

# Welcome



**Trusted evidence.  
Informed decisions.  
Better health.**

The Cochrane Collaboration. Registered in England as a company limited by guarantee No. 03044323 Charity Number 1045921.





## Welcome from Richard Morley, Cochrane's Consumer Engagement Officer

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

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

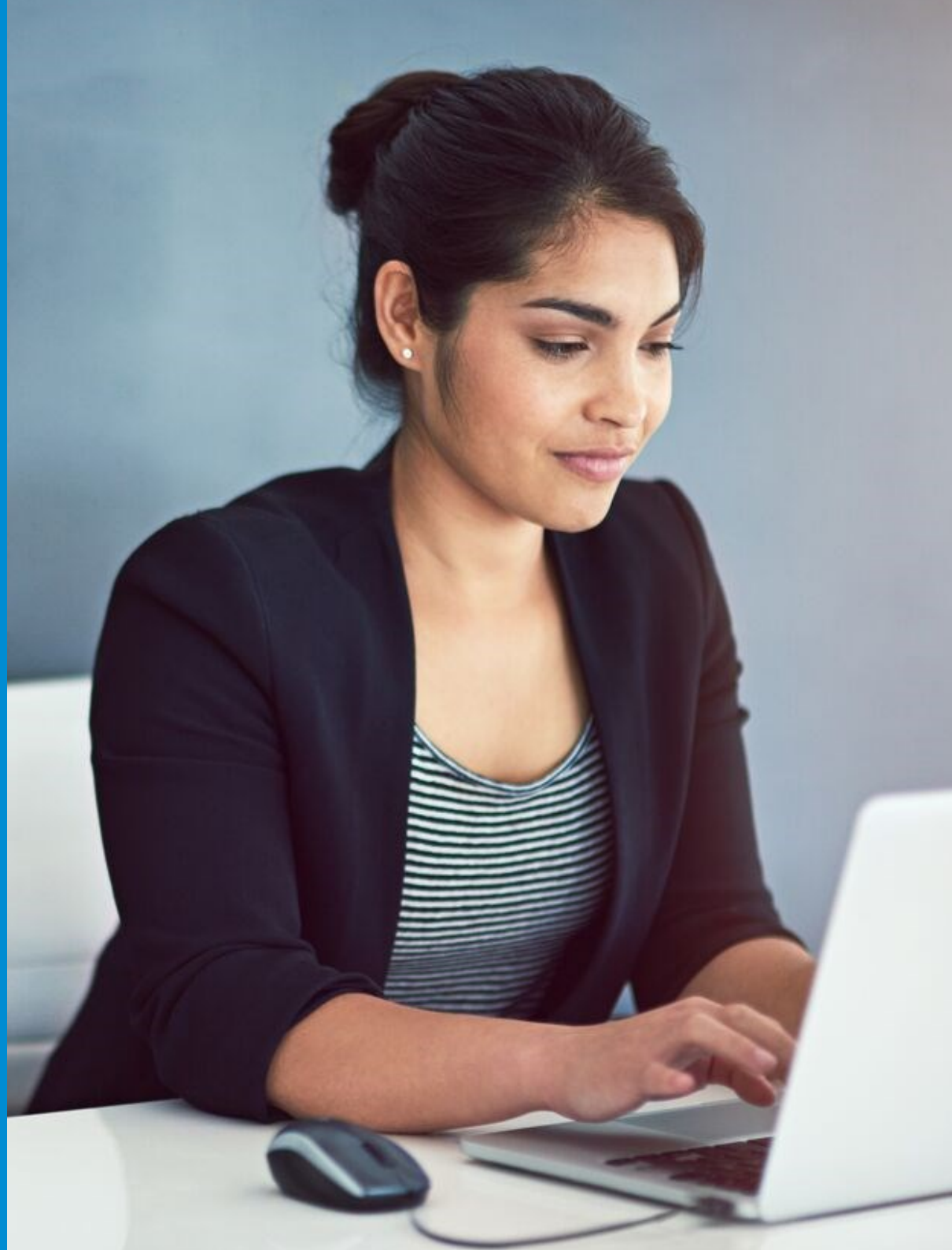
## What is Cochrane?

Cochrane is for anyone with an interest in using high quality evidence to make informed health decisions.

