



UPBEAT

Uk Pregnancies Better Eating and Activity Trial

UPBEAT NEWSLETTER

GREAT NEWS: we have so far recruited over 1300 women to UPBEAT! Thank you all so much for your participation. Also the first UPBEAT babies are now starting to celebrate their 3rd birthdays, they really do grow up so fast.

We aim to reach our target of 1546 by the end of February 2014.

Professor Lucilla Poston's (Chief Investigator):

Message To All

Dear UPBEAT Mums & Babies,

Thank you so much for taking part whether you are still pregnant, you have a young baby or a child approaching 3 year old. The results of this study are really important because they will help us plan how to look after ladies like you and their families. Because our UPBEAT mums and babies are such a special and unique group, we have been awarded extra funding to see how you are getting on when your child is aged between 3 and 4. This means that we will be lucky enough to keep in touch with you and have the privilege of watching your children group up! So that we can keep in touch with you, please let Annette of Alex know if your contact details change. Thank you and MERRY CHRISTMAS!

One of the UPBEAT research midwives, Natalie Patterson (St Mary's Hospital -Manchester), has been nominated for a GEM Award by an UPBEAT participant for going the extra mile, Congratulations Natalie!

We will be contacting you all to see if you are interested in taking part in **UPBEAT-TEMPO** when your child is 3 years old. Information will be sent with a 3rd Birthday Card, if your child is already 3 years old then expect a letter shortly.

Women who took part in **CAN** at **King's College Hospital** — can also take part in UPBEAT TEMPO.



UPBEAT-TEMPO

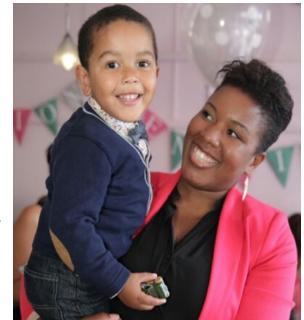
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Our first UPBEAT lady, Benita, had some lovely things to say about her and baby Caleb's experience in UPBEAT:

"When I was first approached by Claire to take part in the UPBEAT programme, I will say that initially I was a little scared and apprehensive, but as it was my first pregnancy I really wanted to make sure I did everything I possibly could to make sure I had a happy healthy baby. I soon came to enjoy the sessions with the other ladies on the programme, the extra support from mums at the same stage as you, doing the same programme it really was quite nice. 3 years on, I am still very aware of the food we are both eating and the amount of exercise we both do. My beautiful son Caleb has bounds of energy and I really do feel that having that extra help and assistance in the early stages really has benefitted us both till now. Thank you Claire and the whole UPBEAT team, Caleb and I wish you and all the other mums every success for the future."



UPBEAT is currently recruiting in:

- **Guy's & St Thomas' Hospital, London**
- **NHS Greater Glasgow & Clyde**
- **Royal Victoria Infirmary, Newcastle**
- **St Mary's Hospital, Manchester**
- **King's College Hospital, London**
- **City Hospitals, Sunderland**
- **Bradford Teaching Hospitals**
- **St George's Healthcare, London**