

First Steps Study information leaflet

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First Steps Study

We would like to ask you to let us contact you to tell you about a research study. This leaflet gives you some information about the research and what it would mean for you.



The study is taking place in seven towns and cities around England. In total we need about 200 young women like you to join the study



If you agree to give us your contact details you are not signing up to anything. You will be given lots more information and will have a chance to ask any questions before we ask you to join the study.

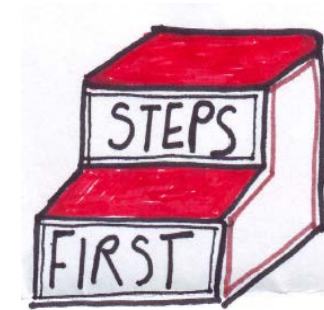


At this time we are only asking if we can come to talk to you to tell you about the study.



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**First Steps – A trial of Group
Support for young mothers**

**Are you aged 19 or younger and
expecting your second or third child?**

OR

**Are you aged 20 to 24 and expecting your
first child?**

If so you could take part in the study.

Please take a look at this leaflet.

What is the First Steps Study?

First Steps study will find out whether receiving support known as Group Family Nurse Partnership can make a difference for younger mothers, their partners and their babies.

This is a new type of support so it is important to find out if it does make a difference. Without this information it is not going to be available to a larger number of women across the country. That is why we have to look at the progress of some women who experience the group support and others who are similar but who do not experience the groups.

Mothers receiving support will do so in a group with about 10 women expecting babies at a similar time. Partners are also invited to attend. Other mothers in the study will have the usual care from the NHS.

It is important you understand that you will not be able to choose which group you will be in.

If you were one of the mothers receiving the support, group meetings would start around 16 weeks into your pregnancy, every week for four weeks and then every other week until your baby is born. Then they are weekly for six weeks followed by meetings every two weeks until the babies are one year old.

During these group meetings there is time to talk. Since everyone in the group is due at about the same time there are lots of common issues.

The nurses providing the support are known as Family Nurses and work only with young families.

In the group sessions you will be provided the medical care that is routinely offered in pregnancy. You will be encouraged to learn to understand your own care, for example by listening to your baby's heartbeat or taking your own blood pressure. When the babies are born routine checks are provided by both nurses.

What will happen now?

If you agree to your contact details being shared with the research team you can sign a form that your midwife will give you. After this a researcher will telephone you within a week to make an appointment to come and talk to you about the study and answer any questions you might have. At this point you are not signing up to be in the study – just agreeing for someone to tell you about it. After this talk you can decide if you want to be part of the study.

What would I have to do?

If you join the study, whether or not you receive the support, we would like to talk to you four times between now and your baby's first birthday. Three times will be at home, with one telephone conversation. At the end of the study, when your baby is one year old, we will also ask you if we can make a short video of you playing with your baby and look at your baby's medical records, but you do not have to agree to either of these if you do not want to.

What are the good things about taking part?

The study is being done to find out if the Group Family Nurse Partnership makes a difference for young families. Even if you do not receive the programme you will be helping to answer this important question. If the study shows that it does make a difference then it may be offered in more places in the country which could help other young mothers, fathers and babies in the future.

Will my taking part in this study be kept confidential?

Yes we have to follow rules. None of the information we keep about you can be linked to your name, address or any other personal information. It is all coded with an ID number.

We are not allowed to tell people who are not involved in your care, or in the research, about you. In line with usual practice, if a researcher is concerned about you, your unborn baby, or a child who may be at risk, we would need to share this information with the relevant authorities but we would tell you we are going to do this.

Expenses and Payments

To thank you for helping us, we will be able to give you a high street shopping voucher for £20 at each home interview and a voucher for £10 after the shorter telephone interview.