

Children's Section **BiB Family Wordsearch**

H	Q	Y	J	T	D	N	V	R	N	G	S	N	O	J	S	N	D	R	L	S	F	Z	H
Q	K	M	B	F	M	R	E	B	W	Z	L	H	M	B	O	I	D	Q	A	E	G	G	E
G	E	K	Y	W	A	H	O	X	H	M	P	B	P	I	O	V	E	N	V	M	S	Z	F
J	O	R	G	F	T	L	E	F	M	E	O	Z	T	A	P	W	K	D	I	O	L	O	D
T	N	A	U	E	U	X	T	P	D	S	J	U	J	Y	R	F	K	Y	T	S	I	Y	Z
K	V	C	G	T	E	T	S	G	W	A	L	K	W	P	Y	G	J	U	S	O	S	C	C
N	U	O	O	R	A	F	M	D	F	L	R	N	Y	U	O	A	O	H	E	M	N	H	Y
B	T	P	C	J	H	N	O	R	O	A	I	B	X	J	R	B	R	T	F	O	M	I	I
O	E	I	F	J	H	A	P	P	Y	V	Z	L	F	P	W	K	M	S	O	R	L	L	R
M	S	L	A	P	J	A	B	D	S	N	H	K	G	T	F	B	K	C	B	H	Z	D	Y
E	M	I	M	K	L	V	Q	H	G	D	U	V	Z	J	M	R	C	H	D	C	P	R	E
D	H	A	I	Y	X	D	N	U	T	R	R	S	Z	D	A	T	B	Z	W	L	J	E	D
T	Z	H	L	N	B	T	B	Q	Z	P	T	U	C	P	Y	U	P	O	I	R	T	N	H
Q	K	T	Y	E	X	H	H	Y	F	Q	F	G	E	I	S	Y	P	P	X	O	Q	Z	J
N	W	F	E	W	T	F	P	Q	O	Q	E	C	F	A	E	Y	F	T	Z	R	Q	S	Z
C	O	M	M	U	N	I	T	Y	O	V	P	P	O	G	D	N	K	E	U	Y	C	E	J
N	B	B	E	S	W	Z	U	A	D	Z	R	L	T	L	Q	S	C	B	F	H	L	N	G
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S	R	V	C	C	U	Y	K	G	M	U	J	Z	H	O	Z	R	Y	L	F	S	V	V	D
D	F	W	S	Q	H	A	K	J	B	G	B	G	U	Z	L	U	C	O	Z	W	K	E	X
I	S	H	Q	V	L	Z	J	Q	B	N	O	I	G	I	L	E	R	H	A	N	J	M	E

- Bradford
- bus
- children
- chromosomes
- community
- exercise
- family
- festival
- food
- genes
- happy
- healthy
- height
- nature
- parks
- photographs
- play
- pollution
- religion
- research
- school
- science
- together

Find the solution on our website!



We are family
BORNINBRADFORD

News

No: 020 • April 2017

Inside this issue:
 What we are finding out
 Meet one of our researchers
 Next part of our journey on a bus
 Family word search



Birthday Celebrations!



Hi Everybody!

Welcome to our new look Newsletter! Things have been really busy at BiB headquarters: we are embarking on a major new project called BIB Growing Up which will see us revisiting all of our BiB families over the next couple of years and asking how lives have changed since the birth of our BiB babies.

We have also been recruiting families to a brand new birth study: Born in Bradford's Better Start (BiBBS), and have been working with primary schools across Bradford to explore

health and cognitive development of our children in Years 3 and 4 (BiB Primary School Years). You can find out more about these studies in this newsletter.

To celebrate the work we have done with your help, we have had a bit of a makeover and now have a new logo and website. Our newsletter now has a children's activity page so that your children can start to learn what Born in Bradford is all about.

Our new strapline "BiB: We Are Family" is all about recognising that families are at the heart of everything we do. We are passionate about working in partnership with our families, our local communities and our research communities to do research which is truly inspiring and which makes a real difference to the health and happiness of families in Bradford and beyond.

But times have changed in other ways; our Family Liaison Officer Ann Barratt has now retired and we'd like to thank Ann for all her enthusiasm and

dedication over the years. Ann has been with us since the beginning of BiB and has worked so hard to make sure that our families have had a key voice in all the work that we do, and by making sure that we give back to our communities by sharing our findings through our family festivals and parent events. She has also been instrumental in ensuring our work has had impact on the work of health professionals and policy makers. She has been wonderful to work with and we will miss her very much at BiB headquarters. We wish Ann all the best for the future.

However, I am delighted to introduce our new Community Engagement and Research Coordinator, Amina Rehman (right). She will be out at events talking to families and the community about all the work we do at Born in Bradford, and we hope you will meet her soon.

I hope you enjoy our newsletter! Please do check our new website for



up to date information on the study. You can also follow us on twitter @bibresearch or on facebook facebook/borninbradford

If you would like to find out more or get involved, please do get in touch. borninbradford@bthft.nhs.uk

Thanks,
Rosie

BiB Director
@drrosiemc



What we are trying to find out

What types of things can influence health, happiness and how well children do at school? We are looking at this in our **Growing Up** study.



Do children's cognitive and fine motor skills affect how well children do at school? We are doing this in our **Primary School Years** study.

Are children who stand up during school classes more active than those who sit all day? We are looking at this in our **Stand out in Class** study.



Do some local projects working with pregnant women and families with young children help to improve outcomes for those children later in life? We are doing this through our new **BiBBS** cohort.



Do women's iodine levels during pregnancy affect their baby's development. We are looking at this in our **HIBA** study.

