ACTLIFE CONNECT

Patient and Public Involvement and Engagement (PPIE) Hub

Welcome Guide for members of the Public and Patients who want to be involved in advising on and co-developing research, teaching and knowledge exchange activities.

leedsbeckett.ac.uk/actlifeconnect

Hosted within the Centre for Active Lifestyles and Healthy Ageing (ACTLIFE)

LEEDS BECKETT UNIVERSITY

WHAT IS 'ACTLIFE CONNECT'?

ACTLIFE Connect is a group of members of the public and patients with lived experience relevant to our research, who work with the Centre for Active Lifestyles and Healthy Ageing (ACTLIFE) and trusted partners to inform, shape and improve research, teaching and knowledge exchange activity.

Our members help ensure that the work of the ACTLIFE is informed by the voice of lived experience and support other organisations to reflect this approach where appropriate.

No experience or skills required - anyone over 18 years old can join us – all you need is to share our passion to make a positive difference to people, communities and lived experience relevant to our work.

What do ACTLIFE Connect members do?

- They work with us and our trusted partners to ensure the work we do meets the needs of the public and patients involved.
- They ensure our work is acceptable, useful and usable.
- They help us to develop a new generation of compassionate person-centred professionals.
- They ensure our work is inclusive by providing an opportunity to listen to every voice, not just those who are most often heard.

What are the benefits of becoming an ACTLIFE Connect member?

- You will have the opportunity to meet new people and contribute to work that aims to make a positive difference through research, teaching and knowledge exchange.
- You will be paid for your time and reasonable out-of-pocket expenses.
- You will always receive support throughout, and offered training where required.
- You will be provided with many different opportunities to work with the ACTLIFE and our trusted partners, on topics and projects that interest you.
- There is no obligation – we will tell you about different opportunities, what they involve and the time they should take, and you then decide whether or not you would like to get involved.

The ACTLIFE Connect promise:

- Every member will be treated with respect and fairness.
- We will always offer to promptly pay members for their time and reasonable expenses.
- We will provide appropriate training and support whenever needed.
- We will always use respectful, person-first language.
- We will be clear, open, honest and accountable for everything we do.
- Any personal information you share with us will always be held in the strictest confidence and handled in line with University data protection requirements.
- We are always happy to answer any questions.

JOIN ACTLIFE Connect:
bit.ly/JoinACTLIFEConnect

WELCOME

Thank you for your interest in ACTLIFE Connect at Leeds Beckett University. This information pack has been written to help answer any questions you may have about getting involved.

About the Center for Active Lifestyles and Healthy Ageing (ACTLIFE)

ACTLIFE is committed to advancing research and innovation to promote physical activity and health across all stages of life. By "health", we adopt the World Health Organisation definition of a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Consequently, the Centre aims to address key health challenges from childhood to old age, focusing on enhancing physical activity levels and healthy lifestyle habits.

Our interdisciplinary approach integrates research and practical knowledge from physical activity, nutrition, lifestyle interventions, health sciences, and clinical practice to develop innovative solutions that enhance physical, mental, and social health, with a strong focus on prevention, early intervention and inclusive approaches to health and wellbeing.

Through collaboration and knowledge exchange with regional, national, and international partners, industry stakeholders and policymakers, we aim to contribute to health innovation, addressing health inequalities that affect communities. We strive to translate cutting-edge research into practical interventions that enhance quality of life, fostering an environment that supports inclusive health and well-being for all.

The ACTLIFE has the following values:

- **Possibility and agency:** We challenge assumptions of inevitability and believe people and communities can change trajectories when supported appropriately.
- **Early action:** We prioritise prevention and early recognition across the lifespan, before decline becomes established.
- **People-centred design:** We shape research and practice around lived experience, feasibility and real-world contexts.
- **Integration and collaboration:** We work across disciplines, sectors and perspectives to address health in connected and meaningful ways.
- **Respect and compassion:** We value humility, curiosity and the expertise that comes from both lived and learned experience.
- **Purposeful impact:** We ccommit to research that informs practice, policy and everyday life.

WHAT IS PATIENT AND PUBLIC INVOLVEMENT AND ENGAGEMENT (PPIE)?

PPIE can take place in research, teaching or knowledge exchange activity. It involves work that is carried out 'with' or 'by' members of the public or patients.

