

Site visits...

As part of the evaluation, *spear* will visit your area to speak to pregnant women and new mums and find out more about their physical activity behaviours. These conversations are entirely optional and may happen in a group, or on a one to one basis. At the end of the surveys, we will ask you if you would be willing to be contacted to tell us more about your physical activity experiences during pregnancy or as a new mum. Agreeing to this part of the study is completely voluntary and you can choose to complete the online surveys only.

If you agree to be contacted this does not mean you are committing to take part in an interview or focus group, or that you will definitely be contacted to take part in either activity. Focus groups/interviews are likely to be recorded, photographed or videoed and this information will be used to inform multimedia case studies, publications and presentations which may be distributed by various print or electronic media.

Unfortunately, we cannot promise that the study will benefit you directly. However, if you do choose to be active during and/or after your pregnancy, evidence highlighted by the UK Chief Medical Officers indicates you will benefit both physically and mentally. The details we collect may provide more specific information about the way in which physical activity guidance is provided to pregnant women and new mums in the future. We will use the findings from this study to inform future studies, and they may be published in academic journals or summarised into a report for the various organisations involved.

Who is *spear*?

We are 'The Centre for Sport, Physical Education & Activity Research (*spear*)' and are part of Canterbury Christ Church University. Research conducted by *spear* helps guide and inform public policy in relation to physical activity and sport participation. We greatly appreciate your assistance with the evaluation and your feedback may help shape the future of physical activity guidelines during pregnancy.

How will we use information about you?

We will need to use information from you for this research project.

If you have provided Consent to Contact, this information will include your name and contact details, entered onto SurveyMonkey by your healthcare professional. Your name and contact details will be deleted from SurveyMonkey within a week of receipt and stored securely on the University's SharePoint drive only accessible to *spear* researchers. We will only use your name and contact details to contact you to take part in the next stage of the study which comprises surveys for pregnant women and new mums. As part of these surveys we will ask for your date of birth, postcode, and ethnicity. This information will be stored at Canterbury Christ Church University separately to your name and contact details and we will have no way of matching it up.

Only members of the This Mum Moves project team at *spear* will see your name or contact details. Any survey data will be assigned a code number for use during analysis and we do not collect IP addresses. All information about you will be stored safely and securely for at Canterbury Christ Church for 5 years. During this time we will produce reports and research

If you are not satisfied with our response or believe we are processing your personal data in a way that is not lawful, you can complain to the Information Commissioner's Office (ICO): <https://ico.org.uk/make-a-complaint/>

Thank you for taking the time to read our information sheet.