

INSPIRE

INVOLVING SURREY'S PUBLIC
IN RESEARCH AND EVIDENCE



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What is HDRC Surrey?

The Health Determinants Research Collaboration (HDRC) Surrey aims to make Surrey a healthier place by strengthening how local government uses research to inform decisions that reflect community needs.

HDRC Surrey brings together the local authorities, the University of Surrey, voluntary and community organisations (Good Company and Surrey Minority Ethnic Forum – SMEF), and our residents and communities.



In 2020, people in Surrey's most deprived areas lived up to 10 years less than those in wealthier areas. HDRC Surrey is working to change that.

We're driven by evidence and collaboration: understanding what shapes health and working closely with partners and the public to ensure research makes a real impact.

We focus on the wider factors affecting health like poverty, housing, transport, education, and employment to reduce inequalities and improve lives.

Our goal is to build stronger systems for research, support knowledge sharing, and grow local capacity to understand and act on what truly affects health in Surrey

What is the INSPIRE Public Involvement Panel?

Bringing community voices together to shape a healthier, fairer Surrey

The INSPIRE Public Involvement Panel is a friendly and informal group of local Surrey residents who come together to talk about what affects health in our communities – not just hospitals or GP appointments, but the everyday things that shape our lives.



Whether it's trying to secure affordable and safe housing, dealing with money worries, or struggling to afford healthy food – we know that almost every part of our lives affects our health and even how long we live. This includes where we live and work, whether we have access to good education and public transport, and if we experience poverty or discrimination.



Things like having a stable job, breathing clean air, and spending time in safe green or blue spaces (like parks, rivers, and lakes) all make a big difference to our health and wellbeing. These are often called the “wider determinants” or “building blocks” of health.

If you or your family have faced challenges in any of these areas, your voice is important. We'd really like to hear from you! Your insight will help make sure that local services, support, and research are shaped by the people who know their communities best – you.

What you share in the panel meetings is confidential.

We understand that sharing your story can be personal, and everything you say will be treated with respect and kept confidential by other panel members and facilitators.

The only exception is if there are concerns about your safety or the safety of others. If that happens, we'll speak with you first. Our priority is to keep everyone safe.

Why is public involvement so important?

Public involvement means including local people like you in shaping the decisions that affect our communities. Here's why it really matters:

BETTER DECISION-MAKING

When local people are involved, decisions are more likely to reflect real needs and challenges. This is especially important for those who may be facing tough circumstances, like financial hardship, poor health, or other inequalities. Your voice helps make sure support reaches those who need it most.

REAL VOICES, REAL IMPACT

Facts and figures are helpful, but they don't tell the full story. Lived experience (the ups and downs you've faced in your own life) offers insight that professionals and policymakers might not see on paper. These stories bring a human perspective that helps shape better, fairer solutions.

EVERYONE HAS SOMETHING TO CONTRIBUTE

You don't need special qualifications to have a valuable opinion. Whether you're a parent, a carer, a young person, someone with a long-term health condition, or just someone who cares about their community, your ideas and experiences can help improve things for everyone.

BUILDING TRUST AND BETTER OUTCOMES

When people are genuinely involved in shaping services or decisions, the outcomes are usually stronger. Local insight helps create solutions that work in the real world. And when people feel heard, they're more likely to trust and support what's being done.

What will I do as part of the INSPIRE panel?

Share your views:

Give your thoughts and experiences on the topic being studied.

Help decide what to research:

Make sure the research focuses on issues that really matter to your community. This includes helping HDRC Surrey find important topics, spot gaps, and set research priorities.



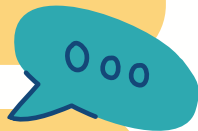
Help share research results:

Guide how findings are shared and used to bring positive change to communities. This includes advising on

communications and promoting HDRC Surrey's work to make research more useful.

Improve how research is done:

Offer your ideas on how research is planned, explained, and carried out to make it clearer, fairer, and easier for everyone to take part.



