



UPBEAT

Uk Pregnancies Better Eating and Activity Trial

# UPBEAT NEWSLETTER

**Fantastic news:** UPBEAT has now finished recruiting! Our last baby was born on December 1st! Our aim was to recruit 1546 women and we actually recruited 10 more than that!

We would just like to give a HUGE thank you to everyone who has taken or is taking part and supporting this important research.

## UPBEAT HAS FINISHED RECRUITING!!!



## UPBEAT TEMPO HAS STARTED!!!

**UPBEAT TEMPO:** The end of UPBEAT sparks the beginning of UPBEAT TEMPO! 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 all women & children who took part in UPBEAT will help us with UPBEAT TEMPO.

The sites where UPBEAT TEMPO is recruiting are:

- **Guy's & St Thomas' Hospital, London** (seeing all St George's women and CAN women)
- **Royal Victoria Infirmary, Newcastle** (seeing all Sunderland women)
- **St Mary's Hospital, Manchester** (seeing all Bradford women)
- **NHS Greater Glasgow & Clyde**

If you were recruited in another centre we will see you in one of those listed here. If you live too far away, partial participation via the internet is possible. We will be in touch with each of you between your child's 3rd and 4th birthday regarding UPBEAT TEMPO and hope to see you all soon!



UPBEAT-TEMPO

### Any queries please contact:

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Clinical Trials Co-ordinator) -  
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Please follow us on Twitter: @UPBEAT\_Study

Please follow us on Facebook:  
UK Pregnancies Better Eating and Activity Trial (UPBEAT)

We would like to form a Patient & Public Involvement (PPI) Group / UPBEAT community where all participants can exchange stories and get information.

**PLEASE TURN OVER FOR MORE INFORMATION**





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## PPI Group Information

We want to develop a patient participant involvement (PPI) group for UPBEAT and UPBEAT TEMPO.

A PPI group is a group of people who are particularly interested in a condition/disease or health care issue. We have asked many of you to help us with different things and we now feel we need to do this in a more formal way.

We would plan to have occasional meetings but most contact would be via email and Skype. We know how difficult it is to be really involved with things when you have young children and hope that many of you will be happy to each help a little bit.

We are already planning the 5 year follow up and your input with information sheets and what 5 year olds like will be invaluable.

You are under no obligation to get involved with everything but you are the experts when it comes to pregnancy and small children.

If you would like to get involved or would like some more information please contact:

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02071883641 — [annette.l.briley@kcl.ac.uk](mailto:annette.l.briley@kcl.ac.uk)

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