The peer supporters were provided with an update of the study, changes that had occurred within the research team and how recruitment of research participants (mums) was progressing.

The peer supporters told us that they liked the newsletter and that they found it helpful and informative.

The slow start to the study was also discussed, including concerns about the length of time that had elapsed since the training sessions, whether the study was still going ahead, and why they had not yet been matched with a mum.

The peer supporters were reassured that the study is going well and that the recruitment of participants is ongoing.

One of the peer supporters suggested putting up posters of the study in their GP surgery or local community area. Sukhi has looked into the possible ethical implications that may arise and is happy for the peer supporters to do this as long as it is only providing information about the study.

The peer supporters liked the idea of regular coffee mornings, and benefits such as being able to get together, exchange information and address concerns were highlighted.

If the peer supporters who could not attend the sessions have any issues they would like to discuss, please feel free to contact either myself or Liz Castle.
Health Visitor Comments

Health visitors from a number of Children’s centres are helping with recruitment. Hilda Craig, a health visitor from the Lillington’s Children Centre in Leamington Spa was asked what she thought about the recruitment process. She told us “it has not been an easy process, the main concern is that the mum may not be at the right stage at the moment. However, it feels great there is somewhere else to refer mums for support”.

Recruitment Update

At the start of 2010, we have four research participants being supported, three have decided not to take part and four are in the early stages of the consent process. Recruitment has been slow over the Christmas period and we are still looking to recruit another eight research participants over the next couple of months.

Supervision Update

Kirstie McKenzie-Mcharg has been providing supervision to the peer supporters that have been matched and the process is running smoothly.

Questions for Peer supporters

Following discussions with peer supporters, I would like to ask the following questions:

1) It has been a long time since the initial training was completed and would you be interested in a refresher course?

2) Would you be able to put up a Mums 4 Mums poster at your GP surgery?

3) The next coffee morning will be held just before the Easter break, what would be the best day for you to come?

Please mark your replies on the enclosed slip and return it in the envelope provided or call on the number below.

Activity Logs

A reminder to the peer supporters to please complete the activity logs after each call they make to a mum. Please contact the researcher if you need anymore copies of the forms.

A big Thank you

I would like to say a big thank you to the peer supporters for their patience and understanding during this slow period. I would also like to say thank you to the health visitors for their involvement in the recruitment process.

Contacts Details

Please feel free to contact us if you have any questions about the study.

Sukhi Sembali Tel: 024 7615 0508, email Sukhdev.sembi@warwick.ac.uk.

Liz Castle: Tel: 07977 494591 email: mail@lizcastle.co.uk.