

TAKE FIVE TO AGE WELL 2025 RESEARCH STUDY PARTICIPANT INFORMATION SHEET



TAKE FIVE TO AGE WELL 2025

Launching on 1 May 2025, the campaign invites you to join a UK-wide community making small changes in your daily routine for better ageing. You are committing to choose and keep up these healthy change(s) for one month.

Developed by [The Open University](#) in partnership with [Age UK](#), this expert-led pledge includes everyday actions to help you live well for longer.

Why sign up to TAKE FIVE TO AGE WELL?

You are being invited to take part in a research study. Before you decide whether or not to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully.

Most people want to stay in good health for longer, and research tells us there are lots of easy habits that can help you to stay strong, sharp, independent, and feel good; we know that environmental factors determine 70-80% of the aging rate. [TAKE FIVE TO AGE WELL](#) will empower you to adopt small changes throughout May that will genuinely impact your health and well-being.

There are 5 areas where you can choose new habits:

- **Eat:** healthy eating can boost your health
- **Drink:** staying hydrated as well as the quality of what you drink are key to healthy ageing
- **Move:** exercise boosts body and mind
- **Connect and Engage:** making and maintaining social connections for your health
- **Think:** use your brain to stay sharp

What will you be asked to do?

Your pledge will be to choose one or more actions and commit to them for one month throughout May 2025. We'll support you in turning that change into a habit for long-term health and well-being, sending you regular emails (three emails every week) with ideas, tips, short films, podcasts, and tricks to keep you going. The actions you can choose from are listed below, and there's something for everyone. It might also help if you ask a friend, volunteer, carer and/or family member to pledge with you. Sign up below to create new habits for your good health and wellbeing this May.

We are offering a range of materials to further support you and motivate you. You can choose from wellbeing diaries, calendars, and educational toolkits that support building health and wellbeing via fun activities across generations.

You can make your pledge by submitting your answers online when signing up.

We will also invite you (via email) to participate in a brief interview to share your experiences of Take Five to Age Well. The interview will last around 15 minutes and take place between June and September 2025. It will be conducted online using Microsoft Teams, or via a phone call.

General information about the research study and collected research data

Pledges are a novel form of public health intervention to increase self-awareness of one's behaviours and habits, establishing clear goals and adherence, e.g., Dry January (<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>) for alcohol intake. The pledge is designed to engage communities that are as wide and as diverse as possible with the aim of empowering people to achieve effective, long-term self-management by becoming partners in getting and staying healthy. It aims to reduce health inequalities by introducing 'bitesize' actions that are available to all. All materials, actions to pledge, and ways in which we aim to support the Take5/25 pledgers will be co-produced in partnership with Age UK.

Take5/25 builds on the [Ageing Well Public Talks' Series \(AWPT\)](#), [Five Pillars for Ageing Well](#) developed by Dr Vseteckova and held at the OU and [TAKE FIVE TO AGE WELL 2023](#) (Take5 2023 - pledge that pilot ran in September 2023 – PI Vseteckova; HREC/4707/Vseteckova, [Interim Short report now available here](#)).

The data collection of the project will happen via nQuire platform where most of the data collection will happen (<https://nquire.org.uk/about>). nQuire is part of the Open University and serves as a community and citizen science platform on which members of the general public take part in research studies designed by others or design their own studies. On nQuire these studies are called 'missions'.

If you agree to a short (15 min interview) you may be contacted via email after 31st May and invited. It will be conducted online using Microsoft Teams, or via a phone call.

This research project has been reviewed by, and received a favourable opinion, from The Open University Human Research Ethics Committee – HREC reference number: 2024-0673-2.

What will I be asked to do if I agree to take part?

Your pledge will be to choose one or more actions and commit to them for one month throughout May 2025. We'll support you in turning that change into a habit for long-term health and well-being, sending you regular emails (three emails every week) with ideas, tips, short films, podcasts, and tricks to keep you going. The actions you can choose from are listed below, and there's something for everyone. It might also help if you ask a friend, volunteer, carer and/or family member to pledge with you. Sign up below to create new habits for your good health and wellbeing this May.

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You can make your pledge by submitting your answers [online](#) when signing up.

