



DECIPHER'S RESEARCH ADVISORY GROUP OF
YOUNG PEOPLE

Advice Leading to Public Health Advancement

Are you between 14 and 25?

Would you like to influence research that affects young people?

DECIPHER is a Research Centre based within Cardiff university. We focus our research on children and young people's public health including topics such as smoking, obesity and physical activity.

What is ALPHA?

ALPHA stands for Advice Leading to Public Health Advancement. ALPHA is a research advisory group of young people aged 14-25 who live in Wales. ALPHA meet once a month and advises researchers on the best approaches to conducting research with young people.

ALPHA have worked on research studies looking at:

- Underage drinking
- Drug prevention
- Mental Health & Well-being
- Sexual health
- Smoking
- Physical Activity & Exercise

What are the benefits?

- Have your say and influence research with young people
- Enhance your CV and Personal Statement
- Develop transferable life skills
- Experience of working in a research centre

"All you need is your opinion"

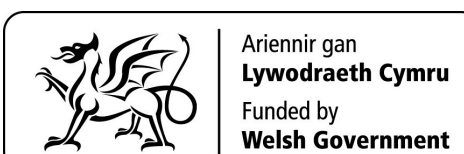
ALPHA member

If you would like to influence research for young people, come join us at ALPHA. Contact Peter Gee for more information.

Geep@cardiff.ac.uk

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ALPHA

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A ydych rhwng 14 a 25 oed?

Hoffech chi ddylanwadu ar ymchwil sy'n effeithio ar bobl ifanc?

Canolfan Ymchwil ym Mhrifysgol Caerdydd yw DECIPHER. Rydym yn canolbwyntio ein hymchwil ar iechyd cyhoeddus plant a phobl ifanc gan gynnwys pynciau fel ysmegu, gordewdra a gweithgarwch corfforol.

Beth yw ALPHA?

Saif ALPHA am Gyngor sy'n Arwain at Hyrwyddo Iechyd y Cyhoedd. (Advice Leading to Public Health Advancement). Grŵp cynghori ymchwil yw ALPHA o bobl ifanc 14-25 oed sy'n byw yng Nghymru. Mae ALPHA yn cyfarfod unwaith y mis ac yn cynghori ymchwilwyr ar y dulliau gorau o gynnal ymchwil gyda phobl ifanc.

Mae ALPHA wedi gweithio ar astudiaethau ymchwil sy'n edrych ar:

- Yfed dan oed.
- Atal cyffuriau.
- Iechyd Meddwl a Lles.
- Iechyd rhywiol.
- Ysmegu.
- Gweithgarwch Corfforol ac Ymarfer Corff.

Beth yw'r manteision?

- Dweud eich dweud a dylanwadu ar ymchwil gyda phobl ifanc.
- Gwella eich CV a'ch Datganiad Personol.
- Datblygu sgiliau bywyd trosglwyddadwy.
- Profiad o weithio mewn canolfan ymchwil.

"Y cyfan sydd ei angen yw eich barn,"
yn ôl aelod ALPHA

Os hoffech chi ddylanwadu ar ymchwil i bobl ifanc, dewch i ymuno â ni yn ALPHA. Cysylltwch â Peter Gee i gael rhagor o wybodaeth.

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