

Anglia Ruskin University (ARU) is inviting all Personnel who joined the British Army from a Commonwealth or Non-UK country to take part in research about their experience of life in the UK and their career in the Army. The research is being carried out independently by Anglia Ruskin University (ARU) and is funded by the Forces in Mind Trust. Please see the attached flyer for details.

HOW TO TAKE PART:

- 1) Open the attached list of dates and choose your preferred date to take part in a focus group
- 2) Email Nicola.gilllin@aru.ac.uk with the following information (Please write 'Focus Group' in the subject line):
 - a. Your name
 - b. Your rank
 - c. Your chosen date
- 3) Nicola will then send you the link to take part on your chosen date, together with an information sheet and consent form. You are welcome to ask any questions at this stage, please let Nicola know if you have any.

You will be invited to take part in a focus group together with colleagues of a similar rank, where you will have an opportunity to share your views and experiences on life in the British Army, family and immigration matters, housing, community, and any other matters you feel are important. All information you provide will be reported anonymously and subject to Data Protection legislation. No names or identifiable information will be used in any of the reports from this project. If you would prefer to take part in this research in an individual one-to-one interview with the research team instead of the focus groups, the research team are happy to accommodate this. Please let Nicola know if this is the case.

The main aim of the research is to ensure that Commonwealth and Non-UK Personnel's views on life in the British Army are recognised and understood by those who set Army and MOD policy, and to continually work toward improving the service life of our Non-UK colleagues. Those in Army HQ who shape policy for Non-UK Personnel and their families are keen to better understand your experiences, and we hope that you will welcome the opportunity to contribute to this important research.