Make sure all voices are heard:

Support the involvement of different groups, especially those often left out, and help HDRC Surrey create plans to reach and include more residents.



Build public trust:

Help make research more open and trustworthy by involving the public in decisions. This also means encouraging other people in Surrey to get involved.





Frequently asked questions

Who can join the public involvement panel?

Each panel (we have one in East Surrey and one in West Surrey) will include 10–12 people who have lived experience of health inequalities and who live, work, or study in Surrey.

We want the panel to reflect the diversity of Surrey's population, so when recruiting members, we will consider factors such as location, socioeconomic background, age, gender, sexual orientation, race, ethnicity, and disability.

How often does the panel meet?



The panel will meet six times a year (every other month). Each session will last around 3.5 hours (approximately 12:00 pm – 3:30 pm), with flexibility to adjust the timing based on what works best for most participants.

When and where will panel meetings be held?

East Surrey panel meetings will mostly be held in the Epsom and Ewell or Reigate and Banstead areas.

West Surrey panel meetings will mostly take place in the Woking and Guildford areas.

Meetings will take place in neutral spaces that are easily accessible, comfortable, and suited to the needs and preferences of panel members.



What will I get for participating?

We value your time! For each meeting, you will receive a £90 voucher as a thank you. We'll also provide refreshments, and reimburse your travel costs for in-person meetings.



Our values



TRUST AND ACCOUNTABILITY

We will be open and honest about our work and keep you updated on how your contributions are being used.

RESPECT FOR DIVERSITY

We value and respect everyone's background, identity, and lived experience.

COLLABORATION

We want to work with you, learning from your ideas and experiences – with your voice at the center.

EMPOWERMENT

We aim to create an equal partnership, where everyone's voice is heard and encouraged.

SHARED OWNERSHIP

We believe this work belongs to all of us. Your ideas and energy help shape the direction we take together.

CARE AND CONNECTION

We're building relationships, not just projects. We're looking out for one another and growing stronger as a community.

Participation guidelines

Welcome to the INSPIRE team:
Involving Surrey's Public in
Research and Evidence.



We're excited to have you as part of the INSPIRE panel, and we want to make sure that everyone feels comfortable and respected throughout the process.

These guidelines are designed to create a safe, welcoming space for open conversations where everyone's voice is valued. Whether you're sharing your own experiences or listening to others, the most important thing is that we all contribute in a way that respects one another's perspectives. Please see some of the key guidelines below, and feel free to ask us any questions about the information in this document.

Share What You Feel Comfortable With

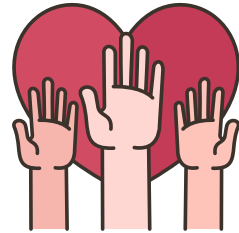
You're invited to share your experiences and thoughts, but only as much as you feel comfortable with. There's no pressure to answer questions or share anything you don't want to. Your voice matters, but it's also important to listen to others and create a space where everyone's contributions are valued. There are no right or wrong answers – only perspectives.

Public Involvement Panel members will play an important role in shaping how HDRC Surrey works. You'll help decide what research should focus on, how it's designed, and how it's shared. Your input will make sure the research is relevant, inclusive, and trusted by the community. You'll also help ensure it leads to real impact and better decision-making.

PARTICIPATION GUIDELINES

1. VOLUNTARY INVOLVEMENT

Participation is completely voluntary. You can choose to leave the group at any time without explanation, or to take a break during any meeting. Group facilitators will be available to talk with you privately if needed.



2. ANONYMITY

Your personal details will not be linked to anything you say. When we write up the findings from the session, your contributions will remain anonymous, ensuring your privacy.

3. DATA PROTECTION

Any personal data you provide will be treated confidentially, in line with the UK Data Protection Act 2018. Your data will only be used for the HDRC project. For more information, feel free to check our privacy policy.



4. CONFIDENTIALITY

What you and others say in the session is confidential unless there are safety concerns for you or others. In that case, we'll discuss it with you and may involve appropriate support. Our priority is to keep everyone safe.