



We are family
BORNINBRADFORD

News

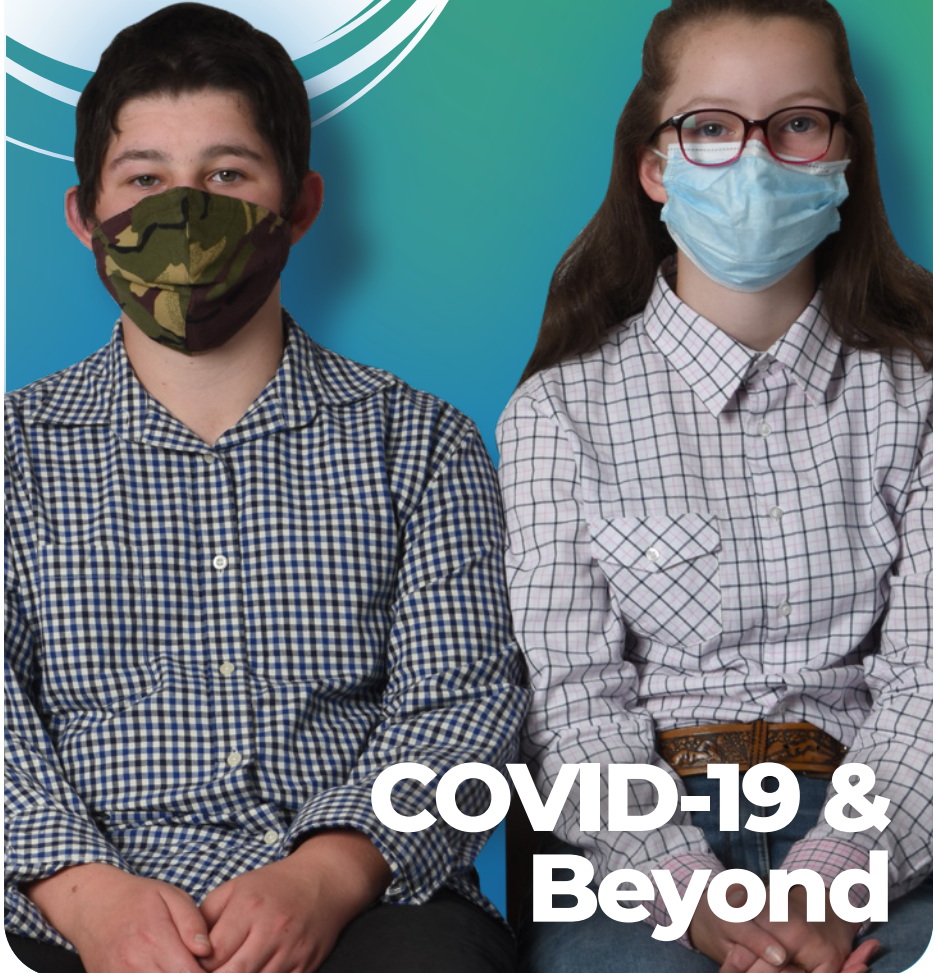
No: 026 • Dec 2021

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COVID-19 & Beyond

www.borninbradford.nhs.uk

Letter from Rosie



Hello everyone,

Welcome to our winter 2021 Born in Bradford newsletter! In this newsletter you can read all about the research we have been working on during the pandemic and how our findings have been used to make a real difference in our city. On page 6 you can also meet our fabulous team member Kirsty Crossley who has been busy co-ordinating our COVID-19 surveys.

In 2022 we will celebrate our 15th Anniversary. Our project started in 2007, and between 2007-2011 over 12,500 families agreed to take part in our original BiB cohort. In 2016 we launched our Born in Bradford's Better Start cohort, and in 2019 our BiB4All cohort. Although our studies have different names, they all have the same aim: to explore why some families stay healthy and why others fall ill, and to use this information to make a positive change in our city. Now we have a whopping 46,000 Bradfordians enrolled in our project.

But things are going to get a lot bigger....

Our oldest Born in Bradford children are now navigating their teenage years. Our new project 'BiB: Age of Wonder' launches in 2022 and will follow young people during their teenage years and into young adulthood. In this project we will recruit BiB young people and their friends. In fact every young person in Bradford can take part and we hope to recruit up to 30,000 young people over the next 7 years. You can read about this exciting project on page 8.





In this newsletter we also have some very important information about two new projects which are using the data and samples (such as blood and spit) we have collected from you over the years. We are very excited to start a new partnership with Genomics England which will explore how our genes affect our health, using samples you have already provided (more on this on page 7). We have also teamed up with more than 20 other top UK research projects as part of the UK Longitudinal Linkage Consortium (UKLLC) to link information collected from BiB families with families across the UK to create a database of over 2 million research volunteers in total (see page 10). This will help us understand the impact of the pandemic at a national scale.

