



For a Healthy Future

News

End of recruitment

Celebration photos

Jamie Oliver's Ministry of Food

Classes for BiB parents

What next for the BiB study?

A message from
Professor John Wright



Total number of babies recruited: **13,750** – original target of 10,000 well and truly passed!

Hi Everyone!

A VERY happy new year to you all!

By now most of us will have forgotten whatever resolutions we made at the beginning of January so take some time to read the article about the **Advocacy and Scrutiny Committee** on page 2 and consider whether or not you might make a resolution to join the group this year. The research done using the data given by Bradford parents and babies is for the benefit of Bradford people so we really welcome parent voices at these meetings and would love to hear from more of you. The well being of the families in the project is at the heart of everything the committee considers and talks about.

The recruitment office closed on Christmas Eve 2010 with an amazing 13,750 mums recruited to the study. Well done and thank you from all the BiB staff to all the Bradford families who are taking part in this important medical research. See the centre pages for photos of the celebration at the end of recruitment and page 3 for Professor John Wright's comments on where the project is going next.

The local media were very interested in the ending of recruitment and the beginning of the next phase of the project; you can see more about that on page 6 where we speak to some of the people behind the media stories.

Page 7 features mums from Lower Grange who have decided to make improvements to their local area by upgrading **Ladyhill Park, Allerton**.

On page 8 there is an article about our new **outreach clinics** for those involved in the BiB 1000 research and an update on the All In study from Dr Lucy Pembrey who is leading that research project.

A new stand at this year's Teddy Bear's Picnic on 7 July will be staffed by cooks from Jamie Oliver's **Ministry of Food** Bradford, who will be demonstrating cooking skills and healthy recipes; more details on page 8.

Ann Barratt



Recruitment is now over – so what's next?



John Wright:
every piece of
information is
like a piece of a
jigsaw

A message from Professor John Wright

OVER the last four years we have recruited nearly 14,000 mothers, 14,000 babies and 3,000 fathers into BiB.

The end of recruitment closes

one very big chapter for the study. The next stage involves using the huge wealth of data we have collected to help answer important medical research questions. We also need to continue to follow up the children, using routine records and home visits.

During recruitment we have recorded detailed information about many different aspects of life in Bradford – our diet, our environment, our genes and our lifestyles. Every piece of information is like a piece of a jigsaw, and for BiB this jigsaw will be made up of thousands of pieces. Our goal now is to fit all the pieces together to produce a picture of what causes diseases such as diabetes and asthma and also what helps childhood well being.

Two of the last mums to be recruited on Christmas Eve spoke about how pleased they were to be able to take part in the study:

Nasreen said she was glad we were

researching into the causes of asthma because she suffers with it herself and she hopes she doesn't pass it on to her baby.

Lindsay thought the project was great; with a degree in biology herself and a long family history of asthma and allergy she really understood the need to carry out medical research to find out why these things happen and how they can be prevented.

The Advocacy and Scrutiny Committee in 2011

Now that recruitment has finished another way to be involved in the project is to join the Advocacy and Scrutiny Committee.

The ASC is made up of BiB parents and health professionals who don't work for BiB. The group has a 90 minute meeting every two months, always in term time, to discuss how proposed research projects might impact on BiB families and how the research can best be used for the benefit of the people of Bradford.

If you are interested in joining the ASC then get in touch with me on 01274 383409 or e-mail me at Ann.Barratt@bradfordhospitals.nhs.uk. We are always glad to welcome new parent members.

Ann

Celebrating the

en



ADAM, pictured above with his grandparents at the end of recruitment party on Christmas Eve, is healthy and doing well at school.

It was not always certain that this would be the case. Five years ago Adam was born prematurely and was very ill for a long time afterwards; Adam's Grandma wrote about the difficulties of caring for such a poorly child in the first edition of our newsletter in April 2008.

At that time it was difficult to know what progress would be made so it was really exciting to see Adam looking fit and well and having fun at the party.

