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Existing and new sites Confirmed:

Epsom and St Helier University Hospitals 

Surrey and Sussex Healthcare NHS trust 

Lancashire Teaching Hospitals NHS Trust 

Sites In Set-up::

Liverpool Women's Hospital 

Warrington and Halton 



The Big reach Restart!!

The team has been working very hard to get the study back up and running.

With site recruitment, venue identification, and training on the go, it's safe to say our team have their hands full.

The good news is that we are currently on track and have 3 sites confirmed.

St Helier has begun recruiting, Lancashire Teaching Hospitals are getting started with recruitment and we have recently confirmed that Surrey and Sussex Healthcare Trust will be coming on board imminently.

Also, for the first time, we will be joined by trusts from the north of England. We hope to be welcoming Liverpool women's and Warrington & Halton soon!!

While we are facing some challenges (eg. staff shortages and lack of venues) we hope to work through these issues and begin the circles in no time!

Lastly, to support our aim of involving women who do not speak English, we have been exploring different ways to have translation services available for them during the sessions.



APM043 Group Care Module



Picture from the first peer-to-peer facilitation training for pregnancy circles group care. 'Train-the-trainer' worked a treat!!



Upcoming Event:
August 18th @ 16:00 pm - Reflection Session for Facilitating Midwives
[Click here to join the meeting.](#)

Group Care Master's Module

The APM043 is an exciting module for the master's program at City, University of London.

This is a module that flattens the traditional hierarchy of learning and adopts a shared learning model. This module is taught in a way where students and lecturers can learn from one another and every voice is made to matter!

The main aim of the module is to ensure students leave feeling confident in their abilities to facilitate group care.

Over a condensed 10-day period, the APM043 module teaches students everything they need to know about facilitating group care. With practical workshops, interactive activities, and lectures, this model of learning caters to everyone's learning needs. Following the pandemic, students were given the opportunity to attend virtually if they could not attend the face-to-face sessions.

With students attending from the UK, Ghana, Italy, Switzerland, Nigeria, and the UAE, the module was host to an extremely diverse group. This fantastic international group provided the sessions with a rich variety of experiences and unique perspectives on group care from all around the world.

After a truly inspiring 10 days, everyone left feeling satisfied and ready to go out there and lead the future of groupcare ;)

Meet the Team



**Jalana Lazar - PHD student/
Visiting Lecturer**

Jalana is a Midwife and PhD student specialising in the expansion and implementation of group antenatal care.

She has been involved in research all around the world, starting in the United States where she ran a pregnancy circles program. Her work has since allowed her to conduct both virtual and in-person GAC in other parts of the world, such as the UK and the Netherlands.

Jalana also works as a visiting lecturer helping to run the APM043 module at City.

She describes the enthusiasm of UK midwives as 'shocking', stating that "Despite all of the challenges, the midwives remain excited and take on every opportunity with a smile".

Here are some Publications that discuss the effects of COVID-19 on maternity support for women and families:

[Falling through the cracks](#): The impact of COVID-19 on postnatal care in primary care
[The challenges and opportunities for implementing group antenatal care \('Pregnancy Circles'\) as part of standard NHS maternity care](#): A co-designed qualitative study

**Octavia Wiseman -
Research Fellow**

Octavia is a research fellow in the REACH program. She joined the team very early on in 2015 as a research assistant. Octavia has been a part of the team since the feasibility stages, so she has been present for all of the highs and lows over the years!

When she is not working on the study, Octavia works clinically part-time in roles including case loading, Consultant Midwife, and parent education.

Her main goal for the study is to collect valuable data for an accurate qualitative evaluation and to draw some meaningful conclusions that will contribute greatly to the existing literature on group antenatal care.

Octavia describes Pregnancy circles as a "promising model of care that helps to build relationships and promote continuity of care".



"Thankyou to everyone in the REACH team for getting the trial back up and running. Everyone has worked so hard to unpause recruitment within existing sites and get new sites on board. We are very excited to be able to now complete this important trial which aims to provide high quality evidence on whether this model of care improves experiences and outcomes for women and babies."

Angela Harden - Chief Investigator, REACH pregnancy program

"We are so happy and excited about restarting! Recruitment has been going extremely well this time around and the midwives seem much more confident with the process. While finding the space to host the circles has been a slight challenge, we are very eager to get all set up. I look forward to getting started and taking part in this amazing opportunity".

**Aggie Aldana - Research
Midwife at St Helier**



"I think pregnancy circles are brilliant! They create a comfortable and supportive space for women to support each other. I would love to see this type of care practised more in the future, as it would definitely encourage midwives to engage more with their work".

**Eleonora Antonioli -
Masters Student**