



Cochrane
UK

**Cochrane UK Consumer
Champions:**
Support Booklet



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Better health.

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for Health Research

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Cochrane

What is Cochrane?

Cochrane is an independent, not-for-profit organization with 37,000 contributors from more than 130 countries, united by an interest in evidence-based health care. Its mission is to provide accessible, reliable information so people can make informed decisions that lead to better health.

Cochrane consumers play a vital role within Cochrane, providing a non-clinical perspective on the health evidence presented in Cochrane Reviews. **Cochrane uses the term consumers to represent:**

- **patients**
- **carers**
- **family members**
- **service users**
- **those with first-hand, lived experience of a healthcare condition.**

We acknowledge that the term consumer may not be the usual term you would use to describe yourself but this is the term chosen by Cochrane to represent the variety of perspectives from around the world.

To find out more about Cochrane and Cochrane consumers, please visit the website of the [Cochrane Consumer Network](#).

What is Cochrane UK?

For the Cochrane UK Consumer Champions role, you will be working within Cochrane UK.

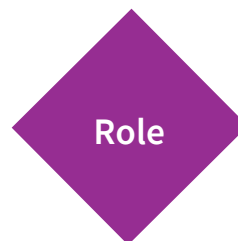


Cochrane UK is one of the geographic Cochrane Groups. Cochrane UK represents Cochrane in the UK and supports Cochrane's members and supporters who live in this country. We aim to:

- Disseminate Cochrane Reviews and other evidence through social media, events and other communications projects
- Promote and support the use of Cochrane evidence in health policy and practice
- Provide training events and resources for all UK- and Ireland-based Cochrane contributors and others, who are interested in learning more about Cochrane and Cochrane Reviews

Cochrane UK is funded by the National Institute for Health Research (NIHR) and hosted by the Oxford University Hospitals NHS Foundation Trust.

To find out more about Cochrane UK, please visit our [website](#). You may find our [annual reports](#) helpful to learn more about Cochrane UK's activities and achievements over recent years.



What are the aims of the Cochrane UK Consumer Champions?

The role of the Cochrane UK Consumer Champions is to support Cochrane internally in enhancing consumer involvement and to promote Cochrane and Cochrane's work to wider consumer communities. This may involve:

- Promoting consumer involvement within Cochrane
- Providing a connection between Cochrane and consumers
- Providing consumer perspectives in Cochrane's work (e.g. at events, writing blogs)
- Raising awareness of Cochrane's work within the wider community
- Advocating for use of Cochrane's work within consumer groups and organizations

The work you will do as a champion will be dependent on your interests and current opportunities. These will all be discussed and agreed upon within your regular meetings with the Cochrane UK Consumer Champions team.

The extent of your involvement as a Cochrane UK Consumer Champion will depend on your availability and interests. You are required to dedicate at least four hours per month or you can choose to contribute more extensively (up to a maximum of 16 hours per month). The amount you work may change each month depending on your other commitments and opportunities available. This role will be flexible to allow you to work your hours as and when suits you.

Payments

What can I expect regarding payments?

Cochrane UK will provide remuneration for your involvement (full-day rate of £150 and half-day rate of £75) and cover reasonable expenses when attending a relevant meeting or event. These expenses are subject to approval, in line with the Oxford University Hospitals (OUH) expenses policy, and ideally should be arranged and paid for in advance by Cochrane UK. Payments will be processed through an expenses form, which you will be required to complete each month.

Please note that receiving a payment or a fee, or even being reimbursed for expenses may be regarded as earnings and is likely to have implications for you, whether you are currently employed, unemployed, retired or receiving state benefits. It is your choice whether you accept payment for your involvement. If you are receiving Employment and Support Allowance or Jobseeker's Allowance, please liaise with the Jobcentre Plus and let them know about your involvement.

Please see the additional information at the end of this booklet to find places you can get further advice on payments.

What might the role involve?

You will start by meeting with the project co-ordinators with the aim of identifying your interests and skills. We will also discuss any skills, knowledge or experience you might need to support you in your role.

We will then work together on creating your own development and action plan for your role. This plan will comprise short- and long-term goals and actions. The timescales will be based upon your availability. An example of a development plan is shown below.

Example Development Plan

Between 0 to 3 months:

Goal	Actions
To improve my knowledge of health evidence and Cochrane	<ol style="list-style-type: none"> 1. Learn more about evidence synthesis and why we need it. Watch an introductory video 2. What is Cochrane? Learn more about Cochrane and our global community 3. Learn about health evidence and making informed health choices via the free Evidence Essentials course 4. Find out more about Cochrane UK and the Evidently Cochrane blog
To improve my knowledge of patient and public involvement in research	<ol style="list-style-type: none"> 1. Read the content and watch the videos on Patient and Public Involvement in Research available on healthtalk.org
To connect with the Cochrane Community	<ol style="list-style-type: none"> 1. Create a Cochrane Account 2. Join the community of patients, carers and family members in the Cochrane Consumer Network 3. Follow Cochrane on social media (Twitter, Facebook and/or LinkedIn). 4. Follow Cochrane UK on social media (Twitter, Facebook and/or Instagram) 5. Join the Cochrane Consumer Network on Facebook 6. Meet the other Champions through virtual meetings

Between 3 to 6 months:

Goal	Actions
To be involved with Cochrane evidence teams	<ol style="list-style-type: none"> 1. Select Cochrane Review topic areas of interest and identify relevant Cochrane evidence teams I should like to engage with to share Cochrane's work and opportunities 2. Connect with relevant Cochrane evidence teams
To advocate for Cochrane	<ol style="list-style-type: none"> 1. Share relevant Cochrane work within my community (e.g. share on social media, write a blog, discuss on a YouTube video, participate in a patient panel talk)

Pathway**Between 6 to 12 months:**

Goal	Action
To involve other consumers in Cochrane	1. Identify and support someone from my community to complete a task for Cochrane (e.g. Cochrane Crowd, help to complete a review)
To advocate for Cochrane	1. Complete a talk within my community (e.g. patient support group, local school, community group) about Cochrane and available opportunities

Will there be any further training?

