



Pregnancy Component: Participant Materials

EDITOR

Carol Dezateux

Acknowledgements

The Life Study pregnancy component participant materials were developed by the Life Study scientific leadership team and approved by the City and East London Research Ethics Committee: REC reference12/LO/1492.

This work was supported by the Economic and Social Research Council [Grant numbers ES/J007501/1, ES/L002507/1, ES/L002353/1, ES/L012871/1, ES/N007549/1].

ISSN 2398-1652. DOI: 10.14324/000.wp.1485699

URL: <http://discovery.ucl.ac.uk/1485699/>



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<< Participant ID number and/or barcode >>

Dear Life Study participant and family,

When we spoke recently, we agreed that the best time for you to visit for your Life Study appointment would be:

Appointment type	Date	Time	Location (see map below)
M 20+			<<insert local centre details>>

You can find the Life Study centre here:

<<insert map>>

The nearest station is <<insert local station details>> and <<insert bus or other transport details>>. At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

Your appointment should last for about **2 hours**. At the centre there will be <<for example, light refreshments, like tea and coffee, baby changing areas, an area to prepare baby food and a children's play area. Insert further details of centre when confirmed>>

To say thank you for your time we will give you a £20 <<shop name>> voucher when you attend your first appointment at the Life Study Centre.

Please wear loose clothing on the day of your visit to make it easier to measure your height and weight.

Please see over the page for a checklist of items that you should bring along to your visit with you.

If you have any questions or want to cancel or change your appointment, please contact our research team on freephone <<insert>> or email <<insert>>.

When you made your appointment, you also told us that you would need <<insert details of support or accessibility requirements>>. If you would like to change this or no longer think you need this support, please let us know as soon as possible.

Please bring this letter with you to the appointment as it has your study number on it.

Best wishes

The Life Study team

Checklist of items to bring with you to your Life Study appointment

These are things that will either help you answer some of the questions we ask or things you will need to be able to read the questions, like your glasses or contact lenses if you wear them. If you can't find something, don't worry.

<<example list, items TBC>>

- This letter – it has your study number on it
- Details of any regular medications you take; for example, bring your repeat prescription request or the packaging from your regular medications
- Glasses or contact lenses, if you normally wear them
- The prescription for your glasses/contact lenses, if you wear them and have the prescription available
- Contact lens case/solution (if relevant). Please note that if you wear contact lenses we will ask you to remove them for a vision assessment. If you are happy to do this, you may wish to bring a contact lens case/solution to place them in.
- Handheld pregnancy records
- Your last payslip, if you are working
- Knowledge, a note or record of your own birth weight



Understanding lives – now and for the future

Got a question? Need to contact us?

Freephone: <<insert>>

Email: <<insert>>

<< Participant ID number and/or barcode >>

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Appointment type	Date	Time	Location (see map below)
P 20+			<<insert local centre details>>

You can find the Life Study centre here:

<<insert map>>

The nearest station is <<insert local station details>> and <<insert bus or other transport details>>. At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

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<<example list, items TBC>>

- This letter – it has your study number on it
- Details of any regular medications you take; for example, bring your repeat prescription request or the packaging from your regular medications
- Glasses or contact lenses, if you normally wear them
- The prescription for your glasses/contact lenses, if you wear them and have the prescription available
- Contact lens case/solution (if relevant). Please note that if you wear contact lenses we will ask if you to remove them for a vision assessment. If you are happy to do this, you may wish to bring a contact lens case/solution to place them in.
- Your last payslip, if you are working
- Knowledge, a note or record of your own birth weight

10. SMS appt reminder

LIFE STUDY: REMINDER THAT YOUR NEXT VISIT IS <<day, date, time>> AT <<insert local study centre>>. ANY PROBS, CALL US ON <<insert details>> OR MSG 'CALL' AND WE'LL CALL YOU BACK.

www.lifestudy.ac.uk



Understanding lives –
now and for the future

Got a question? Need to contact us?

