



# UPBEAT Newsletter

Volume 2, Spring 2014

STAFF NEWSLETTER

## Special Points Of Interest:

- 1471 = Total Recruitment to Date (20/03/14)
- Newsletters to all UPBEAT women are being sent out with Mothers Day cards
- **Recruitment target = 1546**
- **Recruitment extended**

## Recruitment & Progress

Fantastic news, we have randomized over 120 women so far in 2014. The current overall recruitment figure stands at over 1470.

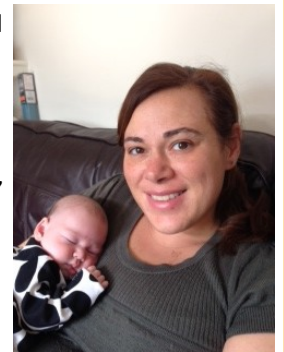
We had aimed to finish recruiting all 1546 women by 28th February 2014, however we have had to extend recruiting in order to hit our recruitment target.

Posters will continue to be created for each site to advertise the need for further recruitment to reach our target.

**PLEASE HELP REFER ELIGIBLE WOMEN**

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



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



'Almost there and keep going' has been the theme for 2014. As we approach Mother's Day, completion of recruitment is suddenly becoming a reality. Your dedication to UPBEAT has been phenomenal and it is only through your efforts that we are close to completing this landmark study. The scientific importance of the unique cohort that you have developed has now been recognised by several funders, including the EU who have funded the initial follow up of the children. On behalf of the team I would like to congratulate you on this achievement and thank you for your ongoing commitment.

## UPBEAT TEMPO

We now have funding to follow up the mothers & children when they are 3 years old. We will start contacting women in the near future aiming to start follow up appointments in June. We realise some of the first UPBEAT children will be 4years old in the summer but feel we will have time to see all of them before their birthdays. This means UPBEAT & UPBEAT TEMPO will provide a unique cohort to assess outcomes & long term effects for women & their children of being heavier when entering pregnancy & the impact of a lifestyle intervention.



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UPBEAT-TEMPO