It is important to note that taking part in PPIE activity is very different from taking part in research. PPIE work can be quite varied – some examples of PPIE work are provided below:

- Speaking to researchers to help them develop research questions that are important to the public and patients.
- Sharing your views and opinions to develop a research idea or project in a supportive and collaborative environment.
- Helping to co-develop a research project. This is an approach in which researchers, practitioners and the public work together, sharing knowledge and responsibility from the start to the end of a project.
- Helping to design resources and tools that support health, wellbeing and everyday life.
- Helping researchers write reports on specific health issues or population needs, or about different population groups who may experience inequalities or barriers to health and wellbeing.
- Helping researchers to understand research findings from a public and patient perspective.
- Being trained to carry out research yourself, for example observing a health service or carrying out interviews.
- Presenting research findings at a meeting, writing a blog or producing a podcast or short film about the research you have helped to develop.
- Talking to students about lived experience to help them develop into compassionate person-centred professionals.

We will always be clear about what every PPIE activity involves, including how much time will be expected and the tasks that will be undertaken. You can then decide which activities you would like to get involved with.

WHY DO WE INVOLVE PATIENTS AND THE PUBLIC IN OUR WORK?

There are many reasons why we involve patients and the public in our work - here are just a few:

- To gain different viewpoints, which can help to develop new solutions and improve the design, delivery and impact of our work.
- To ensure our research addresses questions that matter to patients and the public.
- To support meaningful involvement and shared decision-making.
- To ensure the work we do is fair, reasonable and realistic to everyone involved.
- To build a sense of community through shared experience and challenges, and to ensure we listen and respond to every voice across our broad and diverse communities.
- To help us communicate in plain English, to ensure that what we do and what we find is clear to everyone.
- To help train our students in becoming compassionate person-centred professionals.
- PPIE members can help share research findings, to ensure they reach and are understood by the public and patients.

ABOUT ACTLIFE CONNECT

ACTLIFE Connect is the public and patient involvement and engagement hub hosted within ACTLIFE. ACTLIFE Connect members are our partners, bringing the voices of communities and lived experience into our work, to ensure that lived experience underpins all the work we do.

Our ethos is to demonstrate care, compassion, collaboration, equality, and inclusion, with people at the centre of everything we do.

ACTLIFE Connect supports involvement across a wide range of research, teaching and knowledge exchange activity, and specific opportunities will vary by project.

Be heard.

Be valued.

Be part of research that changes lives.

bit.ly/JoinACTLIFEConnect

The ACTLIFE Connect values

ACTLIFE Connect supports the 6 values and principles for public involvement as set out in INVOLVE (2015), Public Involvement in Research: Values and Principles Framework, which are:

- **Respect:** Researchers, research organisations and the public respect one another's roles and perspectives.
- **Support:** Researchers, research organisations and the public have access to practical and organisational support to involve and be involved.
- **Transparency:** Researchers, research organisations and the public are clear and open about the aims and scope of involvement in the research.
- **Responsiveness**: Researchers and research organisations actively respond to the input of public members involved in research.
- **Fairness of opportunity:** Researchers and research organisations ensure that public involvement in research is open to individuals and communities without discrimination.
- **Accountability:** Researchers, research organisations and the public are accountable for their involvement in research and to people affected by the research.

The ACTLIFE Connect Hub

We are developing a network of ACTLIFE Connect members to guide and work with us to ensure we undertake the highest quality work that makes a real and tangible difference to people's lives.

There are lots of different opportunities to get involved, depending on what you are interested in, and how much time you can give. We welcome anyone who is interested in contributing lived experience, insight or perspective relevant to our work and who is willing to engage respectfully and collaboratively. This may include people with personal, caring, community or professional lived experience across different stages of life and health, to join the ACTLIFE Connect Hub.

There is a wide variety of different projects that ACTLIFE Connect members can get involved with, with both the ACTLIFE and our trusted partners who share ACTLIFE values. Every member is informed about opportunities in areas that interest them. Each member then decides which activities to get involved with. No experience or skills are required to become a member. Any work undertaken by ACTLIFE Connect members will be fully supported and training will be provided if required. All members are paid for their time and reasonable out-of-pocket expenses. The only thing we will ask is that every member follows our Code of Conduct (Appendix 1).