Freephone: <<insert>>

Email: <<insert>>

Details of your next visit to the Life Study centre. Please keep this somewhere safe.

Appointment type	Date	Time	Location (see map below)
<input type="checkbox"/> 6 months	DD / MM / YYYY	HH:MM	<<insert local centre details>>
<input type="checkbox"/> 12 months	_____	_____	

We will also send you an appointment confirmation letter closer to the time. But if you need to change this appointment before you get the letter, please make sure you contact the research team on Freephone <<insert number>> or by email <<insert email>>.

Dear Doctor,

I am writing to let you know that your patient(s)

is/are taking part in Life Study.

Life Study is a new and very important birth cohort study that will involve more than 80,000 babies born between 2014 and 2018 – and their families – from across the UK. The study will collect information about these babies over their early lives and childhoods and into adult life, in order to help us understand how early life experiences shape health and wellbeing later on.

Life Study will support a wide range of research designed to understand how to give every child the best possible start in life.

In the UK, there have been several major research studies similar to Life Study beginning in 1946 and most recently, the Millennium Cohort Study, in 2000. Between them these studies have recorded the childhoods and adult lives of different generations growing up in Britain. Babies in the earliest study are now well into their sixties and they continue to help researchers understand the importance of childhood experiences and how making a difference to children's lives today makes a difference to their future lives as adults.

Life Study will focus on the lives of a new generation. It is also different to previous studies in some important ways. Unlike most other studies it will start in pregnancy, creating an exciting new opportunity to understand the influences on prenatal development and association with later outcomes. It is also the largest study of its kind so far, which means that we will be able to answer with confidence some research questions that it has not been possible to address in smaller studies.

Life Study is funded by the Economic and Social Research Council (ESRC), Medical Research Council (MRC), University College London (UCL) and the Wellcome Trust. The Life Study team is based at UCL and collaborates with scientists, researchers and academics from all over the UK, as well as NHS maternity units such as at <<insert local maternity site>>. The study has been approved by the NHS London – City and East Research Ethics Committee (REC reference 12/LO/1492).

If you would like to find out more about the scientific aims of Life Study, further details are available through our website: www.lifestudy.ac.uk.

We are grateful to all of the volunteers participating in the study and hope that with their help, Life Study will make a real difference to understanding the lives of our children, now and for the future.

Yours sincerely

Professor Carol Dezateux, Director of Life Study

Got a question? Need to contact us?

Email: <<local Centre /central email
address>>

Phone: <<to be added>>

<<date>>

Dear Life Study participant and family <<or personalised if appropriate>>,

Thank you so much for coming along to your local study centre for your recent appointment as part of Life Study.

We understand that towards the later stages of your pregnancy there are many demands on your time and we really appreciate the time that you and your family are giving to support Life Study. It is only with your help that we will be able to make a difference in the lives of children and families - just like yours - now and in the future.

If there is anything we could have done to make your Life Study experience better at this most recent visit, we'd really like to hear about it. Please let our research team know <<insert details / website>>. If you move house, or change any of your contact details (phone number and/or email address) please let us know using <<appropriate examples such as: the online form on our website or by posting back the reply paid card>>, so that we can continue to keep in touch with you.

We wish you all the best and really look forward to meeting the new addition to your family when you return to see us for your next visit when your baby is six months old. We will send you your next study appointment in good time and if you need to rearrange it or have any questions, please don't hesitate to get in touch.

With many thanks and best wishes

Professor Carol Dezateux
Scientific Director of Life Study
On behalf of the Life Study team

<<name/contact details of local Centre Manager>>

Your pregnancy visit feedback

Name:

Participant ID:

Date of visit:

Today you gave consent to take part in Life Study and for us to contact you again.

Thank you for taking part.

As part of Life Study, today you may have also:

- answered some questions about your health, pregnancy, lifestyle and diet, education and work, support from family and friends, and your neighbourhood
- had some measurements taken, including height, weight, body composition, and skinfold thickness
- had an eye test
- given small amounts of blood and urine.

