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# Nottingham Maternity Research Network

VOLUME 1 ISSUE 2

JUNE 2015

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Nottingham Maternity Research Network aims to include the views of a range of local maternity service users. If you know anyone who might be interested in joining us, you can give them our email address or direct them to the website. We'll be happy to hear from them!

## NEXT MEETING:

Tuesday 7th JULY

6.45-9.30pm

Tower Building

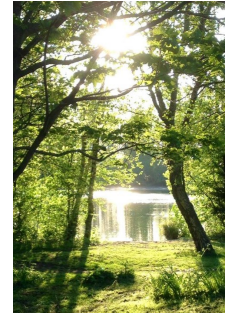
University of Nottingham

NG7 2RD

Light refreshments provided

## Welcome!

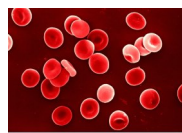
A warm welcome to the second issue of our regular network newsletter. Here you'll find a summary of our recent network meeting, details of our current work, an introduction to what user involvement might look like, and links to other websites you might find useful.



## REPORT ON THE APRIL NETWORK MEETING

Members of the network met on the University of Nottingham's main campus at the end of April. We discussed progress in the development of the network, as well as current and future research:

- ◆ New research plans around anaemia in pregnancy (more details below), encouraging women to choose midwifery-led units for birth, women's opinions and experiences of birth plans, and analysis of telephone calls in early labour;
- ◆ Current work includes studies on women's experiences of being 'overdue', and fathers' experiences of early labour;
- ◆ In network news, the website is now live, although it's a work in progress. Julie and Bernie will be updating the site regularly, with assistance from the University's web team and guided by feedback from the network - there may be a change in the colour scheme, and we'll be adding photos sent to us by panel members. The newsletter received positive feedback from those present at the meeting.



## ANAEMIA IN PREGNANCY

Research tells us that around a quarter of women develop iron deficiency anaemia during pregnancy. This is a condition where a lack of iron leads to a reduction in the number of red blood cells, meaning that your body may not get as much oxygen. We don't yet fully understand what this means for the health of mothers or the development of their babies.

Helen Spiby is part of a large group of researchers from different specialisms who are looking into how anaemia can best be treated for women who experience it during pregnancy.

Following feedback from the group, the research team are continuing to develop a funding application to be submitted to the National Institute for Health Research. Helen will update the group as the project progresses.



## Outreach Activities and Social Media

We're keen to encourage women from all around Nottingham to join the network and see what involvement in research might look like. With that in mind, we've been visiting a number of places recently. We've been to breastfeeding support groups in local Children's Centres, parent and toddler groups in community and faith settings, and several music and rhyme sessions in Nottinghamshire libraries (and yes, Bernie joined in with the singing!) We're always happy to welcome new members, so if you have friends or colleagues you think might be interested, do pass along our website and contact details.

In other news, we're establishing a page on Facebook. Just search for 'Notts Maternity Research Network' if you have a Facebook account, and do share with your friends!

Meanwhile, the Maternal, Child and Public Health Research Group at the University of Nottingham has joined Twitter. Julie Roberts and others will be tweeting news from all the group's researchers, including our maternity researchers and the Nottingham Maternity Research Group, follow us: @UoNmcpH

Healthtalk Online gives real life examples of people's experiences of being involved in research studies. Watch their videos [here](#)

## What might involvement look like?

Getting involved in research can take many forms. Here are some examples of the kinds of involvement seen at different stages of a research study:

- ◆ Prioritising topics for research: you might be working with researchers to identify important research areas, which means user and researcher views can be balanced;
- ◆ Designing research: here, service users can help with the design of participant information materials or may offer advice on recruitment strategies;
- ◆ Undertaking research: sometimes, service users get involved in undertaking interviews during a study, or may support participants in completing questionnaires;
- ◆ Analysing and interpreting findings: service users often have an additional or different perspective from that of researchers, so their input can enhance this part of a study;
- ◆ Disseminating findings: service users can help develop study reports that are understandable to the public. They might also be able to provide suggestions about where to share findings, or may get involved in presenting those findings.



## Meet a Member of the Network

Laura Wilson-Dutton is mother to a five-year-old son and currently works as an Early Years Teaching Assistant. She likes to write poetry and has a fascination with the work of Grayson Perry. Laura was one of the first members of the network after hearing about the group from a friend, and she is currently involved in developing research on birth plans.

Laura became interested in research because the women she meets often want to talk about their birth experiences and Laura noticed that there was a tension in women's stories between birth as a natural, basic life event, and the medicalized approach seen so often in maternity care. Laura believes that women are naturally creative, and that they thrive in an environment where they can safely and effectively share ideas. She hopes that involvement in research will help to make a difference - and possibly even change practices.

Get in Touch, Spread the Word!

Visit our website: [www.nottsmaternity.ac.uk](http://www.nottsmaternity.ac.uk)

Email us at: [HS-nottsmaternity@nottingham.ac.uk](mailto:HS-nottsmaternity@nottingham.ac.uk)