



Children of UPBEAT

UPBEAT - Tempo



UPBEAT

## Back to School Newsletter, September 2023

### Message to All

We hope all the UPBEAT participants and their families had a wonderful summer holiday – despite the unpredictable British weather! We're writing to keep you up to date on what's happening in our exciting world of research. We're still trying to explore all the positive effects related to the original study.

We'd like to see how the children are getting on (now that they're a little older) and whether the study you did whilst pregnant influences aspects of children's health (such as heart rate). We would love for you to continue your involvement in our project and especially in Children of UPBEAT - which we hope to start before the October school half-term holiday.

We understand how busy family life and going back to school can be, so we are grateful for your ongoing support and participation.

### Meet the team!

We also have some wonderful new faces (who you may also meet or hear from at some point) so we thought it'd be a good idea for you to know a little bit about them.



Professor Paul Taylor

*I'm Professor Paul - a scientist interested in mum's diet in pregnancy and children's health.*



Ms Rahaf Alsehri

*I'm Rahaf, a PhD student in cardiovascular sciences. I'll be performing scans in the new study.*



Dr Samuel Burden

*I'm Dr Sam - I'll be the scientist leading the study visits for Children of UPBEAT.*



Dr Haotian Gu

*I'm Dr Haotian! I'm a specialist scientist who looks at imaging of the heart.*



Miss Simrat Kaur

*Hi, I'm Sim! I'll be helping with the study visits and with the running of the trial.*

If you have new contact information that we can use to keep you updated about the study, then please let us know using the contact details.

Please include your name and your child's names if you email or text us.