reach
pregnancy programme

Issue 3
09/09/19

Pregnancy Circles Newsletter

Sites now up and running:

Queen Elizabeth

Whittington

West Hertfordshire

Royal London

St. Helier Hospital

Whips Cross Hospital

Clacton

Ipswich

Basildon & Thurrock

Newham Hospital

Sites soon to come:

Ashford & St Peters

Royal Free/Barnet Hospital

Epsom Hospital

Princess Alexandra Harlow

Updates on the trial

A big 👏 to Queen Elizabeth (Greenwich), the Whittington and St. Helier who will be extending beyond their original 7 Pregnancy Circles!!

New dates for Reflection & Refresher sessions for facilitating midwives!

Friday Sept 20th, 2019 / Thursday Oct 31st 2019 / Thursday Nov 28th 2019
https://pregnancy-circles-reflection-refresher-autumn-2019.eventbrite.co.uk

'*I enjoyed sharing and learning with sites further along the process*'

We have great tips on **'keeping to time'** from the midwives who attended the R&R sessions: contact *octavia.wiseman@city.ac.uk* if you'd like a copy.

Quotes from our Recruiter Day in September!

'*The aspects I find most helpful are networking, meeting the lead researchers to find out more about the role and discussing challenges to recruitment.*'

"*Circles is the way forward. Women need to be given choice and research forms part of women's care.*'

Normal Birth Conference - In June 2019 Research Fellow Octavia Wiseman and facilitating midwife & team leader Aysma Burhan from Queen Elizabeth attended the Normal Birth Conference and facilitated a Pregnancy Circles 'taster' workshop for delegates. Feedback was excellent and there was a twitter storm about Pregnancy Circles afterwards, which attracted attention from outside the conference!

Professor Trixie McAree @mcareetrixie · Jun 19
Very inspirational demo of pregnancy circles by @aysmaburhan and @octaviawiseman very credible powerful model @prof

Meet the Team - হ্যালো ('Hello' in Bengali)

Nazihah Uddin and Zohra Khanam, who speak English and Bengali, have joined the REACH team on a freelance basis and will support the recruitment of women who do not speak English. They have started working at the Royal London - let us know if you feel that your Trust would benefit from the support of these two Bengali-speaking recruiters.

Nazihah says that at the beginning it was challenging to find the right time to approach women but she is delighted to have recruited her first participant!

Pregnancy Circles video:

REACH team babies!

Giordana & baby Liana

Vivian's Baby Winnie

Lorna & baby Alice

Newsletter by Olive Bradshaw

Other ideas for recruiting vulnerable women /non-English speakers:

- We are trialing the usefulness of having the PIS and consent form in some of the more common languages. The first available will be in Romanian. We will send these out to you soon; please let us know other languages that might be helpful and your thoughts on this idea
- Ask booking midwives to invite you to speak to women during the appointment while they are doing paperwork (when interpreters are there)
- Invite women to come in to an appointment specially to discuss the research if they haven't got time after their appointment (many do!).
- Set up a WhatsApp for the recruiting team to help you communicate & follow up anybody who has been missed
- Consider vulnerable/high risk women who are eligible for the study but who may have been directed to other specialist pathways – could they have their midwifery care in Pregnancy Circles?
- Develop processes to pick up late bookers (up to 2nd session at 25:40)
- Suggest that they try the first Circle – they can always return to standard care if they don't like it (more vulnerable women are less likely to understand what's involved in research)
- Consider including toddlers in your group – women from BME backgrounds are more likely to have larger families & less childcare.
- DON'T MAKE ASSUMPTIONS. Let women decide about taking part: always ask!

Baby Corner!   Our first REACH trial babies are being born!

West Herts postnatal reunion

1st Whittington Pregnancy Circle baby!

Do send in any photos that you and your women are happy for us to share!