ACTLIFE CONNECT CONTACT

ACTLIFE Connect: Patient and Public Involvement and Engagement Hub,

The Centre for Active Lifestyles and Healthy Ageing,
Leeds Beckett University,
Headingley Campus,
Fairfax Hall G17,
Leeds,
LS6 3QS

Email:
actlifeconnect@leedsbeckett.ac.uk

leedsbeckett.ac.uk/actlife

WHAT ACTLIFE CONNECT MEMBERS CAN EXPECT

Payment and Expenses

As an ACTLIFE Connect member, you will be offered a fee (minimum of £25 per hour) when you undertake an activity with us or our partner organisations. We will also cover or reimburse all reasonable expenses associated with your involvement. This might include the costs of travel, internet access, accommodation, subsistence, and alternative childcare or caring arrangements.

Further information about PPIE payment can be found in the Payment of Fees section (Appendix 2).

Accessibility

We are committed to ensuring all our opportunities are accessible and that no one is excluded. We will ensure we can accommodate any accessibility requirements. Please let us know of any access requirements in advance of meetings wherever possible.

If meetings are held online, we will provide you with training on using Teams if required and will always provide telephone options for anyone who does not wish to use a computer. Language translators and other reasonable adjustments can also be provided.

Refreshments

You can expect hot drinks and snacks at meetings which last longer than three hours.

If meetings are for a full day or take place over lunch, we will also provide either lunch or reimbursement of expenses (please see Appendix 2). All dietary requirements will be catered for.

Training and Support

For all ACTLIFE Connect activities, no specialist knowledge or skills are required. However, we will discuss all tasks with you in detail, including whether you would like any training or support to help you in take part. Where training needs are identified, appropriate training will be provided.

A Positive, Supportive and Listening Environment

As an ACTLIFE Connect Member, you are an expert by lived experience, and your views should always be respected and listened to. You will always be supported in your activity by peers and the activity organiser. We hope your involvement will provide an opportunity to meet new people, learn and help make a difference.

FREQUENTLY ASKED QUESTIONS

Do I need any qualifications to be involved?

NO. We would like to hear from people with a range of experiences and backgrounds. You do not need any specific qualifications or skills to become a member. If a specific project is looking for people with a particular experience or background, this will be made clear when the opportunity is shared with you.

How often do I need to be involved?

There are no requirements about the length of involvement or how regularly you are involved. We value all involvement, no matter how large or small.

Can carers / family members get involved?

YES. Carers and family members will often have an interest in, and an appreciation of, lived experience, and we welcome them to get involved.

What do I do if I have a bad experience during an activity I was involved with?

We hope all ACTLIFE Connect members have positive experiences. However, if you are unhappy with any aspect of the PPIE activity you are involved with, please contact the project coordinator for the individual project yoçu are working on or the PPIE administrator. We may also contact you separately from time to time to seek feedback on your general experiences as an ACTLIFE Connect member.

Can I leave at any time?

YES. Involvement is entirely voluntary and you can stop your involvement at any time, without giving a reason.

If you are participating in a specific activity, simply let the project lead know and they will help you to withdraw, for example, stepping away from a focus group discussion.

If you no longer wish to be contacted about PPIE opportunities or have your details held within the ACTLIFE Connect Members Registry, please email actlifeconnect@leedsbeckett.ac.uk, and we will safely remove your details.

How will I contribute to activities?

Most meetings will be held online or over the phone to begin with. We will give you guidance and training on how to access these meetings.

On occasion we (or our trusted partners) may run events in different locations, and this will be made clear on the information provided, and any travel and/or accommodation will be arranged if required.

How and when will I be paid?

How much you will be paid, and how you will be paid will be arranged with you before you undertake your activities. We will always ensure prompt payment after each activity and ask the same of our trusted partners, however some payment methods may take longer than others, but this will be explained and agreed with you prior to you starting.

I receive benefits, how will being involved affect this?

If you receive benefits, any ACTLIFE Connect payments can affect your benefits, and you will need to check what this means for you. More information and support on this can be found on: www.nihr.ac.uk/documents/payment-guidance-for-researchers-and-professionals/27392 or by calling the NIHR Centre for Engagement and Dissemination: 020 884 37117.

APPENDIX 1:
CODE OF CONDUCT FOR PPIE MEMBERS

The Code of Conduct is to be agreed to by volunteers participating in any Patient and Public Involvement and Engagement (PPIE) activities, such as focus groups, or the review of confidential information, such as grant applications. The purpose of this Code of Conduct is to:

- Provide assurance to members
- Provide assurance to researchers
- Give credibility to PPIE activity coordinated through ACTLIFE Connect
- Ensure a shared professional understanding of the confidential nature of shared material to be discussed and reviewed.