Both of these projects are incredibly important and it is fantastic that our Born in Bradford families are able to contribute to cutting edge science. You can read more about how we keep your data safe by visiting our privacy policy <https://borninbradford.nhs.uk/privacy-policy>, or by getting in touch with us by calling 01274 364474 or emailing borninbradford@bthft.nhs.uk.

You can find out more about Born in Bradford by visiting our webpage: www.borninbradford.nhs.uk, following us on Facebook or Twitter (@bibresearch).

Take care,

Rosie

BiB Director:

 [@drosiemc](https://twitter.com/drosiemc)



Life during lockdown

We carried out surveys with BiB families during the first national lockdown and again in Autumn 2020 to look at the effects of the COVID-19 pandemic on the lives of the communities across Bradford. We had over 3,000 responses from BiB families.

We asked parents to answer questions on how they were feeling, their financial situation, employment and thoughts on the pandemic, as well as asking families about their three biggest worries, a challenge faced in the past two weeks, and anything that had become easier. We also asked our young people similar questions around how they were feeling, about their physical activity and their education and again about any worries they had and things that made them happy.

Our surveys have shown that the pandemic has been very challenging for many families, which could have implications for their long-term financial security and their physical and mental health.

In the first lockdown, a large number of mothers reported clinically relevant symptoms of depression (19%) and anxiety (16%). Our findings also shone a spotlight on some of the financial hardships experienced during the pandemic: more than 1 in 3 families were worse off and 1 in 10 said that adults in their household had to regularly cut the size of, or skip, meals.

The lockdown was a very strange time for children and they reported a mixture of positive and negative experiences. Some children felt more happy during the lockdown while others felt more sad.

Some children reported that they had more time to do hobbies like painting or baking and going out for walks and bike rides and were enjoying spending more time with their family. Many children missed their friends and whilst they were able to contact and speak to their friends through online games, social media and on the phone, it wasn't the same as seeing them in person. During the first lockdown, nearly one third of children said that they hadn't left their house or garden in the past 7 days, and only a quarter of children were meeting physical activity guidelines.

We have used these findings to help highlight the key areas where families require support most. Policy makers within Bradford have already acted upon our findings to make real changes to policy and recovery strategies in our city. For example, findings helped shape mental health support and services available in the District. They also helped policy makers to understand and tackle people's concerns around COVID-19 vaccines.

We are so grateful to all of the families who have given their time to support this research in such a tough time, giving us the chance to highlight the issues that matter most to them.

If you and or your family have been affected by the pandemic there is help out there to support you. You can find useful contacts on our website:



There are also useful tips there to help your child with their learning and to become more physically active.



Meet the team

Kirsty Crossley

Tell us a bit about yourself

Hello I am Kirsty, I am a research fellow here at BiB. I am a psychologist by background, with a keen interest in the early years and ensuring a happy and healthy life for all. I joined BiB in 2018 and have worked on lots of projects including the BiB primary school years project. Since the pandemic started I have been co-ordinating the BiB COVID-19 surveys. I am originally from London and my hobbies include dancing, playing tag rugby player and baking.

What are you currently working on with BiB?

I am currently the project coordinator for the COVID-19 Pregnancy study which is following women from pregnancy to when their baby is one year old. This study aims to understand the impact of the pandemic, and response to it, on the health of pregnant women and their babies. I am also currently leading the roll out of the BiB Breathes air quality survey for our BiB families and a general public survey to understand peoples' views on air pollution in Bradford, and how their travel has changed from before and after the pandemic.



What is your favourite thing about working for BiB?

BiB is a unique place to work as it provides you with many opportunities to work across various teams, with other researchers from different fields, to midwives, doctors, public health advisors, and schools. I love working for an applied health research institute because you can feedback the results you have found to help influence practice and policy. The BiB team is also a fantastic collection of people who all want to help make Bradford a healthier and happier place, I couldn't ask for a better bunch of colleagues to work with.

Future hopes and aspirations?

I hope to still be working in an area that continues to provide a platform to influence practice and policy. My longer-term goal would be to make an impact within maternity research, to improve outcomes for women.



Born in Bradford has formed a new partnership with Genomics England to help us in our mission to find out more about how we can stay healthy and what can sometimes make us ill.

We've already been doing this by collecting detailed information from parents and children in Bradford, by asking you questions, analysing samples of blood and spit, and comparing all of this information to find clues about our health and wellbeing.

