



ELIZABETH BRYAN MULTIPLE BIRTHS CENTRE NEWSLETTER



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MULTIPLE BIRTHS ONLINE MODULE

We are taking applications for the September cohort of the online module: **'The Individualised Care of Multiple Birth Families from Conception to One Year'**.

The module will commence w/c 23rd September 2019.

Details about the module and the application process can be found here: www.bcu.ac.uk/births.

If you would like further information about the module, please email: mbf@bcu.ac.uk

ONLINE MODULE BURSARIES

Applications are invited from health visitors to undertake the module: **'The Individualised Care of Multiple Birth Families from Conception to One Year'**.

The closing date for applications for the bursary is 31/07/2019.

For further information, please email: multiple.births@bcu.ac.uk or see: www.bcu.ac.uk/births

MULTIPLE REALITIES

The EBMBC is working with Birmingham City University's Faculty of Art, Design and Media and internationally renowned photographer Liz Hingley, on the creation of a photography exhibition.

Multiple birth families in the West Midlands have been linked with student photographers with the aim of taking photographs that portray the everyday reality of being a multiple birth family.

Families with twins and triplets of all ages have taken part and they have selected venues for the photographs that are of significance to them.

The exhibition, **'Multiple Realities'** will be on display during **September 2019** in **Birmingham Library**. Look out for further information in our next newsletter.

THE EBMBC TEAM

The EBMBC team has been busy presenting their work at conferences and meetings.

Lara Alamad presented the findings of the health visitor focus group study at the Institute of Health Visiting's 'Health for all Children Now' Conference' 9th May 2019 in Manchester.

Jane Denton and Merryl Harvey presented at the Human Fertilisation and Embryology Authority's 'lunch and learn' meeting in London, 15th May 2019.

The MBF and EBMBC joined other charities at the University of West London (UWL) Student Midwife conference on 22nd May 2019. The conference was attended by around 250 student midwives and the stand was very popular. Several students remembered the Jane Denton from the lectures she gives at UWL. There was great interest in the work of the EBMBC, the special interest group and online module as well as the MBF's bereavement guidelines.



Photograph: 'with permission from Helen Simpson, UWL

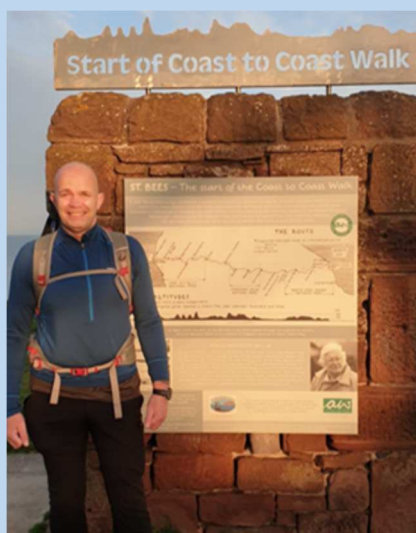
RECENT PUBLICATIONS

You may find the following recent publications co-authored by members of the EBMBC team of interest:

- Craig, J.M. et al (2018) The importance of zygosity knowledge for twins and science, *Conversations in Twins Research*,
<https://www.twins.org.au/research/tools-and-resources/125-conversation-in-twin-research>
- Denton, J. (2018) How many embryos to transfer? *Surrogacy UK*, Autumn 2018 10-11
- Jaspal, R. et al (2019) The impact of cross-border IVF on maternal and neonatal outcomes in multiple pregnancies: Experience from a UK fetal medicine service *European Journal of Obstetrics & Gynecology and Reproductive Biology* 238 63-67
- Yelland, L. et al (2018) Conducting clinical trials in twin populations: working with twins and their families. *Conversations in Twins Research*,
- <https://www.twins.org.au/research/tools-and-resources/125-conversation-in-twin-research/378-conducting-clinical-trials-in-twin-populations>

NEWS

- Welcome to our new EBMBC Administrator, Rita Kaur who commenced in post 10th June 2019. Rita will work for the EBMBC two days/week: Mondays and Wednesdays. Rita can be contacted on: 0121 331 5185
- Consultation on the draft National Institute for Health and Care Excellence (NICE) guideline on twin and triplet pregnancy is now closed. It is anticipated that the guideline will be published in September 2019, watch this space!
- Many congratulations to Gary Anderson who completed the Coast-to-Coast walk from St Bees, Cumbria to Robin's Hood Bay, Yorkshire in May. The walk was undertaken to raise funds for the fetal medicine department at Birmingham Women's Hospital. Donations are still being accepted, see: https://www.justgiving.com/crowdfunding/gary-coast2coast?utm_term=3566Xmagv



NEWS CONTINUED...

Long time MBF supporter Sharon Threlfall completed the London Marathon in a fabulous 4 hours and 38 minutes on 28 April 2019 raising an amazing £1,172 for the Multiple Birth Foundation.

The EBMBC's co-Chair and MBF Director Jane Denton supported the Threlfall family when Sharon was pregnant with twins Acer and Jake. The family, who are all now keen runners cheered Sharon on at various points along the course. Jane said "It was thrilling to be there to congratulate Sharon on this great achievement and we are very grateful for all she has done to support the MBF over the past few years."

Sharon said: "It has been a long held dream to run the London Marathon, and so I was excited, if not a little scared, to gain a ballot place back in October. Having marshalled at Mile 16 for the previous three years, I had an idea of the scale of the task as I had only run 15 miles before securing my place. I was very lucky to have the support of Paul, Isla, Acer and Jake to allow me to train for the six months before the marathon.

The weather conditions were perfect on the day, and I felt quite relaxed at the start. I was happy to let people run past me, as I was determined to follow my own plan. It was wonderful to see my family at the Cutty Sark, about 6 miles in, and then again on the Isle of Dogs along with volunteers from my club, Ware Joggers, at 16 miles.

Everything went very well up to about Mile 20 when I started to feel tired. And then I hit the wall at 21.5 miles! I must admit the last 5 miles were struggle, and there might have been a few tears. But I finished in 4:38, well below my target of 5 hours. While the marathon distance may represent unfinished business, it was a delight to run for the MBF and I am so pleased to continue to support this important charity."



Image: Kharlana (Getty Images)

Are you a parent of twins or triplets that will be starting Reception class this September?

Do you live in the West Midlands and surrounding areas?

You are invited to share your experiences of getting ready for your twins or triplets starting in Reception class in September.

If you would like some more information on this study, please contact:

Nathalie Turville

mbm@bcu.ac.uk



Jane and Sharon at the London Marathon

ONLINE SURVEY

The health visitor online survey is now closed. Many thanks to all those who took part.

The draw for the shopping vouchers has taken place and the winners have been notified.

Data analysis is in progress and we look forward to sharing the findings with you,

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