Here are your results for some of the measurements we took today:

Measurement	Result
Height (metres)	
Weight (kg)	

Weight gain in pregnancy varies a great deal from woman to woman. How much weight you gain depends on your weight before you were pregnant. Because of this, we cannot comment on your current weight. If you are worried about your weight, we suggest you talk to your midwife or GP, or you can look at the NHS Website.

Got a question? Need to contact us?

Email: <<tbc>>

Phone: <<tbc>>

<<date>>

Dear Life Study participant and family <<or personalised if appropriate>>,

Thank you so much for coming along to your local study centre for your recent appointment as part of Life Study.

We understand that life can get busy and there are many demands on your time and we really appreciate the time that you and your family are giving to support Life Study. It is only with your help that we will be able to make a difference in the lives of children and families – just like yours - now and in the future.

If there is anything we could have done to make your Life Study experience better at your visit, we'd really like to hear about it. Please let our research team know <<insert details / website>>.

If you move house, or change any of your contact details (phone number and/or email address) please let us know using <<appropriate examples such as: the online form on our website or by posting back the reply paid card>>, so that we can continue to keep in touch with you.

We wish you all the best and really look forward to meeting the new addition to your family at their six month visit. If you have any questions or concerns, please don't hesitate to get in touch.

With many thanks and best wishes

Professor Carol Dezateux,
Scientific Director of Life Study
On behalf of the Life Study team

<<name/contact details of local Centre Manager>>

Partner feedback

Name:

Participant ID:

Date of visit:

Today you gave consent to take part in Life Study and for us to contact you again.

Thank you for taking part.

As part of Life Study, today you may have also:

- answered some questions about your health, lifestyle and diet, education and work, your partner's pregnancy, support from family and friends, and your neighbourhood
- had some measurements taken, including height, weight, body composition, waist circumference and skinfold thickness
- had an eye test
- given a small amount of blood, urine and saliva.

Here are your results for some of the measurements we took today:

Measurement	Result
Height (metres)	
Weight (kg)	
Waist size / circumference (cm)	
Body Mass Index or BMI (weight divided by height squared)	

For most men and women who are not pregnant, the following guidelines* are applicable:

		Men	Women
Waist size / circumference (cm)	Ideal	Less than 94	Less than 80
	Higher risk of health problems	94 to 102	80 to 88
	Even higher risk of health problems	More than 102	More than 88
BMI**	Underweight	Less than 18.5	Less than 18.5
	Ideal	18.5 to 24.9	18.5 to 24.9
	Overweight	25.0 to 29.9	25.0 to 29.9
	Obese	30.0 to 39.9	30.0 to 39.9
	Very obese	More than 40	More than 40

* These guidelines are provided by the NHS, for more information visit:
<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

** Because muscle weighs more than fat, people with large amounts of muscle may be considered obese when actually they are a healthy weight.

If you are worried about your weight or BMI, we suggest you talk to your GP or you can look at the NHS Website.

Got a question? Need to contact us?

Email: <<local Centre /central email
address>>

Phone: <<to be added>>

<<date>>

Dear Life Study participant and family <<or personalised if appropriate>>,

Thank you so much for coming along to your local Life Study centre for your recent appointment.

We understand that a new addition to the family can change life a lot and that there are a lot of things competing for your time. We really appreciate that you and your family have continued to be involved in Life Study. Together we will be able to make a real difference in the lives of children and families, for generations to come.

If there is anything we could have done to make your Life Study experience better at your visit, we'd really like to hear about it. Please let our research team know <<insert details / website>>.

Enjoy this special time with your baby and we look forward to seeing you both at your next appointment, when your baby is 12 months old. If you need to make any changes to your appointment or have any concerns or difficulties coming along, please don't hesitate to get in touch with our research team << insert details>>.

Remember, you can keep up with Life Study news <<insert website details, Facebook etc; add your mementos and milestones to our Facebook page; add to mailing list>>.