Yes, you will find several opportunities to develop your knowledge and skills within Cochrane.

You will find a list of resources and opportunities to learn, connect and be involved in Cochrane at the end of this booklet. This is also something that you can discuss with the project co-ordinator. Training might be available in the form of formal training, through observation and discussion sessions, and/or through simply spending a few hours with a relevant staff member.

Who can I ask for help?

Emma Doble is the Patient and Consumer Co-ordinator and will be leading the Cochrane Consumer Champions project. Marta Santos will be supporting Emma and all of you in this exciting journey.

Please contact us on:



Emma Doble

Patient and Consumer Co-ordinator at Cochrane UK

emmajanedoble@gmail.com



Marta Santos

Programme Support Officer at Cochrane UK

marta.santos@cochrane.nhs.uk



Additional
information

Where can I find more resources?

The resources available online are vast. Below is a list of relevant resources that might be helpful in your journey as a Cochrane UK Consumer Champion.

Essentials – where to start!

- What is Evidence Synthesis and why do we need it? An introductory video can be found [here](#)
- Find out more about Cochrane, Evidence-Based Medicine and the real evidence behind the headlines. A 30-minute presentation can be found [here](#)
- What is Cochrane? Learn more about [Cochrane](#) and [our global community](#)
- Create a [Cochrane Account](#)
- Learn about health evidence and making informed health choices in the free [Evidence Essentials course](#)
- Find out more about [Cochrane UK](#) and the [Evidently Cochrane blog](#)
- Join the Cochrane Consumer Network on [Facebook](#)

Connect

- Join the community of patients, carers and family members in the [Cochrane Consumer Network](#).
- Follow Cochrane on social media ([Twitter](#), [Facebook](#) and/or [LinkedIn](#))
- Follow Cochrane UK on social media ([Twitter](#), [Facebook](#) and/or [Instagram](#))
- Meet the other Champions through virtual meetings
- Meet the Cochrane UK team through virtual meetings
- Join the WhatsApp group for Cochrane Consumer Champions

Learn

- Familiarise yourself with training opportunities on consumer involvement available on [Cochrane Training](#)
- How to share Cochrane evidence? [Tips](#) to share evidence and information on social media.
- Would you like to peer review or comment on a Cochrane Review? Find out more about training for consumer referees [here](#) and [here](#)
- Patient and public involvement in research: what, why and how? Find out more in [healthtalk.org](#)

Participate

- Offer your skills and experience in [Cochrane TaskExchange](#), a platform for everyone who may be interested in being involved in producing Cochrane evidence. Browse available tasks and connect with members of the community to offer to take on tasks that interest you.
 - Watch a webinar on Cochrane TaskExchange [here](#) (25 minutes)
 - Detailed instructions on the TaskExchange sign up process can be downloaded [here](#)
- Find out how to get involved in [Cochrane Crowd](#), a citizen science initiative. Introductory videos can be found [here](#) and [here](#)
- Join the COVID-19 Consumer Rapid Response Group. Find out how to get involved [here](#)



Additional information

Be inspired

- Hear from consumers talking about engaging consumers and the benefits of including the consumer voice in health research and Cochrane:
 - [How one young man's health condition enabled him to be involved in research](#) (3 minutes)
 - [May Griffiths: A Carer's Journey of Involvement in Research](#) (6 minutes)
 - [Engaging consumers](#) (5 minutes)
 - [Consumers' voices](#) (9 minutes)
 - [Cochrane Consumer Network](#) (10 minutes)
 - [Patient and Public Involvement in the CASTLE study for childhood epilepsy](#) (7 minutes)
 - [Mary's involvement in a Healthy Parent Carer Study](#) (3 minutes)
 - [Consumers United for Evidence-based Health Care](#) (7 minutes)
- Find out more about [Cochrane UK's outreach programme](#), teaching secondary schools students about evidence-based medicine
- Read about patient experiences in [Evidently Cochrane](#)

Find out more

- [Book: Testing treatments](#)
- [TED talk: Trial, error and the God complex](#) (18 minutes)
- [TED Ed: How statistics can be misleading - Mark Liddell](#) (5 minutes)
- [TED talk: Battling bad science](#) (11 minutes)

Useful links

- Cochrane: <https://cochrane.org>
- Cochrane Consumer Network: <https://consumers.cochrane.org/>
- Cochrane Library: <https://www.cochranelibrary.com/>
- Cochrane UK: <https://uk.cochrane.org/>
- *Evidently Cochrane*: <http://www.evidentlycochrane.net/>
- Students 4 Best Evidence: <https://www.students4bestevidence.net/>
- Plain language definitions of health research terms: <https://getitglossary.org/>
- Resources to help in using evidence, available on Cochrane Consumer Network: <https://consumers.cochrane.org/help-using-evidence>



Additional
information

Where can I get further advice on payments?

Citizens Advice Bureau (CAB):

You can find your local CAB either on the website www.citizensadvice.org.uk or by telephoning 03444 111 444 (for England) or 03444 77 20 20 (for Wales).

Department for Work and Pensions:

www.dwp.gov.uk

HM Revenue and Customs:

<https://www.gov.uk/government/organisations/hm-revenue-customs>

Jobcentre Plus:

www.gov.uk/contact-jobcentre-plus

Disability Rights UK:

Helpful online source of information and advice on benefits.

All publications are available at www.disabilityrightsuk.org