



Children's Board Newsletter - July

Your ideas have made the CRF more child friendly. Our rooms are much brighter!



More toys, DVDs, games and books! iPads! Tabards for the children's nurses; a children's activities menu to show you what we've got!

You helped us create Photo Story Books – click the links below to view.

- [Under 6 Information](#)
- [6 - 10 Information](#)
- [11+ Information](#)



We have redesigned our website

At the first Children's Board you gave us ideas on how to make the website better for children and young people. We're working on this. Take a look.



www.cambridge.crf.nihr.ac.uk

Energy balance in children and young people

We are looking for children and young people to take part in a study finding out about energy balance. If you are between 6 and 16 years old and would like to take part - or just want to know more - we'd love to hear from you! Find out about your fitness levels and how much energy you use. Text **ENERGY** to **81156** to find out more!



We have a new room for taking blood samples
With your help we've made it child friendly. Thank you.

Get involved!

Children's Board : anne.elmer@addenbrookes.nhs.uk
How to volunteer : crf-volunteer@medschl.cam.ac.uk

What next?

CHEER Project

Children's Experience of Engaging in Research

We are interested in discovering what you, your Mum, Dad, brothers, sisters and even the CRF staff think about the Children's Board. To do this we have designed a small study called CHEER. We'll be writing to you soon with some information to see if you'd like to take part.

