



Born In Wales: Newsletter 3

Findings from MumPredict

Born in Wales has connections with groups in Wales, England and Scotland. We are involved with MumPredict who conduct research to improve care for pregnant women with two or more health conditions (e.g. diabetes, asthma, depression, anxiety).



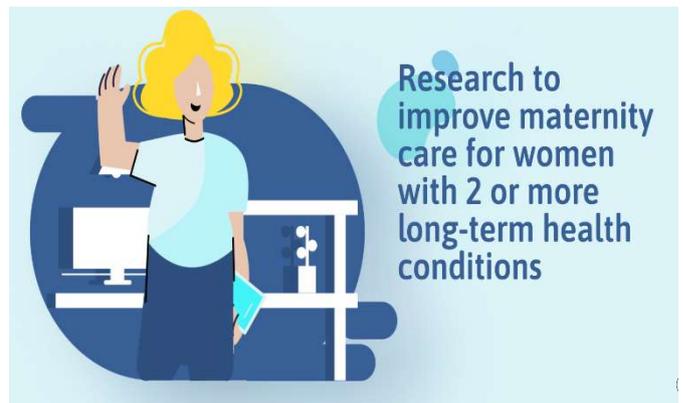
- 1 in 4 women have two or more health conditions in their pregnancy
- This is higher for women who smoke, have a high weight and are older

What does MumPredict do?

- Look at what long term health conditions are common by looking at electronic health records.
- Meet with women and healthcare professionals to discuss the services available for pregnant women.

- Improve understanding of the needs of women with and without two or more long-term health conditions during pregnancy (likelihood of illness during the pregnancy e.g. gestational diabetes), after the pregnancy (postnatal depression) in order to improve services and prevent some of these problems.

- Look at the health and wellbeing of the children of these women.



Patient and Public Involvement Group



The Centre for Population Health has a Patient and Public Involvement (PPI) Advisory Group that meets on a quarterly basis. This group has been involved in the development of the Born in Wales project, advising on the approach used and particularly on how to reach a diverse range of communities during periods of lockdown.

What do they do?

Involving our PPI Advisory Group in this research project enables us to make sure we are thinking about the public at every step of the process and therefore should improve the outcomes of the research. The Centre for Population Health is dedicated to improving public involvement in all our research.

Their suggestions include:

- Work with existing groups and organisations such as EYST, Race Council Wales etc.
- Explore drop in centres for asylum seekers/refugees
- Use face to face methods during group sessions so that participants complete individually but are completing at same time as others around them so doesn't feel like it's only them.
- Have people on hand to help if unsure of questions. Consider use of interpreters.
- Providing incentives for participants



Contact us

If you would like to know more, please contact Soo Vinnicombe:

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Here are some links to support new parents during the COVID-19 pandemic:

- **Home Start:** Home start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.
<https://www.home-start.org.uk/pages/category/support-for-families-during-covid-19>



- **Let's talk loneliness:** Let's talk loneliness aims to talk more openly about the impact of loneliness on people's lives, and encourage everyone to take simple actions to help them feel more connected. Loneliness is even more present now during the pandemic
<https://letstalkloneliness.co.uk/story/mush-virtual-meet-ups-for-new-mums/>



- **Dads matter:** Dads matter wants to provide support for dads worried about or suffering from Depression, Anxiety and Post-Traumatic Stress Disorder (PTSD).
<https://www.dadsmatteruk.org/>



- **Care for the family:** Care for the family wants to support you and your family through whatever you may be facing – either as a result of the pandemic or due to other pressures on family life. <https://www.careforthefamily.org.uk/family-life/covid-19-support-for-your-family/parent-support/being-a-new-mum-or-a-mum-to-be-during-the-coronavirus-crisis>



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National Centre for Population Health & Wellbeing Research