



UPBEAT Newsletter

Volume 1, Winter 2013

STAFF NEWSLETTER

Special Points Of Interest:

- 1310 = Total Recruitment to Date (01/12/13)
- First UPBEAT baby celebrated his 3rd birthday on September 10th
- Newsletters to all UPBEAT women are being sent out with Christmas cards
- **Recruitment target = 1546 by 28/02/14**

Recruitment & Progress

Fantastic news, we have randomized over 200 women in the last 4 months. The current overall recruitment figure stands at over 1310. We aim to reach out target of 1546 by 28th February 2014.

Posters have been created for each site to advertise the need for further recruitment leading up to February 2014.

PLEASE HELP REFER ELIGIBLE WOMEN!

One of the UPBEAT team, 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!

Our first UPBEAT participant, Benita, had some lovely things to say about her experience of taking part 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."



Chief Investigator's Message To All

I have just returned from an international meeting where it has become apparent the whole world is waiting for the results of this ground breaking study! Everyone's contribution is equally important. Thank you all for your ongoing support. It's been a long haul but were nearly there and whatever the results they will influence policy and practice for the care of obese women and babies. On behalf of all the UPBEAT management team, I wish you a very happy Christmas.

Best Wishes, Professor Lucilla Poston.

P.S recruitment is due to finish at the end of February—so one last push please.

UPBEAT TEMPO & First 3 Year Old

Amazingly, the son of UPBEAT's first randomized woman, the 1st UPBEAT baby, turned 3 years old in September! He is joined every month by more UPBEAT babies who are all turning three. We will be sending out Christmas cards to all UPBEAT participants past & present, containing a newsletter for the women. We will also be sending out information regarding UPBEAT TEMPO, with the 3rd birthday cards.



UPBEAT-TEMPO

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