If you move house, or change any of your contact details (phone number and/or email address) please let us know using <<appropriate examples such as: the online form on our website or by posting back the reply paid card>>, so that we can continue to keep in touch with you.

With best wishes

Professor Carol Dezateux
Scientific Director of Life Study

<<name/contact details of local Centre Manager>>

Infant feedback at the 6 month visit

Name:

Participant ID:

Date of visit:

Thank you for taking part in Life Study.

As part of Life Study, today your baby may have:

- had some measurements taken, including length, weight, head size, skinfold thickness, and arm size
- given small samples of urine, saliva and stool
- taken part in some child development tests with you, including tracing your baby's eye movements whilst they watched a video and watching you and your baby doing activities together.

Here are your baby's results for some of the measurements we took today:

Measurement	Result	Centile
Weight (kg)		
Length (cm)		
Head circumference (cm)		

If any of your baby's measurements are less than the 0.4th centile or more than the 99.6th centile, we suggest that you discuss these with your health visitor or GP. Life Study staff are not permitted to give advice about your baby's height, weight and head circumference.

Got a question? Need to contact us?

Email: <<tbc>>

Phone: <<tbc>>

<<Date>>

Dear Life Study participant and family <<or personalised if appropriate>>,

Thank you so much for coming along to your local study centre for your recent appointment as part of Life Study.

We understand that your baby is probably very active by now and making life even busier for you. We really appreciate that with everything else going on, you've still managed to come and see us and continued to be involved in this important research. We value the time that you and your family are giving to Life Study and know that together we will be able to make a real difference in the lives of children and families, for generations to come.

If there is anything we could have done to make your Life Study experience better at your visit, we'd really like to hear about it. Please let our research team know <<insert details / website>>.

We will be in touch in the future and let you know how Life Study research is progressing and how you can continue to be involved if you would like to. Remember, you can also keep up with Life Study news <<insert website details, Facebook etc; add your mementos and milestones to our Facebook page; add to mailing list>>.

If you move house, or change any of your contact details (phone number and/or email address) please let us know using <<appropriate examples such as: the online form on our website or by posting back the reply paid card>>, so that we can continue to keep in touch with you.

With best wishes

Professor Carol Dezateux
Scientific Director of Life Study

<<Name and contact details of local Centre manager>>

Mother feedback at the 12 month visit

Name:

Participant ID:

Date of visit:

Thank you for taking part in Life Study.

As part of Life Study, today you may have:

- answered some questions about your baby's health, your health, work, lifestyle, neighbourhood and childcare arrangements
- had some measurements taken, including height, weight, body composition, waist circumference, and skinfold thickness
- given a small amount of blood and urine

Here are your results for some of the measurements we took today:

Measurement	Result
Height (metres)	
Weight (kg)	
Waist size / circumference (cm)	
Body Mass Index or BMI (weight divided by height squared)	

For most women who are not pregnant, the following guidelines* are applicable:

Waist size / circumference (cm)	Ideal	Less than 80
	Higher risk of health problems	80 to 88
	Even higher risk of health problems	More than 88

BMI**	Underweight	Less than 18.5
	Ideal	18.5 to 24.9
	Overweight	25.0 to 29.9
	Obese	30.0 to 39.9
	Very obese	More than 40

* These guideline are provided by the NHS, for more information visit:
<http://www.nhs.uk/livewell/Pages/Livewellhub.aspx>

** Because muscle weighs more than fat, people with large amounts of muscle may have a high BMI and be considered obese, when actually they are a healthy weight.

If you are worried about your weight or BMI, we suggest you talk to your GP or you can look at the NHS Website.

Infant feedback at the 12 month visit

Name:

Participant ID:

Date of visit:

Thank you for taking part in Life Study.

As part of Life Study, today your baby may have:

- had some measurements taken, including length, weight, head size, skinfold thickness, and arm size
- given small samples of urine, saliva and stool
- had an eye test
- taken part in some child development tests with you, including tracing your baby's eye movements whilst they watched a video, asking you to put your baby in a high chair, and showing your baby some pictures.