Cochrane is an independent, not-for-profit organisation, with over 13,000 members and over 105,000 supporters from more than 130 countries. We've been gathering and summarising the best evidence from research for nearly 29 years.

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

*"Cochrane is an enterprise that rivals the Human Genome Project in its potential implications for modern medicine." The Lancet*







## Who are Cochrane Consumers?

Healthcare consumers are made up from a wide range of people, including patients or people with personal experience of a healthcare condition; care givers and family members; and people who represent or speak on behalf of patients and carers. People like you.

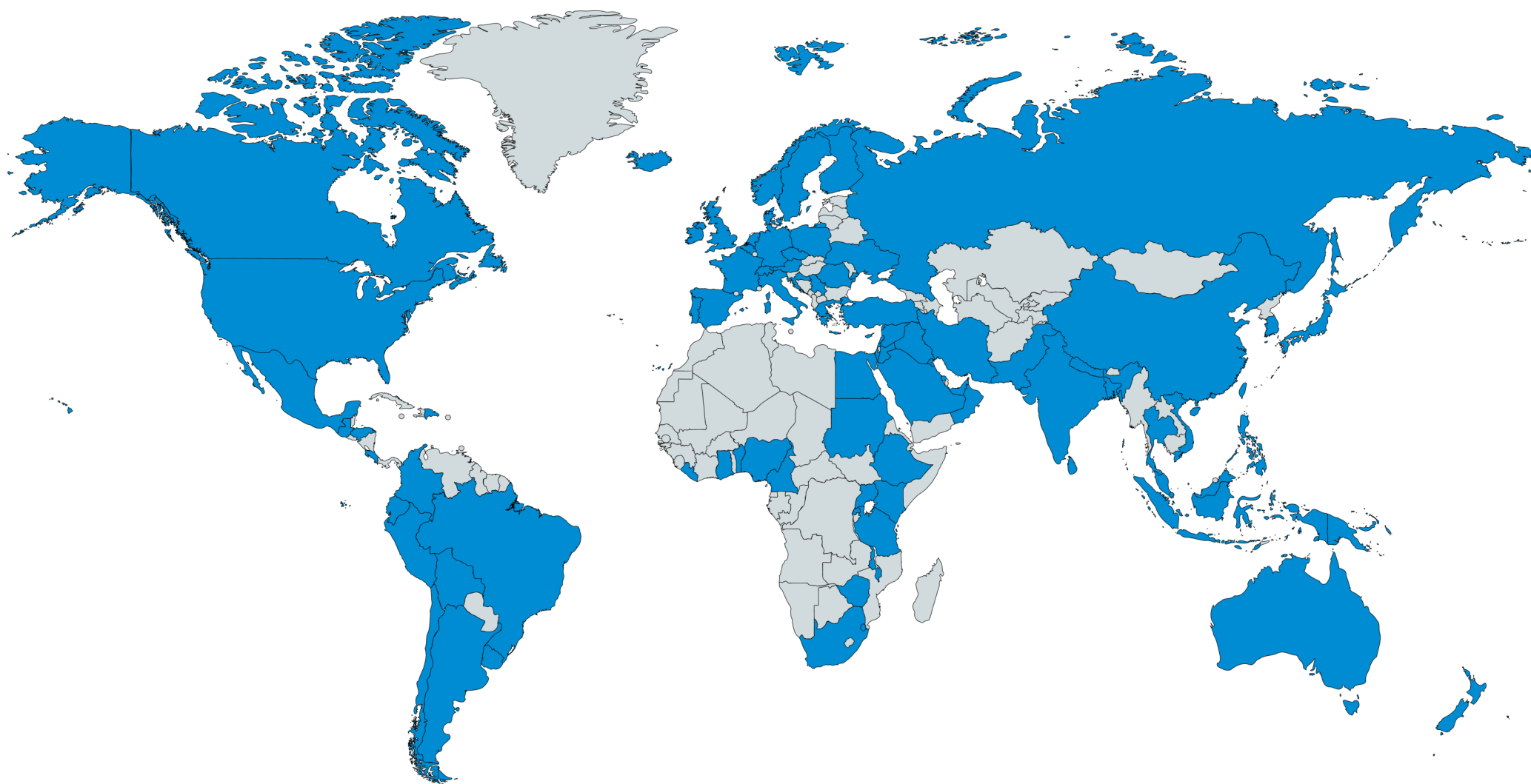
Healthcare consumers are important to Cochrane. You are users of Cochrane evidence and the people we want to benefit from it. We want to support you and hear your voices. When you're ready to try it, we'd love to involve you in producing our evidence.

