



## Would you like to take part in a research study?

I'm a PhD researcher at the University of York. My research is focussing on **work-related changes (or transitions) that occur in later life (most commonly, retirement)**. I am interested in exploring people's lived experience of such transitions, specifically those who have experienced a negative impact on their mental health or wellbeing as a result of the transition.

This study is looking to identify people aged 50 and over who have undertaken a work-related transition in the **past 5 years** and who experienced a negative impact on their mental health or wellbeing as a result of it. These transitions include moving from employment to retirement, undergoing a role or career change, moving to a type of 'bridge-employment' (paid work undertaken after main career job, but before full retirement) or a reduction in working hours from full to part time.

- The study involves taking part in a telephone interview with the lead study researcher (Rebecca Woodhouse) to talk about your experiences. This will last approximately 30-45 minutes.
- The participant information sheet provides an overview of the study and what your involvement would be if you decide to take part.

If you are interested in taking part in the study, please contact me on 01904 321660 / 07385 341560 (call or text) or email me at [rebecca.woodhouse@york.ac.uk](mailto:rebecca.woodhouse@york.ac.uk).

If you do not wish to take part, you do not need to do anything, we will not contact you about this study.

If you have any questions or require any further information, please do not hesitate to contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Rebecca Woodhouse'.

Rebecca Woodhouse  
PhD Researcher at the University of York