Here are your baby's results for some of the measurements we took today:

Measurement	Result	Centile
Weight (kg)		
Length (cm)		
Head circumference (cm)		

If any of your baby's measurements are less than the 0.4th centile or more than the 99.6th centile, we suggest you discuss this with your health visitor or GP. Life Study staff are not permitted to give advice about your baby's height, weight and head circumference.

<< Participant ID number and/or barcode >>

Dear Life Study participant and family,

When we spoke recently, we agreed that the best time for you to visit for your Life Study appointment would be:

Appointment type	Date	Time	Location (see map below)
6 months			<<insert local centre details>>

You can find the Life Study centre here:

<<insert map>>

The nearest station is <<insert local station details>> and <<insert bus or other transport details>>. At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

Your appointment should last for about **2 hours**. At the centre there will be <<for example, light refreshments, like tea and coffee, baby changing areas, an area to prepare baby food and a children’s play area. Insert further details of centre when confirmed>>.

Please wear loose clothing on the day of your visit to make it easier to measure your height and weight.

Please see over the page for a checklist of items that you should bring along to your visit with you.

If you have any questions or want to cancel or change your appointment, please contact our research team on freephone <<insert>> or email <<insert>>.

When you made your appointment, you also told us that you would need <<insert details of support or accessibility requirements>>. If you would like to change this or no longer think you need this support, please let us know as soon as possible.

Please bring this letter with you to the appointment as it has your study number on it.

Best wishes

The Life Study team

Checklist of items to bring with you to your Life Study appointment

These are things that will help you answer some of the questions we ask. If you can't find something, don't worry.

<<example list, items TBC>>

- This letter – it has your study number on it
- The booklet that came with this letter, to be completed by you before your visit
- Details of any regular medications taken by your baby; for example, bring the repeat prescription request or the packaging from their regular medications
- Your child's Personal Child Health Record (PCHR / Red Book)
- The contact details for any registered childminders, creche or day nursery, if you use them and are willing to share this information

<< Participant ID number and/or barcode >>

Dear Life Study participant and family,

When we spoke recently, we agreed that the best time for you to visit for your Life Study appointment would be:

Appointment type	Date	Time	Location (see map below)
12 months			<<insert local centre details>>

You can find the Life Study centre here:

<<insert map>>

The nearest station is <<insert local station details>> and <<insert bus or other transport details>>. At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

Your appointment should last for about **2 hours**. At the centre there will be <<for example, light refreshments, like tea and coffee, baby changing areas, an area to prepare baby food and a children's play area. Insert further details of centre when confirmed>>.

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If you have any questions or want to cancel or change your appointment, please contact our research team on freephone <<insert>> or email <<insert>>.

When you made your appointment, you also told us that you would need <<insert details of support or accessibility requirements>>. If you would like to change this or no longer think you need this support, please let us know as soon as possible.

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- Your child's Personal Child Health Record (PCHR / Red Book)
- The contact details for any registered childminders, creche or day nursery, if you use them and are willing to share this information

<< Participant ID number and/or barcode >>

Dear <<woman's name>>,

You can be part of important research about babies and families

I am writing to tell you about an exciting new research study of babies and families called Life Study. We would like you to be part of Life Study.

I have been speaking to all pregnant women planning to deliver in <<hospital name>> and inviting them to join Life Study. <<Only if appropriate: I'm sorry that I missed you when you came for your antenatal scan recently.>> I am writing to mums-to-be that I did not have the chance to meet and sending them some information.

Taking part involves coming to the Life Study centre at <<insert location>> during the last four months of your pregnancy and again when baby is six months and 12 months. It also involves giving Life Study permission to:

- collect some biological samples around the time you give birth
- contact you and your baby again for future interviews or visits (these would be entirely optional)
- link to some routine information that the NHS and other organisations hold about you.

