



Cochrane
Consumer Network

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Welcome!



Trusted evidence.
Informed decisions.
Better health.

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Welcome from April English, Cochrane's Consumer Engagement Manager

On behalf of Cochrane, I am delighted to welcome you to the [Cochrane Consumer Network](#), a growing international community of healthcare consumers (patients, carers, family members, and the public). Our free-to-join community is united by a desire to find and use high quality health evidence and be part of creating and sharing that knowledge.

I hope that you will find your involvement with the Cochrane Consumer Network rewarding and stimulating.

To start, [watch](#) this short video by Maureen Smith, Cochrane Consumer about volunteering with Cochrane!



Sincerely,

April English
Consumer Engagement Manager

What is Cochrane?

Cochrane is for anyone interested in using high-quality evidence to make health decisions.

Cochrane is an independent, not-for-profit organisation. Cochrane's members and supporters come from more than 190 countries, worldwide. We've been gathering and summarising the best evidence from research to help you make informed choices about treatment and we have been doing this for 30 years.

Our vision is a world where health decisions are based upon timely, trusted and relevant evidence.

You can find out more about Cochrane [here](#).

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Who are Cochrane Consumers?

Healthcare consumers are made up of a wide range of people, including patients, carers, family members, and people with experience of a healthcare condition. People like you.

[Healthcare consumers are important to Cochrane.](#) You are users of Cochrane evidence and the people we want to benefit from it. We want to support you and hear your voices. When you're ready to try it, we'd love to involve you in producing and sharing our evidence.

You can play a vitally important role in making sure that evidence addresses important questions and is produced, presented and made available in a way that's useful when people are making difficult decisions about healthcare.

“Medicine is there to benefit patients. The priorities, desires and interests of patients should be central to all of medicine.”
(Cochrane Consumer)

What is the Cochrane Consumer Network?

Formed in 1995, the [Cochrane Consumer Network](#) is a growing community of healthcare consumers, with over 2,500 people from 106 countries. The [Consumer Network Executive](#) was also set up in 1995 to provide leadership for this growing, international community of consumers.

Membership in the Network means that you can:

- Receive [monthly news digests](#) that keep you up to date with health evidence and other topics of interest.
- Learn more about health evidence and how you can use it to make informed health decisions.
- Learn new skills and connect with Cochrane groups in your area of interest.
- Take part in a range of Cochrane events at a reduced rate.
- Apply for stipends to attend local and international Cochrane meetings.
- Find out about and get involved to help to produce and share Cochrane evidence in a range of ways. There's something for everyone.
- Earn [Cochrane Membership](#) through your contributions to our work.

Where can I find out about healthcare evidence?

To help you find out more, we have created an interactive online learning resource, called [Cochrane Evidence Essentials](#).

Meet Eleni and join her as she learns about Evidence Based Medicine, clinical trials, systematic reviews, and how to find, understand and use Cochrane evidence.

We also have a range of other training and resources for consumers [here](#).

"Cochrane's Evidence Essentials helps people understand health evidence and how to use it."

Catherine Spencer
Chief Executive Officer



How can I get involved?

- Volunteer on [Cochrane Engage](#) - our online platform that connects people who need help with their health evidence projects with people who have the time and expertise to help.
 - Become a member of an author team.
 - Join an advisory board.
 - Become a [consumer peer reviewer](#) - you can read and comment on systematic reviews and protocols on topics you have experience of, to make sure they're relevant and accessible to other consumers like you.
- Join the citizen scientists of [Cochrane Crowd](#) - our global community of volunteers who help to classify the research needed to support informed decision-making about healthcare.
- [Improve Wikipedia health articles](#) with Cochrane evidence.
- [Translate](#) Cochrane evidence.
- Get in touch directly with a [Cochrane Group](#), in your area of interest, to see if there are opportunities for you to contribute.
- [Promote Cochrane's work](#) or evidence-based medicine on social media.

Learn about others' experiences with Cochrane [Engage](#), [peer review](#) and improving [Wikipedia](#).



We participate not just to broaden researchers' perspective, keep consumers' needs in the spotlight, prevent waste or improve research, but because we have the right to be meaningfully involved in the decisions made about us. (Cochrane Consumer)

Follow us!

Join the conversation on [Twitter at @CochraneConsumr](#) and [Facebook](#).

Follow Cochrane on [social media](#).

See our [website](#).

If you have any questions, please email us at support@cochrane.org.

Thank you again for joining this growing worldwide community,
contributing to evidence!



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