We're really excited to announce that we'll now be working with Genomics England to use new ways to find out even more about what our bodies can tell us about what keeps us healthy and what might make us more likely to develop certain types of diseases. We'll be doing this by sequencing your genome and studying the information in our genes.

So who are Genomics England and what is genome sequencing?

Genomics is the study of genes, which is a fancy word to describe the puzzle pieces that come together to hold the instructions your body carries around with it to make you you! These instructions are passed down from your parents: half from your mum and the other half from your dad.

Genomics England is a group of scientists and doctors who have been using genomics to understand why people have certain types of rare disease, and what medicines and other treatments are best to help patients with certain types of cancer.

Doctors and researchers that study genomics can read this code from your body and use it to answer questions about why some families have diseases that affect lots of people in the same family, and can use this information to help people stay healthy, and find the right treatments for them when they become ill. They do this by comparing different people's genomes with each other, and looking for tiny differences in these instructions that mean some people fall ill and others remain healthy.

By being part of this project, you and your family are helping scientists understand more about our genomes, and in the future new medicines and ways of treating disease will be discovered – thanks to you!

We're partnering with Genomics England to do this because they have lots of experience on how to read people's genomes and they already have genomes from many thousands of people in the UK who have allowed Genomics England to study their data. All of your information is stored using the most advanced and secure systems and only scientists that can show they will be using the data to improve our health are allowed to have access to it. Your name and any other details that might identify you is removed.

Genomics England is going to begin sequencing genomes later this year using samples that you've already provided the Born in Bradford study in the past.

If you would like to find out more about what genomics is and why it's such an important and exciting area of science, go to the Genomics England website.

genomicsengland.co.uk

BiB AGE OF WONDER

is coming!

The next generation of the Born in Bradford study is coming to you from 2022 - 2029.

The first babies enrolled in Born in Bradford at the start of the project are now teenagers and entering a key time in their lives – where has the time gone?

As they move through adolescence they will experience many changes to their bodies, their minds, their emotions and their social lives. This is a critical period, where children's influences shift from family to peers and they begin developing the knowledge, skills and expertise required to live a healthy and happy life.

The Age of Wonder project is the next chapter in the Born in Bradford story. The aim is to capture the important next phase in the lives of the original Born in Bradford children and their families. We will be opening up this project beyond our existing Born in Bradford cohort, aiming to involve 30,000 young people from a wide range of different schools and areas of Bradford District.

We hope to inspire a generation of citizen scientists by involving young people in designing and delivering research, helping them to become data gatherers themselves and in the process build scientific skills in the district.





Age of Wonder will bring together many different types of research methods in order to build up a detailed picture of what it's like to grow up in Bradford. These will include:

- Collecting a range of information from young people in years 8-13 using surveys, blood samples and measurements
- Working with schools to embed the research into the curriculum to inspire young people in science and research
- Using novel technology such as smart phones and wearables to collect real-time data
- Using qualitative research techniques such as interviews and focus groups to get insights into the values, ambitions and concerns of young people
- Linking data from health, education and community sources
- Close working with specific communities to understand key issues affecting mental health and relationships.

As always, all of the research will be covered by the very highest levels of confidentiality and data security. Over the coming months we will be contacting schools across the district to give them information about the project and invite them to participate.

Letters will then be sent out to the parents of young people in participating schools to tell them all about the research, and how to get in touch if they don't want their child to take part. For more information about the project please contact

Dr. Katy Shire, Programme Manager
ageofwonder@bthft.nhs.uk





Born in Bradford has joined forces with more than 20 other top research studies in the UK to find out more about how the COVID-19 pandemic has impacted our health, education and family life.

The project is called the UK Longitudinal Linkage Collaboration, or UKLLC.

This is an incredible opportunity, bringing together data from 2 million research volunteers in one place, to help us find out more about the pandemic than was ever possible before. We will link together information from Born in Bradford surveys and information from your health records, and add this to similar information from volunteers in other UK studies. We will be able to look at the big picture, which includes COVID-19 itself, but also the impact that lockdown and other restrictions have had on education, mental health and access to other services such as cancer care.

How does it all work?

UKLLC is based at the University of Bristol and they have set up a highly secure research database at the University of Swansea. Data from Born in Bradford is de-personalised so that anything that identifies you – such as your name, date of birth and address – is removed. This de-personalised data is sent to the UKLLC database where it is linked with COVID-19 relevant data from your NHS records and added to data from volunteers in the other participating studies. If you have used the Zoe COVID-19 symptom tracker app then this data may be included as well.

Researchers from the UK can apply to access the data within the secure database. Researchers have to show that their research has public benefit. They have to be trained and vetted by the Office for National Statistics to make sure they are appropriately qualified and that they know how to handle data securely.

