



UPBEAT

Uk Pregnancies Better Eating and Activity Trial

UPBEAT NEWSLETTER

GREAT NEWS: we have so far recruited over 1470 women to UPBEAT! Thank you all so much for your participation.

We had aimed to finish recruiting all 1546 women by 28th February 2014, however we have had to extend recruiting in order to reach our recruitment target.

Professor Scott Nelson's (Principle Investigator at NHS Greater Glasgow & Clyde) **Message To All:**

It is absolutely fantastic that as we approach Mother's Day 2014, we have almost finished recruitment for UPBEAT. Your willingness to get involved in UPBEAT has been critical to its success. The importance of your contribution has now been recognised by the European Union, Medical Research Council and British Heart Foundation who have all contributed to additional studies, including further visits to see you and your children. It is only with your involvement that we can build on this landmark study. Thank you again for your participation and I look forward to seeing you and your family in the future.



We would very much like to see you and your son/daughter when he/she is 3 years old. Any time before his/her 4th birthday is fine. At this visit we will weigh and measure you both, ask about the foods you eat and the activities you both do. We hope you will be happy to continue helping with this important study

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

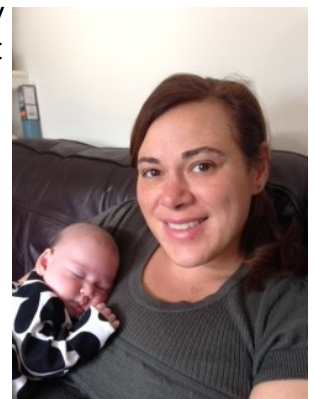


UPBEAT-TEMPO

Claire, one of our UPBEAT Midwives, participants and now proud mother of a beautiful baby girl Maddy, had some lovely things to say about her experience in UPBEAT:

Taking part in upbeat was a total privilege for me. So exciting to be contributing to the future for mothers and babies whatever the findings in upbeat. Personally, I gained support from the supportive upbeat midwife Hayley and learnt healthy eating tips I can use forever! As I sit here with Maddy on my lap smiling away, I am rewarded for all those sleepless nights and moments where I have no clue what she wants and we as are both in this huge learning curve, I realise I am not alone out there, but one of an army of new mums! As Maddy grows, I am excited for Maddy and I to take part at 6 months and to be part of UPBEAT TEMPO.

Thanks upbeat for everything
Claire and Maddy
xxx



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**

Any queries please contact:

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