

# Join the Young People Advisory Group for two new cerebral palsy trials!

Join now!



*Are you aged 14-21 years with cerebral palsy (CP) and able to walk?*

*Would you like to help make two new research studies for children and young people with CP fun and interesting to take part in ?*

**The SPELL trial** will find out if an exercise programme to **stretch** the muscles of young children with CP is better than their usual NHS physiotherapy programme.

**The ROBUST trial** will find out if an exercise programme to **strengthen** the muscles of young people with CP is better than their usual NHS physiotherapy programme.

## We need volunteers to join the SPELL and ROBUST Young People Advisory Group (YPAG)!

The Young People Advisory Group may help with thinking about things like:

- How to encourage children and young people to take part and to finish the trial
- Ways to make the study easy and fun for children and young people to take part in
- How to create clear, fun trial materials for children and young people
- Tackling difficulties e.g. with recruitment, or keeping children and young people in the trial\*

## What's involved?

- YPAG meetings will be online for 1-2 hours about 3 times a year (for almost 4 years).
- There will be up to 2 hours of reading to do before meetings.

## Why take part?

- You could help improve outcomes for hundreds of children and young people with CP!
- It will be interesting, fun, and something a little bit different (and great on your CV)!
- Your time will be reimbursed with a gift voucher!



**To take part** please email [morag.andrew@newcastle.ac.uk](mailto:morag.andrew@newcastle.ac.uk) by the 21<sup>st</sup> July 2023.

SPELL and ROBUST are led by Professors Tim Theologis and Sally Hopewell, University of Oxford.

**YPAG members will be unable to take part in ROBUST.**

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