I have included some information that explains this in more detail and have made a provisional appointment for the first visit. You can confirm, change or decline this appointment. It is absolutely your choice. If you are unsure about taking part, you can contact me by <<phone – insert Centre phone number>> or email << @xxxx>> to talk about the study or alternatively just come along to this appointment to find out more.

To say thank you for your time we will give you a £20 [shop] voucher when you attend your first appointment at the Life Study Centre.

I am enclosing a leaflet for you to share with your partner and we hope they will join Life Study too. If you don't currently have a partner, if you don't want to pass on the information, or if your partner is uncertain or does not want to take part, you can still take part in Life Study. Please let us know in advance if you will need an interpreter for your visit. Unfortunately, it is not possible for your partner or any other family member to act as interpreter for your visit to the Life Study Centre.

If I don't hear from you in the next week or two, I will phone to find out if you may be interested in taking part.

Best wishes

<<Name/signature of Life Study midwife>>

<< Participant ID number and/or barcode >>

You can confirm, change or decline this appointment using the contact details provided. It is absolutely your choice.

If your partner also wants to come with you, please just contact us and we can make an additional appointment at the same or a different time.

Your appointment time is:

Appointment type	Date	Time	Location (see map below)
M 20+			<<insert local centre details and contact details>>

At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

Your appointment should last for about **2 hours**. At the centre there will be <<for example, light refreshments, like tea and coffee, baby changing areas, an area to prepare baby food and a children’s play area. Insert further details of centre when confirmed>>

Please wear loose clothing on the day of your visit to make it easier to measure your height and weight.

Please bring the following to help you answer or read some of the questions <<including any/all of the following as appropriate>>

- This letter – it has your study number on it
- Details of any regular medications you take; for example, bring your repeat prescription request or the packaging from your regular medications
- Glasses or contact lenses, if you normally wear them and some contact lens solution
- The prescription for your glasses/contact lenses, if you wear them and have the prescription available
- Handheld pregnancy records
- Your last payslip, if you are working
- Knowledge, a note or record of your own birth weight

Got a question? Need to contact us?

Freephone: <<insert>>

Email: <<insert>>

<< Participant ID number and/or barcode >>

Dear <<woman's name>>,

You can be part of important research about babies and families

I am writing to tell you about an exciting new research study of babies and families called Life Study. We would like you to be part of Life Study.

I have been speaking to all pregnant women planning to deliver in <<hospital name>> and inviting them to join Life Study. I'm sorry that I missed you when you came for your antenatal scan recently. I am writing to mums-to-be that I did not have the chance to meet and sending them some information.

Taking part involves coming to the Life Study centre at <<insert location>> during the last four months of your pregnancy and again when baby is six months and 12 months. It also involves giving Life Study permission to

- collect some biological samples around the time you give birth
- contact you and your baby again for future interviews or visits (these would be entirely optional)
- link to some routine information that the NHS and other organisations hold about you.

To say thank you for your time we will give you a £20 <<shop name>> voucher when you attend your first appointment at the Life Study Centre.

If you are unsure about taking part, you can contact me by freephone XXXXXXXXXX or email << @xxxx>> to talk about the study.

I am enclosing a leaflet for you to share with your partner and we hope they will join Life Study too. If you don't currently have a partner, if you don't want to pass on the information, or if your partner is uncertain or does not want to take part, you can still take part in Life Study

If I don't hear from you in the next week or two, I will phone to find out if you may be interested in taking part.

Best wishes

<<Name/signature of Life Study midwife>>

Got a question? Need to contact us?

Freephone: <<insert>>

Email: <<insert>>

<< Participant ID number and/or barcode >>

Dear <<woman's name>>,

You can be part of important research about babies and families

It was a pleasure to meet you when you came for your antenatal scan recently. I am writing to mums-to-be that I met in the scan clinic and sending them some more information.

