

ADVICE LEADING TO PUBLIC HEALTH ADVANCEMENT

ALPHA

DECIPHER'S RESEARCH ADVISORY GROUP OF
YOUNG PEOPLE

Information

Pack

“All you need is your opinion”
ALPHA Member

DECIPHER

Centre for Development, Evaluation, Complexity
and Implementation in Public Health Improvement
A Public Health Research Centre of Excellence

DECIPHER

Y Ganolfan Datblygu a Gwerthuso Ymyriadau
Cymhleth er mwyn Gwella Iechyd y Cyhoedd
Canolfan Ragoriaeth Ymchwil Iechyd y Cyhoedd

CARDIFF
UNIVERSITY

PRIFYSGOL
CAERDYDD



Ymchwil Iechyd
a Gofal **Cymru**
Health and Care
Research **Wales**

Introduction

ALPHA stands for Advice Leading to Public Health Advancement. ALPHA is a research advisory group of young people aged 14-25 who live in Wales. ALPHA has 30 members and we are always looking to take on new members!



This pack has been produced with ALPHA to provide more information to young people who may be interested in becoming a member. If you are interested, please get in touch with Sophie.

DECIPHer

DECIPHer brings together leading experts from a range of disciplines to tackle public health issues such as mental health and wellbeing, positive social relationships, diet and nutrition, physical activity and tobacco, alcohol and drugs. This research will have a positive impact on the health and wellbeing of children and young people.

Meet the Team!



Sophie
Senior Public Involvement Officer

Sophie runs the ALPHA group and works with researchers and other professionals to advise on the best ways to involve young people in research.



Youth Support Worker

The youth support worker will support you during the ALPHA meetings and with any additional support you may need.

What does ALPHA do?

ALPHA was created to advise researchers on public health matters. **ALPHA** meet so their voices can be heard in research on issues affecting children and young people.

ALPHA meets once a month with researchers to discuss different topics.

Topics we have previously looked at include smoking, drugs, alcohol, mental health, physical health and lots more.

What can I get out of it?



- **Having an impact on public health research**
- **Vouchers**
- **Enhancing your CV**
- **Volunteering hours**
- **Reference from Cardiff University**
- **Opportunity to participate in training around Public health and research**
- **Gain informal accreditation/qualifications**
- **Lots more!**

Meetings

ALPHA meetings are monthly. When online the meetings are held on a Thursday evening 6–7.30pm

When we meet face to face, they will be held 12–3pm at the new Social Science Research Park (SBARC/SPARK) on Maindy Road, Cathays on a Saturday.

We always send out tickets for your transport in advance, it will always be free! Lunch is also provided when face to face.



How can I get involved?

If you are:

- Aged 14-25 years old
- Live in Wales
- Want to learn about Public Health and have an impact on research

**Then get in touch with Sophie.
She will send out a consent form you to join.**

**Sophie Jones
Senior Public Involvement Officer**

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