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?

The Cochrane Consumer Network is a growing community of healthcare consumers, currently over 2,000 strong, and from 106 countries. Formed in 1995 the Network has a formal role in Cochrane and elects an Executive group to oversee its work. Two consumer members are chosen by the Executive to serve on the Cochrane Council.







### Membership of the Network means that you can:

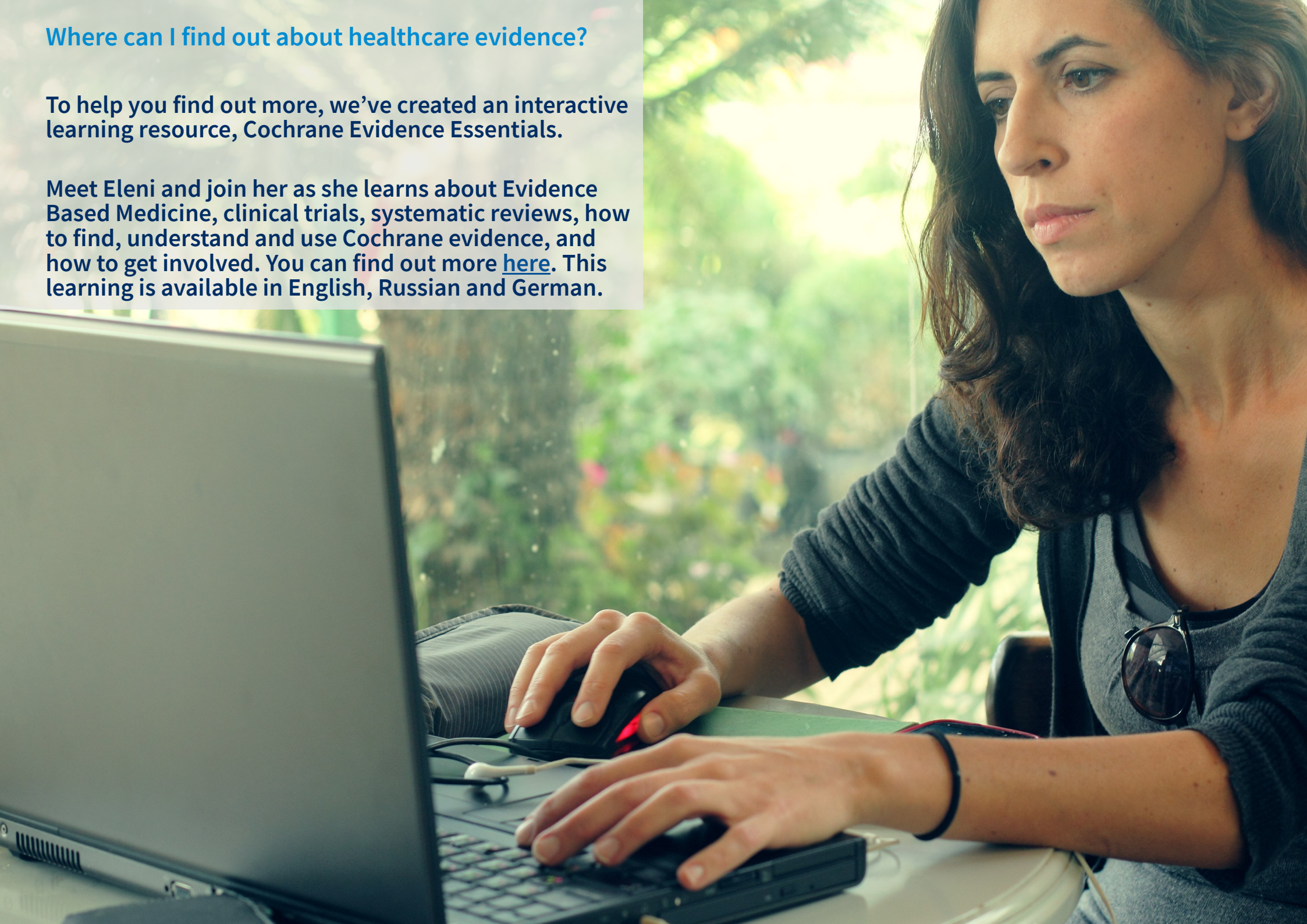
- Learn more about health evidence and how you can use it to make health choices.
- Receive monthly news digests that keep you up to date with health evidence and other topics of interest.
- Stand and vote in elections for membership of the Cochrane Consumer Network Executive.
- Take part in a range of Cochrane events at a reduced rate.
- Apply for discretionary help with costs to attend some Cochrane meetings (symposia) and our annual conference (colloquium).
- Get involved, if you'd like to, and help to produce Cochrane evidence in a range of ways. There's something for everyone.