Members of ACTLIFE Connect agree to work in partnership with researchers across ACTLIFE and other centres and institutes within the university to identify, design, prioritise, conduct and disseminate public and patient-focused research that is relevant, ethical and has the potential to inform policy, practice and lived experience.

ACTLIFE Connect is committed to supporting PPIE Members through clear communication, appropriate preparation, respectful facilitation and proportionate use of their time and contributions.

Inclusion, equality and diversity

We are strongly committed to the promotion of equality and diversity for all PPIE Members and staff, recognising the value of public, community and lived experience perspectives as well as patient involvement. PPIE Members' behaviour and attitudes must be consistent with the aims and values of the ACTLIFE, while supporting inclusive PPIE practice across all research contexts in which ACTLIFE Connect operates, and promoting equity and inclusion for all contributors.

Respect

PPIE Members must treat each other, researchers and others they come into contact with when volunteering in their role with respect and courtesy at all times. PPIE members must respect different opinions and experiences, listening to and recognising the value of others' contributions to discussions. We ask that feedback is constructive and conducive to improving the quality of our research.

Confidentiality

PPIE members must respect the status of confidential issues they read and discuss. They are bound to maintain the status of this material and any information shared by researchers or other PPIE members.

PPIE members should abide by the following confidentiality statement at all times:

Unless stated otherwise, all pre-award materials – including funding bids and research proposals – are confidential and should not be discussed outside the confines of the relevant PPIE activity or Research Group. PPIE members will be notified when such materials are no longer confidential, at which point they may be discussed freely. When PPIE members are involved in post-award activity – i.e., active, ongoing research – they will be informed at the start of their involvement whether anything is confidential and when it ceases to be so. The nature of PPIE activity means that personal stories and experiences may be shared during meetings. PPIE Members should not share these stories outside of the activity in a way that includes any identifiable information.

Where discussions involve sensitive or potentially distressing topics, ACTLIFE Connect and researchers will take reasonable steps to ensure appropriate support and signposting are available.

Integrity and transparency

PPIE Members are required to use their knowledge, expertise, and experience to give the best advice they can. PPIE members should act in an individual capacity and not as a representative of any group, organisation or individual. PPIE members must not accept gifts or hospitality intended to compromise their neutrality.

Commitment

PPIE members should prepare for meetings to ensure they add value to PPIE activities. We will send the necessary information at least two weeks prior to any meetings wherever possible. PPIE members should inform the PPIE Administrator if they are unable to attend.

Conflicts of interest

PPIE members should identify and promptly declare any actual, potential or perceived conflicts affecting them. If you hear something within a focus group which you feel would be a conflict of interest for you, please make the researcher aware. A conflict of interest could be working for or being involved in activities, organisations or funders related to the research, or being involved as a participant in a research trial directly related to the research you are discussing. If you are unsure, please raise this with the PPIE Administrator or the researcher.

Openness and accountability

PPIE members must be open, responsive and accountable to each other, members of staff and researchers across all projects supported by ACTLIFE Connect.

Any concerns regarding conduct or potential breaches of this Code should be raised with the PPIE Administrator or relevant researcher and will be addressed proportionately and in line with University procedures.

APPENDIX 2: PAYMENT OF FEES

PPIE Members and public contributors may be involved in a range of tasks. This may include participating in an advisory or focus group, becoming an external reviewer, undertaking community outreach activities, participating in interview panels, co-delivering training, or a longer-term but time limited activity, such as a project advisor. The payment offered will depend on the volume and nature of the particular activity.

A member of staff will advise you of the nature of the task, the fee (also known as an honorarium payment) this will attract and issue the claim form. The PPIE administrator will oversee this process and any queries should be raised with this person in the first instance. We will make clear what fees, if any, will be offered when inviting you to take part in our work. It is up to you to decide if you want to take part, and if you want to accept any payment that is offered. If you choose to accept the fee offered to you for participation in research activities, we will ask you to fill in and return a claims form.

Who is Eligible for a Fee?

We offer a fee to public contributors who:

- Are a member of the public, and
- Are being asked to provide a public perspective, and
- Are not in receipt of a full-time salary from public funds.

If you work full-time in the public sector, you may, by exception, still be entitled to payment of a fee provided that you confirm to us in writing that:

- Your paid employment is unrelated to the activity being asked of you, and
- You intend to undertake the activity in your free time, such as through taking annual leave or outside your normal working hours.