Find out more about all our studies at www.borninbradford.nhs.uk
BiB is Growing Up!



BiB: Growing Up

This is a really exciting time for BiB – we have just launched the BiB Growing Up study! Over the next two years, we will aim to see all of our 13500 children and their families again for the first time since the study began. On the 23rd February, we welcomed our very first families onto the state-of-the-art Big BiB Bus!

On the bus, we ask people to take part in questionnaires, give a blood sample and even have a DEXA scan! These scans can tell us about how strong your bones are, and what your body composition is like.

We will use this information to help us find out even more about how to make Bradford a healthier, happier place to live for all families.

If you are a BiB parent or guardian, you should receive an invitation through the post in the next two years (we're starting with the oldest BiB children). You can find out more by visiting the website (www.borninbradford.com).

If you are interested in making an appointment now to join us on the bus email us here: borninbradford@bthft.nhs.uk



The bus is currently at...
ST LUKE'S HOSPITAL!

Happy Birthday babies!

It is an exciting time in the Born in Bradford team as our first Born in Bradford's Better Start (BiBBS) babies are turning one! This is part of the Better Start Bradford programme, a community led partnership programme working with families to give children the best possible start in life in three Bradford wards: Bowling and Barkerend, Bradford Moor and Little Horton. BiBBS will help us to see how the Better Start Bradford projects are making a difference for children living in those areas.

Every pregnant woman and her partner living in a Better Start Bradford area can join BiBBS. Pregnant women are invited to join BiBBS during their pregnancy or soon after they have had their baby. So far, more than 900 women and 100 dads and partners have joined and more than 700 babies have been born. We had our first birthday party for the children on 12th April. Look out for photos of the party on our Facebook and Twitter pages!



Please follow us on facebook/
[borninbradfordsbetterstart](https://www.facebook.com/borninbradfordsbetterstart) and twitter
[@BIBBSParents](https://twitter.com/BIBBSParents)

Meet the team

Liz Andrews



Tell us a little bit about yourself

I'm a Senior Research Fellow and I have worked with Born in Bradford (BiB) since

March 2013. I have

been mostly working with young children in primary schools in the city assessing cognitive development (e.g. memory, information processing etc.) and wellbeing. I have a background in cognitive and health psychology and I have both a PhD and Masters degree in this area from the University of Leeds. Since gaining my PhD I have worked on various projects in Leeds Institute of Health Sciences and at the Department of Psychology, University of Sheffield.

What are you currently working on at BiB?

I am currently the project lead for BiB: The Primary School Years. This project assesses cognitive development and well-being of children aged 6 to 9 attending primary schools within Bradford.

What is this project trying to find out?

We are working with these children to provide a clear picture of the levels of cognition, wellbeing and behaviour among school children in Bradford. It will help us to find out if there are differences between children and help explain why there are differences. This will help us to make recommendations on how to improve children's lives in the future.

What is your favourite thing about working on BiB?

The BiB team are a great bunch of people to work with. My previous research involved working with older adults and teenagers so my recent research working with primary school age children has been quite different. I have three daughters and now have grandchildren attending primary schools so it's very relevant to me personally as well as being important research.

Future hopes and aspirations

Our long term goal is to develop tools that teachers can freely use themselves to assess cognitive and motor skills important for successful learning and educational attainment and to make recommendations on how the lives of children can be improved.

Our first BiB child is turning 10!



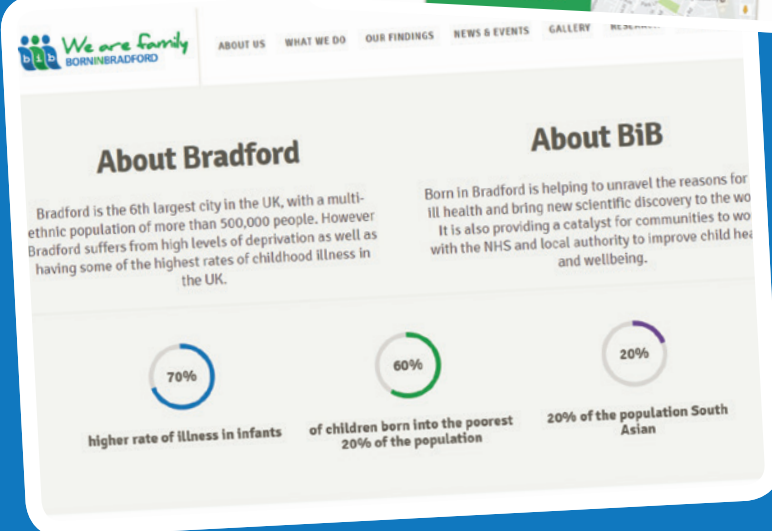
Our BiB children really are growing up!

Our oldest BiB child has turned 10 and our 10th Birthday cards are now being sent out. We can't believe that our BiB children are reaching the end of their first decade already! We're working with Kirkgate shopping in Bradford to do a range of fun activities in the holidays. Look out for more information on Facebook and Twitter!

Have you seen our new look website?

Please do follow us on facebook / borninbradford and twitter @BIBResearch @BIBParents too.

Check it out at www.borninbradford.nhs.uk and sign up to our new online Newsletter! We would love to hear your feedback which you can send us by email on: borninbradford@bthft.nhs.uk



Draw your favourite place in Bradford!

We would love to see your pictures! Either send a photograph to borninbradford.nhs.uk or post it to **Born in Bradford Project Office, Temple Bank House, Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ** and we will feature the best ones on our website www.borninbradford.nhs.uk