**Research study on Ageing and Care among Older Migrants**

Are you a person of pensionable age, born in Poland, live at home or in sheltered housing and receive help or care from other people including: family-members, friends, community organisations and / or public services?

As part of the **Sustainable Care** research project at the **University of Sheffield**, we are conducting interviews to understand how ageing and care are experienced by older people from Poland.

We would like to talk to you about your experiences and views of ageing in this country, to find out what care need you have and what kind of support you access from family, friends, community organisations and public services.

This is an opportunity for you to have your voice heard and to share your experiences and views with researchers, policy makers and care providers

**Who is being invited to participate in this research?**

We would like to talk with people who:

* were born in Poland
* are of pensionable age
* live at home or in sheltered accommodation
* are receiving care or help from other people (paid or unpaid) in their home
* are willing and able to take part in an interview of approximately one hour (max one hour and a half) in duration

If you would like to take part or you would like to find out more about the research, you can contact;

Dr Majella Kilkey, University of Sheffield, 07791143580

If you know anyone who might be interested in this research, please forward this information to them.

**Thank You!**