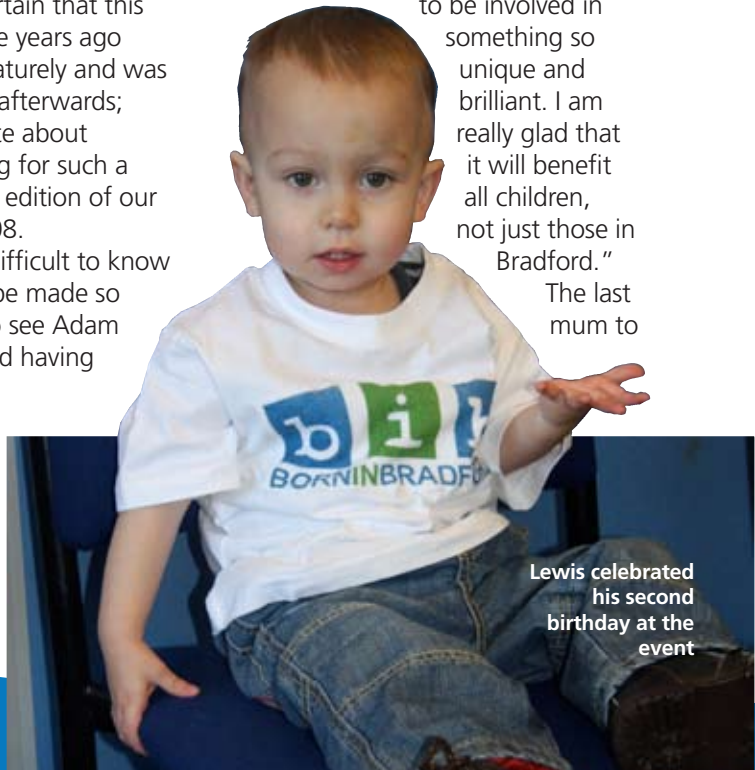
It was a doubly exciting day for Lewis who was celebrating his second birthday on Christmas Eve. He seemed very pleased to model



a BiB t-shirt for us. Mum Dawn, who works at a children's centre, has been a member of the Advocacy and Scrutiny committee for the last 18 months. She said: "I am really pleased

to be involved in something so unique and brilliant. I am really glad that it will benefit all children, not just those in Bradford."

The last mum to



Lewis celebrated his second birthday at the event

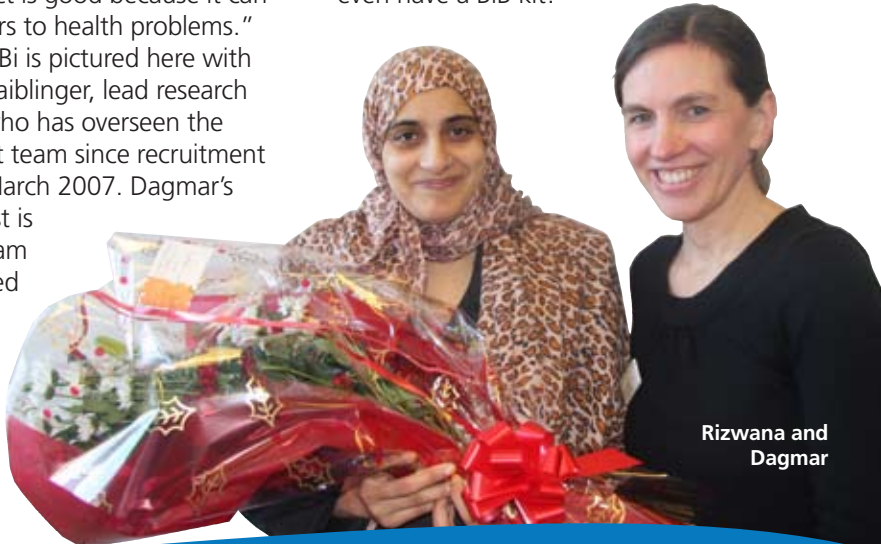
nd of recruitment on Christmas Eve



be recruited to the project, Rizwana, came to the hospital for her routine glucose tolerance test and found herself the centre of attention! As a fourth time mum, whose other children were born before the project started, Rizwana was especially pleased to find herself just in time to be part of the BiB project. She said, "The project is good because it can find answers to health problems."

Rizwana Bi is pictured here with Dagmar Waiblinger, lead research midwife, who has overseen the recruitment team since recruitment began in March 2007. Dagmar's proud boast is that the team never missed a day's recruiting in all those years! Dagmar's two

children have been long time supporters of the project; Daniel's football team, Westwood Juniors, even have a BiB kit!



Rizwana and
Dagmar

Media focuses on Born in Bradford milestone

THERE was a great deal of interest in the end of recruitment from the local media. We had interviews broadcast on BBC Radio Leeds, Pulse, Sunrise and Bradford Community Broadcasting (BCB) and articles in the T&A and other local press.