How is the data kept secure?

Researchers work entirely within the UKLLC secure system and the data never leaves the system. Research findings are checked before they are released to make sure there is no risk of anyone being identified. The BiB team have access to the UKLLC system to make sure your data is being used in the approved way, and the system itself is audited regularly by IT and NHS experts to make sure it is safe.

Who controls the data held by UKLLC?

The University of Bristol are the data controllers for the UKLLC database and are responsible for looking after it securely. Access to your data within the database by researchers is controlled by Born in Bradford.

What if I don't want my data to be used by UKLLC researchers?

That's absolutely fine, we realise this may not be for everybody. If you wish to opt out of the UKLLC database, please contact the Born in Bradford office on 01274 364474 or borninbradford@bthft.nhs.uk and we will make sure your data is not included. This will not affect your participation in any other aspect of Born in Bradford's work.

If you are happy for your data to be used by approved UKLLC researchers, then there is nothing more you need to do.

Where can I find out more?

More information about UKLLC:
<https://ukllc.ac.uk/about/>

**Watch the video
on YouTube**



The UKLLC privacy policy: <https://ukllc.ac.uk/privacy-policy/>

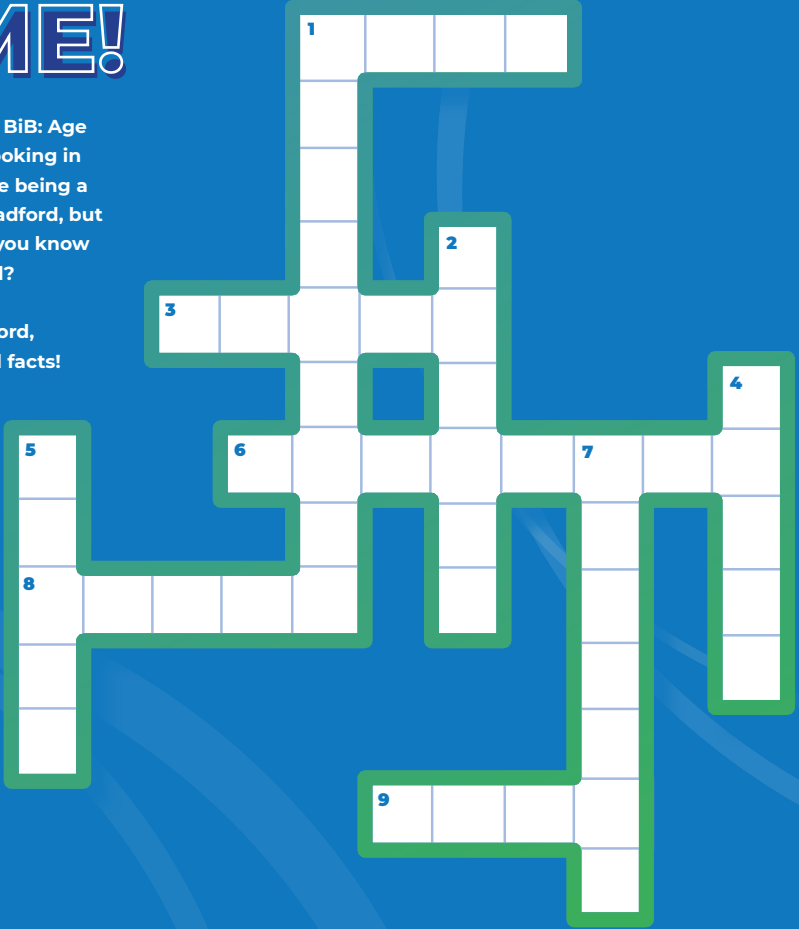
Born in Bradford privacy policy:
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QUIZ TIME!

Our new study BiB: Age of Wonder is looking in to what it is like being a teenager in Bradford, but how much do you know about Bradford?

Try our crossword, full of Bradford facts!



ACROSS

- Which Bradford park is named after a Victorian Prime Minister and includes a BMX track?
- Where did the Bradford Bulls play rugby until August 2019?
- Which Bradford landmark is based on a famous building in Granada in Spain?
- Which Brontë sister wrote Wuthering Heights whilst living in Haworth?
- Bradford was crowned UNESCO's first city of what in 2009?

DOWN

- Which Bradford born playwright wrote An Inspector Calls?
- What animal's wool did Sir Titus Salt use at his factory in Saltaire?
- What is the surname of the One Direction member born in Bradford?
- Which ex-Cinema in the City Centre will become a music venue called Bradford Live?
- What is the nickname of Bradford City Football Club?