



**HAPPY HOLIDAYS!!**

*Keep in touch:*

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[#PregnancyCircles](https://twitter.com/PregnancyCircles)

This is the first in a series of newsletters from the Reach Pregnancy Circles research team to keep you updated on the progress of the trial. It is aimed at our wonderful partners and the great midwives, service users, research staff, principal investigators, managers, health visitors, commissioners and other supporters who are making this study possible. If you have any news to contribute, please get in touch!

## Progress with the Pregnancy Circles Trial

We are excited that the first sites for the Pregnancy Circles Randomised Controlled Trial have now started recruiting:

**September** - Lewisham University Hospital; Queen Elizabeth Greenwich,

**October** - West Hertfordshire; Whittington Health (Whittington Team)

**November** – Whittington Health (Greenstone Team).

In mid-November over 90 participants had been recruited to the trial which is a great start – just over 2,000 to go! The first Circles have now commenced.

...watch this space for future sites which are gearing up to join the trial, including **Barts NHS Trust, Epsom Hospital, St Hellier Hospital, Basildon University Hospital** and more!

## Pregnancy Circles out & about

As the days draw in, the REACH team have been keeping busy...




**October 5 2018:**

The REACH team (Octavia & Mary) were invited to talk about collaboration between research and clinical teams at the North Thames CRN delivery workforce development event.

**October 18, 2018:**

Mary Sawtell was invited to give a presentation on the involvement of Health Visitors in Pregnancy Circles to the Unite-Community Practitioners and Health Visitors Association (CPHVA) Conference in Bournemouth



Lewisham and Greenwich   
NHS Trust

  
West Hertfordshire  
Hospitals  
NHS Trust

Whittington Health 

**What is your top tip for recruiting women to join the Pregnancy Circles trial?**

*“Become confident with the study by reading the protocol and arm the women with as much information as possible”*

*Chloe Saad, Lewisham University Hospital*



## #ThoughtFest18

*"I hope this is available to everyone in the NHS by the time I have a baby!"*

*"I was surprised by how relaxing & safe lying on the floor felt"*

*"The activities were a lovely touch to make everybody feel at ease together"*



### October 6, 2018:

Public engagement: REACH was invited to run a mock Pregnancy Circle at a public event hosted by the Knowledge Quarter; #ThoughtFest18. We had great fun and everybody engaged with the idea of group antenatal care!

## Meet the team



In this newsletter we introduce **Dr Mary Sawtell** who is our trial manager in the REACH team. Based at UCL Institute of Education, Mary's job is to make sure that the processes of the Pregnancy Circles trial are clear, rigorous, equitable and ethical – this is how we can be sure that any findings are valid and that the trial runs as smoothly as possible. As well as working as an academic researcher at UCL, Mary works part time as a Health Visitor in the NHS.

*"I really enjoy working as both an academic and a practitioner. In my trial manager role, I hope my experience of both these 'worlds' helps bring together the rigour of science with the relevance of practice, thereby ensuring that findings from this really exciting study are as useful as possible for informing future services."*

## Coming soon:

An extra one-day Pregnancy Circles facilitator training at City, University of London in Clerkenwell has been put on after the first two sold out. If you are involved in Pregnancy Circles book in now!

**Wednesday January 23**  
(09.00-16.30)

**SOLD OUT!**

**Thursday January 24**  
(09.00-16.30)

**SOLD OUT!**

**New date:**

**Thursday January 31**  
(09.00-16.30)

BOOK: <https://www.eventbrite.com/e/copy-of-pregnancy-circles-facilitator-workshop-wednesday-january-31-2019-tickets-53028277004>

## Recent Publications

We are delighted that the findings of the Pregnancy Circles feasibility study and the protocol of the pilot trial have now been published (the unedited 'final author copy' can be accessed via the links below):

Hunter L, Da Motta G, McCourt C, Wiseman O, Rayment J, Haora P, Wiggins M and Harden A (2018). 'It makes sense and it works': maternity care providers' perspectives on the feasibility of group antenatal care (Pregnancy Circles). *Midwifery* 66:56-63 <http://doi.org/10.1016/j.midw.2018.07.016> Final Author Copy <http://openaccess.city.ac.uk/20371/>

Hunter L, Da Motta G, McCourt C, Wiseman O, Rayment J, Haora P, Wiggins M & Harden A (2018) Better together: A qualitative exploration of women's perceptions and experiences of group antenatal care. *Women and Birth*. DOI: <https://doi.org/10.1016/j.wombi.2018.09.001> Final Author Copy: <http://openaccess.city.ac.uk/20550/>

Wiggins M, Sawtell M, Wiseman O, McCourt C, Greenberg L, Hunter R, Eldridge S, Haora P, Kaur I & Harden A (2018) Testing the effectiveness of REACH Pregnancy Circles group antenatal care: protocol for a randomised controlled pilot trial. *Pilot & Feasibility Studies* 4. 169 <https://doi.org/10.1186/s40814-018-0361-x> . Final Author copy <http://openaccess.city.ac.uk/20961/>

Newsletter by Olive Bradshaw



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