Payment Rates

The ACTLIFE follows the NIHR payment guidance for public involvement. Detailed information about this guide can be found here: **www.nihr.ac.uk/documents/payment-guidance-for-researchers-and-professionals/27392**.

We will also seek to work with trusted partners who also seek to comply with this guidance.

The payment rates listed here are a guide only and will vary by project. Fees will only be offered when the public contributor is involved in tasks as part of research activity.

Tasks including reviewing project proposals or funding bids may not attract an honorarium payment, as those research projects will not yet have attached funding. If we are able to obtain funding for these activities, you will of course be offered a reward for your involvement.

Please note that these fees are in addition to the expenses you can claim.

Meetings and Advisory Groups		
Short activity	For involvement in a task or activity such as reading and commenting on an abstract which equates to less than half an hour. For example, reviewing papers.	£13.80
	For involvement in a task or activity requiring little or no preparation and which equates to approximately one hour of activity or less. For example, participating in a focus group to provide feedback on a proposal.	£27.50
Half-day activity	For involvement in a task or activity likely to require some preparation and which equates to approximately two hours of activity. For example, a teleconference with related papers to read or review a few short documents.	£55
	For involvement in a task or activity where preparation is required and which equates to approximately half a day's activity. For example, participating in a meeting to interview a small number of candidates who have applied to join a committee or panel, participating in a focus group, or delivering training.	£82.50
Full-day activity	For involvement in all-day meetings. For example, attending a committee or panel meeting as an observer prior to becoming an active public member of a committee/panel.	£165
	For involvement in all-day meetings that require substantial preparation. For example, when chairing or co-chairing a meeting or when carrying out other discretionary work, which requires additional responsibilities.	£330

*From 2025, the NIHR will review (but not necessarily increase) the payment rate for public contributors every 3 years. Where any changes are made to NIHR rates, these will usually be implemented from the next financial year.

Payment guidance for researchers and professionals | NIHR

Tax and National Insurance

You are personally responsible for any income tax or National Insurance contribution liability resulting from accepting payments for participating in research activities. You will need to declare any payments you receive to HMRC. HRMC states that you do not have to pay tax or National insurance contributions on money you receive to reimburse you for any reasonable expenses you incur in taking part in research activities. Any money you receive beyond this, such as fees you accept for specific tasks, may be liable for tax and NIC. Further information can be found on the HMRC website.

ACTLIFE Connect Hub/ ACTLIFE (Leeds Beckett University) cannot provide financial advice. Information on where to go for financial advice can be found in section 4 below.

Advice if you receive state benefits

If you are receiving state benefits, any payment of fees and expenses to you may affect your benefit claim. You should notify Jobcentre Plus of any paid or voluntary activity before you undertake it. You may also need permission to undertake any paid activity. Benefit conditions are complex and limits on payments that can be received without impacting benefits vary widely.

ACTLIFE Connect Hub/ ACTLIFE (Leeds Beckett University) is not able to offer expert advice about this issue, but we can support you in the process of getting advice. Information on where to go for financial advice can be found in section 4 below.

Advice if you receive a retirement pension

Any earnings you receive in retirement count as taxable income along with income from your State Pension, personal or occupational pensions, and taxable benefits. Any money that you earn after State Pension age may affect income-related benefits such as Pension Credit, Housing Benefit and Council Tax Support. ACTLIFE Connect Hub/ ACTLIFE (Leeds Beckett University) is not able to offer advice on how payment for involvement may affect you in retirement.

Your pension provider or impartial advice organisations can tell you how earnings may affect your pension or Pension Credit. Contact information for relevant advice organisations can be found in section 4 below.

OTHER BENEFITS AND SUPPORT WE OFFER

Communication and Support Needs

To support public contributors, we are able to provide information in alternative languages and formats at meetings and events where needed. This will include the provision of information in alternative formats such as Easy Read or Braille, and in alternative / community languages. Please notify the project team in advance wherever possible of your needs.

Where the costs or methods of involvement are a barrier to you in ways not specified in this policy, please discuss your needs with the PPIE coordinator. Reasonable adjustments will be considered on a case-by-case basis.

Learning and Development

Occasionally, we may ask you to voluntarily attend an event because it might be beneficial for you in your role as a public contributor or to recognise the contribution that you have made. In which case, we will offer an honorarium payment for your attendance and reimburse any associated costs.