Taking part involves coming to the Life Study centre at <<insert location>> during the last four months of your pregnancy and again when baby is six months and 12 months. It also involves giving Life Study permission to:

- collect some biological samples around the time you give birth
- contact you and your baby again for future interviews or visits (these would be entirely optional)
- link to some routine information that the NHS and other organisations hold about you.

I have made a provisional appointment for the first visit. You can confirm, change or decline this appointment by <<give details of phone, email text and/or by sending back the reply paid card included with this letter.>> It is absolutely your choice. If you are unsure about taking part, you can contact me <<provide appropriate contact details >> to talk about the study or alternatively just come along to this appointment to find out more. The appointment will be held in the Life Study centre <<state location>>. Please let us know if you will need an interpreter for your visit. Unfortunately, it is not possible for your partner or any other family member to act as interpreter for your visit to the Life Study centre.

We hope that your partner will join Life Study too. Please let us know if they would like to make an appointment. If you don't currently have a partner, if you don't want to pass on the information, or if your partner is uncertain or does not want to take part, you can still take part in Life Study.

If I don't hear from you in the next week or two, I will phone to find out if you may be interested in taking part.

Best wishes

<<Name/signature of Life Study midwife>>

<< Participant ID number and/or barcode >>

You can confirm, change or decline this appointment using the contact details provided. It is absolutely your choice.

If your partner also wants to come with you, please just contact us and we can make an additional appointment at the same or a different time.

Your appointment time is:

Appointment type	Date	Time	Location (see map below)
M 20+			<<insert local centre details and contact details>>

At the end of your visit, you will be given details of how to <<have your travel expenses reimbursed OR how to claim for your travel expenses>>.

Your appointment should last for about **2 hours**. At the centre there will be light refreshments, like tea and coffee, baby changing areas, an area to prepare baby food and a children’s play area. Insert further details of centre when confirmed>>

Please wear loose clothing on the day of your visit to make it easier to measure your height and weight.

Please bring the following to help you answer or read some of the questions.

- This letter – it has your study number on it
- Details of any regular medications you take; for example, bring your repeat prescription request or the packaging from your regular medications
- Glasses or contact lenses, if you normally wear them and some contact lens solution
- The prescription for your glasses/contact lenses, if you wear them and have the prescription available
- Handheld pregnancy records
- Your last payslip, if you are working

<<INSERT FREEPOST CODE>>

<<INSERT ADDRESS>>

<<Insert PARTICIPANT ID Number>>

TELL US IF YOU CAN COME TO YOUR LIFE STUDY APPOINTMENT

If you are able to attend the appointment at the Life Study Centre, please tick the YES box and send this card to us. You do not need to use a stamp.

Are you able to attend the appointment on <<enter details>>?

- YES, I can attend
 NO, I cannot attend

Would you like an appointment for your partner?

- YES, I want an appointment for my partner
 NO, I do not want an appointment for my partner

Would you like us to contact you to <<e.g. discuss or arrange an appointment>>?

- YES, I would like Life Study to contact me
 NO, I do not want to be contacted

I prefer to be contacted by:

- Phone SMS text email letter

Please write your preferred address, phone number and/or email here:

<<INSERT FREEPOST CODE>>

<<INSERT ADDRESS>>

<<Insert PARTICIPANT ID Number>>

ARE YOU MOVING HOME or CHANGING YOUR CONTACT DETAILS?

Please let us know!

We want to stay in touch with you so please give us your new details. We will keep your information confidential and it will only be used by Life Study to contact you.

Please tell us the address you are moving to:

Your name:

Your child's name:

Address:

Phone number:

Email address:

You may also tell us your change of details by:

Email: <<provide details>>

Text: <<provide details>>

Using the form on our website: <<provide details>>

<<Back cover>>

<<Front cover: This will have a picture that works for everyone, e.g. a picture of lots of babies in all sizes, shapes and colours>>

*Congratulations from
Life Study*

<<Life Study logo>>

<<Back cover>>

*Wishing you every
happiness at this
exciting time.*

*With all our good
wishes,
The Life Study Team*