

To the Occupier
Insert address of property

(Date as postmarked)

(insert Fire and Rescue Services' address)

To the Occupier,

Can you help us with our research study about preventing falls and staying safe in the home?

How can we support you?

Humberside/Kent [delete as appropriate] Fire and Rescue Service routinely offers Safe and Well home visits to people who may be at higher risk from fire, including people aged 70 and over. These visits are to help people stay safe by providing advice and equipment such as smoke alarms where necessary. Visits may also include information about preventing slips, trips, and falls, stopping smoking, and keeping homes warm.

Humberside/Kent [delete as appropriate] Fire and Rescue Service in collaboration with the University of York, wants to find out if these visits can reduce falls and improve wellbeing.

See Box 1 of the information sheet for more information

Why we have sent you this letter

The Fire and Rescue Service have received from the NHS, a list of addresses of eligible people, to enable them to be invited to take part in this study, which is called 'FIREFLI'. We need to find 1156 individuals, who may share characteristics with you (e.g. they care, they are interested in research, or they have a natural curiosity). Together we will create a group of people who are connected through a shared interest in the FIREFLI study.

We hope you will consider becoming part of this group, which will be close to you in terms of age (i.e. aged 70 and over) and locality (i.e. within the area you live). Everyone in the study will be offered a Safe and Well Visit either at the start or end of this study.

Staff at the University of York do not have access to your name and address unless you fill in the enclosed consent form and questionnaire and return them.

If you are aged 70 or over and want to take part, please:

- fill in the yellow consent form and contact sheet, and return them together in the **smaller** of the pre-paid envelopes (no stamp needed)
- fill in the white screening questionnaire and return this in the **larger** prepaid envelope.

If you do not want to take part in the research:

- you do not need to let us know if you do not want to take part.

If you would like a free Safe and Well visit from [insert name of Fire and Rescue Service] or for any other fire safety information, please visit [insert web address] or phone [insert phone number].

Why should I think about taking part in this study?

People take part in research for a variety of reasons. When deciding whether to sign up to this study think about – are there any good things you feel may come from taking part in this research (is it enjoyable/satisfying or do you see it as an opportunity to find out what helps others?) For example, you might enjoy speaking to our friendly FIREFLI team about any falls you've had.

What would taking part in this study mean to you (would it make you feel part of a **community** of people adding to knowledge)?

Thinking about these reasons might help you to keep going in the study even if other important commitments get in the way. It's your **choice** to sign up and we want you to feel **in control** of that decision.

If you feel your home is safe already or that you aren't a "typical" 70+ adult, we are still interested in your point of view, even one person's contribution can help others (this includes your friends or people you may know).

Who to contact about the research?

If you have any questions about the study please contact Rachel Cunningham-Burley, Zohaib Akhter, Rachel Carr or Daniel March on the Freephone number 0800 138 6555 or email ytu-firefli@york.ac.uk. If there is no-one available, please leave a message.

Thank you in advance for taking the time and effort to read this and the study documents.

If you think you can help us, we look forward to welcoming you to the FIREFLI community!

Yours faithfully,

[Insert name of FRS staff]

[insert Humberside or Kent as appropriate] Fire and Rescue Service

Encs screening form, consent form, participant information sheet, participant contact details