Exceptionally, we may agree that you can attend a training or learning event, such as a conference, for which we will pay any event fees and any associated expenses.

SUGGESTED CONTACTS

MONEY ADVICE SERVICE

Free and impartial money advice service set up by the government.

Phone: 0800 138 7777
moneyadviceservice.org.uk/en

CITIZENS ADVICE

An advocacy service that provides free, independent and confidential services for people who need independent advocacy support.

Phone: 0808 278 7820 :
citizensadvicesheffield.org.uk

PENSIONS ADVISORY SERVICE

Free and impartial guidance to help people with workplace and personal pensions.

Phone: 0800 011 3797
pensionsadvisoryservice.org.uk

Information from the government about state benefits, tax and National Insurance.

gov.uk

NIHR, NATIONAL INSTITUTE FOR HEALTH RESEARCH

nihr.ac.uk

FURTHER INFORMATION

If you have any questions or concerns about claiming fees and expenses, please raise them with the Patient and Public Involvement Administrator.

FREQUENTLY ASKED QUESTIONS

Do I have to claim for anything?

No, it's completely up to you whether you claim for your expenses, fees, both or neither. The project lead you are working with will help you to process claims.

Can I claim a fee for one activity and not another?

Yes, you can choose to claim no fees, a fee for some activities and not for others, or all the fees we have offered you.

Can I ask for a lower fee?

We are unable to change the fee amount we offer you based on your preference.

Can I donate my fee to a charity?

You are free to do as you wish with any monies we pay you. However, we are unable to donate to charity on your behalf.

APPENDIX 3:
USEFUL DEFINITIONS AND ABBREVIATIONS

Term or abbreviation	Definition
ACTLIFE	The Centre for Active Lifestyles and Healthy Ageing
Chairperson	The chair or chairperson of the group facilitates participation and discussion within the group, provides leadership and works in collaboration with the coordinator.
Co-Applicant	A person who is involved in the development of a funding application, and who has some responsibility in the delivery of the study if it is funded.
Co-Chairperson	The co-chair of the group assists the chairperson and coordinator with facilitating participation and discussion within the group and provides shared leadership.
LBU	Leeds Beckett University
National Institute for Health Research (NIHR)	The NIHR works in collaboration with the NHS, universities, local government, and members of the public to deliver and enable health research.
Patient and Public Involvement and Engagement (PPIE) research Group	A group that facilitates patients and members of the public in contributing to how research is designed, conducted, and disseminated.
Patient and Public Involvement and Engagement (PPIE Member) or Public Contributor	A patient or member of the public involved in the group who is representative of the views and concerns of members of the public, patients, service users and carers. They advise on the direction of research, contribute to discussion, and share experiences and views, with the aim of improving research and making it relevant and useful.
Service User	A broad term used to describe a person receiving or using (or has received or used) a health care service.
The NIHR Centre for Engagement and Dissemination (CED)	The NIHR Centre for Engagement and Dissemination (CED). This centre builds on the work of INVOLVE and leads work to make the NIHR's health and care research representative, relevant and ready for use.

JOIN ACTLIFE CONNECT

Are you passionate about making a positive impact on health and wellbeing in your community?

Become a member of ACTLIFE Connect, the Patient and Public Involvement and Engagement (PPIE) Hub within the Center for Active Lifestyles and Healthy Ageing (ACTLIFE) at Leeds Beckett University!

Why join ACTLIFE Connect?

- Shape research and teaching
- Inclusive and welcoming spaces
- Flexible involvement
- Support and training
- Paid opportunities
- Opportunities for community and networking
- Respect and fairness

How to sign up

1. **Express your interest:** Complete the following form: **bit.ly/JoinACTLIFEConnect**, or you can email **actlifeconnect@leedsbeckett.ac.uk** if you need help completing the form.
2. **Explore opportunities:** The ACTLIFE Connect team will share details about current and future opportunities for involvement. We are also here to answer any questions you may have.
3. **Choose tour involvement:** You decide which activities or projects you'd like to join, there's no obligation to participate in everything.
4. **Get started:** Once you're ready, you'll receive all the support and training you need to make your involvement rewarding and impactful.

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ACTLIFE CONNECT

Patient and Public Involvement and Engagement (PPIE) Hub

Join ACTLIFE Connect today and help to shape a healthier, more inclusive future for all!

leedsbeckett.ac.uk/actlifeconnect

Hosted within the Centre for Active Lifestyles and Healthy Ageing (ACTLIFE)

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