Where can I find out about healthcare evidence?

To help you find out more, we've created an interactive learning resource, Cochrane Evidence Essentials.

Meet Eleni and join her as she learns about Evidence Based Medicine, clinical trials, systematic reviews, how to find, understand and use Cochrane evidence, and how to get involved. You can find out more [here](#). This learning is available in English, Russian and German.







### How can I get involved?

Cochrane Engage is an online platform that connects people who need help with their health evidence projects with people who have the time and expertise to help.

### Sign up to CochraneEngage

Cochrane's volunteering platform, Cochrane Engage, connects people working in health evidence with people who have the time and skills to help. By signing up to this platform you can find ways to shape health research, from setting research priorities, being part of an author team on reviews, peer reviewing forthcoming research, and also opportunities to work with Cochrane's partner organisations.





## How can I get involved?

### Become a Consumer Peer Reviewer

You can read and comment on systematic reviews and protocols on topics you have experience of, in order to make sure they're relevant, accessible and sensitive to other consumers like you. You'll find requests for consumer peer reviewers on [CochraneEngage](#).







## How can I get involved?

### Support the work of Cochrane Groups

There are many opportunities for you to contribute to the global network of Cochrane groups, for example, as a co-author, peer reviewer or helping to identify important research questions. Find out more by exploring [CochraneEngage](#).



How can I get involved?

Help translate Cochrane evidence

Translating Cochrane content into other languages is a priority for us. For more information about becoming a volunteer translator, please see this [page](#).





A photograph of a crowd of people, mostly seen from the back or side, with their hands raised high in the air. The scene is brightly lit, suggesting an indoor setting like a conference or a meeting. The focus is on the hands and forearms, with some people wearing watches or rings. The background is a bright, out-of-focus white.

How can I get involved?

Vote in elections for, or stand for membership of, the Cochrane Consumer Network Executive

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





## How can I get involved?

### Join the citizen scientists of Cochrane Crowd

Anyone can join this collaborative volunteer effort to help categorise and summarise healthcare evidence so that we can make better healthcare decisions. You can volunteer to carry out short tasks and you'll be walked through everything you need to know. Just sixty seconds a day could be really helpful:

[crowd.cochrane.org](https://crowd.cochrane.org)



**Cochrane**  
**Crowd**



@cochrane\_crowd

[crowd.cochrane.org](https://crowd.cochrane.org)

## Follow us on the internet

Join the conversation on Twitter at  
[@CochraneConsumr](https://twitter.com/CochraneConsumr)

Follow us and take part on [Facebook](https://www.facebook.com/CochraneConsumr)

See our [website](https://www.cochrane.org/consumers)

## Contact information

If you have any questions, or comments, please email  
us at [support@cochrane.org](mailto:support@cochrane.org)

## And finally

We'll contact you again in 3 months with an optional  
satisfaction survey. It's also an opportunity for you to  
ask us any questions.

Thank you again for joining this growing worldwide  
community. It exists to support you, and also for you  
to be involved, and even to help run. Very best  
wishes!

Cochrane  
St Albans House  
57-59 Haymarket  
London  
SW1Y 4QX  
United Kingdom

W [consumers.cochrane.org](https://consumers.cochrane.org)  
T @CochraneConsumr  
E [support@cochrane.org](mailto:support@cochrane.org)  
T +442071837503