In 2009 when Sobia Farooqi became pregnant for the second time she was really keen to be a part of the project. She had already heard women talking about Born in Bradford at the building society where she works preparing information packs for women going on maternity leave. Sobia echoed the views of many other Bradford parents when she said:

“We are taking part in the study because it is for everybody and our children are the future. There are so many illnesses here in Bradford and nobody is doing this research anywhere else. We have a family history of diabetes and I had gestational diabetes in my first pregnancy so I understand the need to find out more about this as well. Bradford is honoured to be able to find out what is going on and if there is a key to understanding the causes of genetic or inherited disease.”

Sobia came to the Bradford Institute of Health Research to be interviewed for the BBC Asian Network radio station as a BiB mum who is taking



part in the All In study into allergy and infection. The interview is available to download from our website: www.borninbradford.nhs.uk then click on *BiB in the News*.

Pictured above is the whole family: Romaisa, Sobia, Khurram and Aayan.

Look North's health correspondent, Penny Bustin, came to Bradford to speak to some of the last people to be recruited in to the project. The piece was broadcast on Look North on Christmas Eve and you can see that short film on our website by going to: www.borninbradford.nhs.uk and clicking on *BiB in the News*.

‘We are taking part in the study because it is for everybody and our children are the future’



'Our Park, Our Vision'

Pictured are the group of mums determined to make a difference

BiB mums get involved

A GROUP of mums who are all long time residents in the Lower Grange, Allerton area have got together to try to do something about their local Park, Ladyhill.

The group are focusing on a disabled-friendly park, so it is accessible to all the community, said Nadia Stewart. "Our motto is Our Park, Our Vision. Anyone who is interested in joining us is welcome at our meetings. The group meet most Fridays at the Lower Grange Youth and Community Centre from 9.30-11am.

"The park should be a place for everyone," explained BiB mum Leanne Thorne, chair of the group, "but instead it is vandalised, there are teenagers smoking and messing around at the swings and there's a lot of dog dirt, so that puts us off taking our kids there. It is 90 years since the park was given to the people of Allerton so this seems like a good year to make the improvements."

"We are planning to have a stand at the Allerton Family Fun Day on Saturday July 2 to get the project going. We have got funding to visit other parks to get ideas for Ladyhill because we want it to be the best for everyone in our community from the youngest to the oldest," said Michelle Hayes, who is the group's secretary and is also a BiB mum. The women have put together a questionnaire to give out in the local area asking people what they would like to see in the park.

The group is being supported by local agencies and they are working with the community engagement officer at Dixons Allerton to include young people in the design process. "We hope that this will give the young people a sense of ownership and encourage them to respect the facilities," said Rozina Tariq, treasurer of the group.

For further information e-mail: Leannethorne29@hotmail.com.

News round-up

Outreach Clinics

WE ARE working closely with Gateway and Bierley Children's Centres in an exciting new venture that will make it easier for mums to attend their follow up appointments for the BiB 1000 study. The centres are each providing rooms with toys



and activities where the children can play and be weighed and measured whilst the mums work with the community administrators to answer the questionnaire. This initiative will make it

more convenient for mums in those parts of the city to attend a local centre rather than having to come over to BRI for the clinics. We do offer home visits for those mums who find it difficult to attend an appointment outside the home.

ALL IN: The Allergy and Infection Study

THE ALL IN team have been working hard and we are delighted that so many families have agreed to join the study. We now have nearly 1,200 children enrolled with over 800 blood samples collected at the one year visit. Around 250 children have also had their two year visit.

Clinic appointments are now available in addition to home visits so families can choose what suits them best.

A big thank you to all of you who are taking part in ALL IN, with your help we can find out more about why some

children develop allergic diseases like eczema and hay fever. Please remember to contact the BiB office if you change your address or phone numbers so we can keep in touch.

If you are not yet part of ALL IN, please look out for the letter from us just before your baby's first birthday. We hope you'll be happy to join us!

Ministry of Food staff to meet BiB Bears!

WE ARE really pleased to announce that the Ministry of Food will be having a stand at this year's Teddy Bear's Picnic which will take place on 7 July 2011 in Lister Park. A team of people will come to demonstrate cooking skills to all those at the picnic.

The deputy centre manager, Lisa McLoughlin, said, "At the Ministry of Food we want to teach people to cook simple nutritious meals, to budget and plan for balanced diets and to help them understand how they can improve their general health and well-being. We are delighted to have the opportunity to work with BiB families later this year."

Jamie Oliver's Ministry of Food in John Street, Bradford, has been hugely popular and the 10 week courses are fully booked with people learning how to cook uncomplicated, healthy meals. We are working with the team at the Ministry of Food and some of the Children's Centres to offer special 'Pass It On' cookery sessions to BiB families. There will be details of these on the website and on our Facebook site as soon as the dates are confirmed.

BORNINBRADFORD

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