# South East School of Public Health

## See Change Programme

### A blue sky with no clouds Description automatically generatedAbout your project

|  |  |
| --- | --- |
| **What is the title of your proposed project?** |  |
| **Please describe in no more than 500 words the project your group would like to focus on.** |  |
| **Please describe in no more than 200 words how your project will deliver on local/system strategic priorities.** |  |
| **How will this project help to improve health outcomes and reduce health inequalities? (max 200 words)** |  |
| **ICB region** | Buckinghamshire, Oxfordshire and Berkshire West ICB  Frimley Health and Care ICB  Kent and Medway ICB  Hampshire and the Isle of Wight ICB  Surrey Heartlands Health and Care Partnership ICB  Sussex Health and Care Partnership ICB |
| **Please detail how your group will work together on this project and how you will manage your time to undertake this programme (max 200 words).** |  |

### Details of the group

#### Participant 1 (this person will be the project lead)

|  |  |  |
| --- | --- | --- |
| **Name** |  | |
| **Job Title** |  | |
| **Email address** |  | |
| **Organisation** |  | |
| **I confirm that I have the requisite prior knowledge through (please tick):** |  | a) Completion of the UCL Short Course  b) Completing the necessary pre-reading (see [appendix](#_Appendix))  c) I declare that I have a good working knowledge about BCW, COM-B and BCTT. |
| **Please provide information about your level of behaviour change knowledge, including any courses or prior learning experiences you have.** |  | |
| **By signing up to this programme I confirm that:** |  | I commit to attending all the sessions  I will endeavour to complete any work involved between session  I have discussed the programme with my line manager and they fully support my application. |
| **Line manager name** |  | |
| **Line manager email** |  | |

#### Participant 2

|  |  |  |
| --- | --- | --- |
| **Name** |  | |
| **Job Title** |  | |
| **Email address** |  | |
| **Organisation** |  | |
| **I confirm that I have the requisite prior knowledge through (please tick):** |  | a) Completion of the UCL Short Course  b) Completing the necessary pre-reading (see [appendix](#_Appendix))  c) I declare that I have a good working knowledge about BCW, COM-B and BCTT. |
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| **By signing up to this programme I confirm that:** |  | I commit to attending all the sessions  I will endeavour to complete any work involved between session  I have discussed the programme with my line manager and they fully support my application. |
| **Line manager name** |  | |
| **Line manager email** |  | |

#### Participant 3

|  |  |  |
| --- | --- | --- |
| **Name** |  | |
| **Job Title** |  | |
| **Email address** |  | |
| **Organisation** |  | |
| **I confirm that I have the requisite prior knowledge through (please tick):** |  | a) Completion of the UCL Short Course  b) Completing the necessary pre-reading (see [appendix](#_Appendix))  c) I declare that I have a good working knowledge about BCW, COM-B and BCTT. |
| **Please provide information about your level of behaviour change knowledge, including any courses or prior learning experiences you have.** |  | |
| **By signing up to this programme I confirm that:** |  | I commit to attending all the sessions  I will endeavour to complete any work involved between session  I have discussed the programme with my line manager and they fully support my application. |
| **Line manager name** |  | |
| **Line manager email** |  | |

#### Participant 4

|  |  |  |
| --- | --- | --- |
| **Name** |  | |
| **Job Title** |  | |
| **Email address** |  | |
| **Organisation** |  | |
| **I confirm that I have the requisite prior knowledge through (please tick):** |  | a) Completion of the UCL Short Course  b) Completing the necessary pre-reading (see [appendix](#_Appendix))  c) I declare that I have a good working knowledge about BCW, COM-B and BCTT. |
| **Please provide information about your level of behaviour change knowledge, including any courses or prior learning experiences you have.** |  | |
| **By signing up to this programme I confirm that:** |  | I commit to attending all the sessions  I will endeavour to complete any work involved between session  I have discussed the programme with my line manager and they fully support my application. |
| **Line manager name** |  | |
| **Line manager email** |  | |

#### Participant 5

|  |  |  |
| --- | --- | --- |
| **Name** |  | |
| **Job Title** |  | |
| **Email address** |  | |
| **Organisation** |  | |
| **I confirm that I have the requisite prior knowledge through (please tick):** |  | a) Completion of the UCL Short Course  b) Completing the necessary pre-reading (see [appendix](#_Appendix))  c) I declare that I have a good working knowledge about BCW, COM-B and BCTT. |
| **Please provide information about your level of behaviour change knowledge, including any courses or prior learning experiences you have.** |  | |
| **By signing up to this programme I confirm that:** |  | I commit to attending all the sessions  I will endeavour to complete any work involved between session  I have discussed the programme with my line manager and they fully support my application. |
| **Line manager name** |  | |
| **Line manager email** |  | |

### Group Application Sponsorship and Declaration

Please provide below a signed written statement of support (maximum 200 words) for the project, detailing in what ways you think they are suitable and ready for the programme. By completing this section, you are providing sponsorship to fully supporting the teams’ participation in the See Change programme.

|  |
| --- |
| Please tell us why you think the project is suitable for this programme and how this relates to your system goals and objectives. |
|  |

|  |  |
| --- | --- |
| I understand and agree to the terms above |  |
| Print Name |  |
| Email |  |
| Position |  |
| Date |  |

### Appendix

#### Pre-reading list

Michie, S., van Stralen, M. M., & West, R. (2011). The behaviour change wheel: a new method for characterising and designing behaviour change interventions. Implementation Science, 6(1), 42. <https://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-6-42>  
  
West, R., Michie, S., Atkins, L. et al. (2019). Achieving Behaviour Change: A guide for local government and partners. London: Public Health England. <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875385/PHEBI_Achieving_Behaviour_Change_Local_Government.pdf>   
  
**Additional recommended reading:**

Chater, A. & Cook, E. (2014). Health Psychology: Chapter 3, Intervention Design: Changing Health Behaviour. London: Pearson.

Michie, S., Atkins, L., & West, R. (2014). The Behaviour Change Wheel: A Guide to Designing Interventions. Great Britain: Silverback Publishing

Michie, S., Richardson, M., Johnston, M., Abraham, C., Francis, J., Hardeman, W, Eccles, M. P., Cane, J. & Wood, C. E. (2013). The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. Annals of Behavioral Medicine, 46(1), 81-95.

Michie, S., West, R., Campbell, R., Brown, J., & Gainforth, H. (2014). ABC of Behaviour Change Theories. Great Britain: Silverback Publishing.