We will collect data (and will ask you to contribute):

1. During Sign-up we will collect baseline data (March 2025 – 15th May 2025).
2. After the challenge is finished, we will invite you (via an email) to complete a short survey (31st May 2025 – 30 June 2025).
3. Three months after you finish, we will invite you (via an email) to complete a short follow-up Survey (1st – 30th September 2025).
4. For those who agree to be contacted for a short interview – you may be contacted after 31st May 2025 via email (1st June – 30th September 2025).

'Your participation is entirely voluntary. If you do not wish to participate, you close your browser and do not click the 'submit' button. If you do decide to take part you will be asked to consent via nQuire.'

'If you have submitted your responses and changed your mind, you can ask for your data to be withdrawn up to two weeks from submitting your responses (email jitka.vseteckova@open.ac.uk).'

You will benefit from the evidence-informed advice they will be given about steps to healthier ageing. At the end of the pledge, you will be able to download a certificate. If you are pledging in a group, you should receive the certificate from your group facilitator.

There are no known risks, disadvantages or costs involved in taking part in the study.

'Whilst every attempt is made to ensure the safety and accuracy of information on this site, we disclaim all liability for the content of this site. In addition, we cannot be held liable for the content of the web sites we link to. If you have any concerns about your health, please contact a qualified medical practitioner, such as your own GP. If you identify any serious inaccuracies, please contact us.'

How will the data I provide be used?

We will never show or share your personal data. All survey data will be stored in password-protected folders on the share point. You will give your consent via nQuire platform every time we ask you to share information with us. Anonymized data will be archived for up to ten years to enable further learning and research in line with The Open University Policies.

All data that identifies you will be kept confidential on the nQuire platform and only be accessed by the researchers involved in this mission. Your name and email address will not be passed on to any external organisations. For further information, please see the [privacy policy](#) and [nQuire terms and conditions](#) (opens in a new tab/window).

We will analyse the data and produce a report (anonymised) that helps everyone learn more about ageing well outcomes and recommendations from the pledge. We will share our findings on [TAKE FIVE TO AGE WELL website](#) for you to access and read. We will also share anonymised results via media and various publications.

The findings of the study will also feed into research on ageing habits as well as helping researchers to evaluate the impact of the TAKE FIVE TO AGE WELL. We will share the findings of this research as widely as possible in academic and non-academic formats (including on social media, in podcasts, conferences, and the wider mainstream media).

Your right to withdraw from the study

You have the right to withdraw from the study at any time during your participation. All participation in surveys is entirely voluntary.

You have the right to ask for your data to be removed up until two weeks after you have submitted your survey (contact jitka.vseteckova@open.ac.uk).

How do I agree to take part?

Please [click here to Sign up to TAKE FIVE TO AGE WELL](#).

TAKE FIVE TO AGE WELL OU and Age UK teams are passionate about celebrating ageing and empowering people to take control of their futures. With over 16 million people over the age of 50 in the UK today (a figure set to rise as our population ages), ageing well is not just crucial for the individual but also for society and the government.

We would like to thank you for your interest in this research and we hope you will join us on the journey to realise our vision where future generations enjoy longer lives and feel empowered to make choices that boost their health and well-being for years to come.

Thank you,
Your TAKE FIVE TO AGE WELL team

Contact details

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Data protection

The Open University is the Data Controller for the personal data that you provide.

The lawful reason for processing your data will be that conducting academic research is part of The Open University's public task.

We will ask you if you want to receive further email after the end of the project (after September 2025). Lawful basis is your consent and you can opt out of receiving these email at any time. (to opt out contact jitka.vseteckova@open.ac.uk or use unsubscribe link on the email)

The data will be fully anonymised once the analysis has been completed.

You have a number of rights as a data subject:

- To request a copy of the personal data we have about you
- To rectify any personal data which is inaccurate or incomplete
- To restrict the processing of your data
- To receive a copy of your data in an easily transferrable format (if relevant)
- To erase your data
- To object to us processing your data

If you are concerned about the way we have processed your personal information, you can contact the Information Commissioner's Office (ICO). Please visit the [ICO's website](#) for further details.