available. Sharing data helps to maximise the impact of investment through wider use, and encourages new avenues of research.

### Where can you find out more about how your information is used?

You can find out more about how we use your information:

- at <https://www.bristol.ac.uk/secretary/data-protection/policy/research-participant-fair-processing-notice/>
- by asking one of the research team
- by sending an email to [data-protection@bristol.ac.uk](mailto:data-protection@bristol.ac.uk), or
- by calling the University’s Data Protection Officer on (0117) 3941824.

### How will my information be kept confidential?

- The University of Bristol will act as the Data Controller. This means we are responsible for looking after your information and using it properly.
- Only official members of the research team will have access to these data.
- If you choose to provide your contact details solely for the purpose of the prize draw, they will be deleted immediately after the vouchers have been sent to the winning participants.
- If you choose to provide your contact details for future research opportunities related to this topic. We will retain your details for up to 2 years after this study ends, unless you ask us to delete them sooner.

- The legal basis we are applying to process your personal data is that 'processing is necessary for the performance of a task carried out in the public interest'. This means that we are collecting this information to enable us to carry out our research. We think that our research will be important and of interest to the public.

### **What will happen if I don't want to carry on with the study?**

- You can withdraw from the study at any time. If you are completing the survey online, you can simply close the survey. If you are completing it over the phone, you can ask the researcher to stop. You do not need to give a reason, and there will be no consequences for choosing to withdraw.
- If you withdraw from the study, we will keep and continue to use all your previously collected data. We will, however not collect any further data about you.
- You can ask for your contact details to be deleted at any time by contacting us using the details at the end of this sheet.

### **What will happen to the results of the study?**

- Once the data has been analysed, we will seek to share our findings through publication, presentation and the media.
- All reports, publications, or presentations will be written in a way that ensures that no-one can work out that you took part in the study.
- If you would like to be sent a summary of the results, please initial the relevant box on the consent form.

### **Who is organising and funding this research?**

- The project is being led by Dr Katrina d'Apice from the University of Bristol which is responsible for the study. The project is funded by the National Institute for Health and Care Research Three Schools Prevention Research Programme.

### **Further information and contact details:**

If you have any further questions or are unhappy about anything to do with this study, please contact Katrina d'Apice [gwn-project@bristol.ac.uk](mailto:gwn-project@bristol.ac.uk) 0117 4553 759. If you would prefer to speak to an independent party about the study, please email: [research-governance@bristol.ac.uk](mailto:research-governance@bristol.ac.uk)

### **Next steps:**

If you would like to take part in this study, please contact Katrina d'Apice [gwn-project@bristol.ac.uk](mailto:gwn-project@bristol.ac.uk) 0117 4553 759.