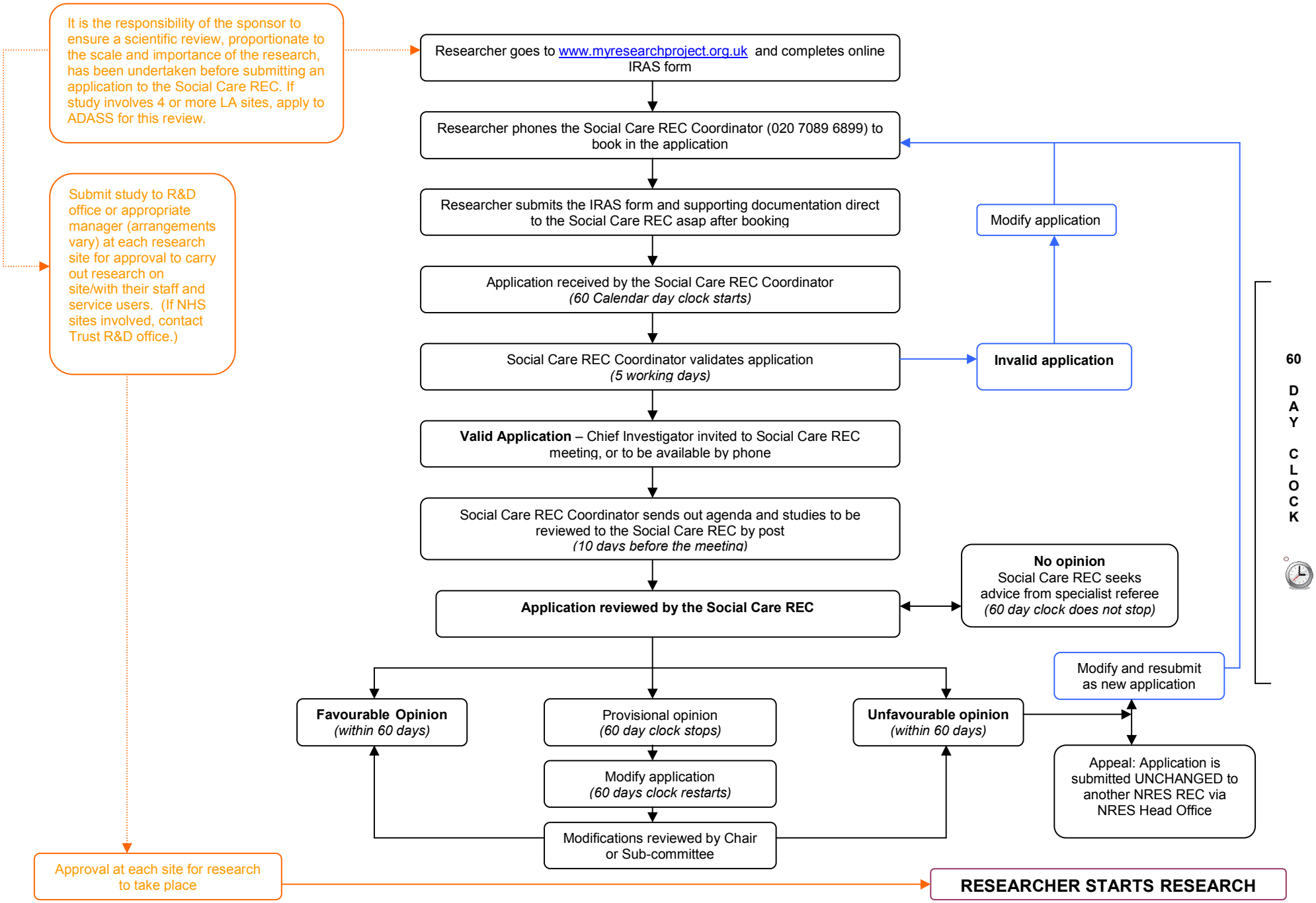Quick Guide for Submitting Applications to the Social Care Research Ethics Committee (SCREC)