



## National Institute for Health Research

### CLINICAL RESEARCH: PATIENT VIEWS

Clinical Research Network

**Brin Helliwell** is 55 and lives in Birmingham, eight years ago he suffered a stroke. Since then he has taken part in over 30 clinical research studies both as a participant and an advisor.

Taking in part in research has made a big change to his life and he now considers himself to be a stroke activist.

He said: "Participating in research has given me a positive out of a pretty negative situation by enabling me to turn a disability into an ability. But it has given me much more than that; the more I contribute, the more I understand and the more I improve.

"Taking part in research has turned my life about and given me a reason to live a rewarding life again by helping to restore my self-confidence and believe that I still have qualities and skills that can help other people.

"However the most valuable outcome of my involvement in health research is to get me back – a person I mislaid for a few years following a major stroke."

**Chris Peters** is 28 and lives in West Sussex. He was diagnosed with Type 1 diabetes at the age of 14. Chris has always been interested in research happening around diabetes and regularly looks into research opportunities to find out the latest news. He is currently part of an advisory board on a new continuous glucose monitoring device called the microprobe.

He said: "Research, and becoming involved in research, has changed the way I manage my condition and has led to me being more fit and healthy. It has also given me the opportunity to meet people that have the same condition. It's been great to share experiences with others who are going through the same process.

"I would thoroughly recommend everyone receiving treatment to ask their consultants if there are any trials that they can assist with. Most of the time there are trials that are looking to find participants. I'm keen to see more research happening in diabetes."