



Children Growing Up in **Liverpool Study**

— NEWSLETTER —

Summer issue, June 2026



A welcome note from Christine

Hello everyone,

My name is Christine and I'm one of the researchers behind C-GULL. I have worked in child health for almost 30 years now which feels quite incredible when I stop and think about it! Throughout that time I've had the privilege of working with children, young people and families, and that's one of the reasons I'm so passionate about C-GULL and what we're building together here in Liverpool.

I wanted to take this opportunity to say a huge thank you for being part of our study. Every piece of information you share helps us better understand how health and wellbeing develop from pregnancy through childhood and beyond. Your contribution is helping to create something truly special that will benefit children and families for many years to come.

One of the things I love most about C-GULL is the power of people coming together. Families, researchers, midwives, healthcare staff and community organisations are all playing their part. As someone born and raised in Liverpool, I know first hand the strength, warmth and sense of community that exists across our region. C-GULL is a wonderful example of that spirit in action and what can be achieved when people come together to support future generations of children and families.

I'm delighted to share that recruitment continues to grow and we are now looking forward to expanding into additional hospitals across the region. This will help us welcome even more families into the study and ensure C-GULL reflects the rich diversity of our communities.

We are also excited to be preparing to launch a new part of the study called **Healthy Brains, Healthy Futures**, in partnership with our colleagues at Alder Hey. We'll be sharing more information over the coming months, but if you'd like to learn more, please feel free to contact the C-GULL team.

With the summer holidays approaching, there are lots of fantastic activities taking place across Liverpool and the wider city region for children and families. I hope many of you get the opportunity to enjoy some time together and make some happy memories over the coming weeks.

Finally, please keep an eye out for your invitation to our C-GULL summer party - You can RSVP to this further down the newsletter. We'd love to see you there and have the opportunity to thank you in person for helping make C-GULL such a success.

Thank you once again for being part of the C-GULL family.

Take good care of yourselves and your families, and I wish you all a wonderful summer.

Best wishes,
Christine



What's new in CGULL?



In December, we were delighted to host a special Christmas party for families taking part in the Children Growing Up in Liverpool study. The event brought together participants, babies, siblings and parents for a fun-filled afternoon celebrating the festive season and the wonderful community that has grown around the study.

Families enjoyed fantastic entertainment from Mini Maestros Liverpool, who kept the children smiling, singing and dancing throughout the event. We were also joined by the lovely team from BAMBIS Breastfeeding Support, who spent time chatting with families and offering support and advice.

The party was a fantastic opportunity for participants to meet one another, share experiences and feel part of a wider community. It also helped raise awareness of the study and highlighted the important role that every participating family plays in helping us better understand children's health and development.

A huge thank you to everyone who attended and helped make the day so special — we loved celebrating with you all!

"My Christmas wish is that CGULL will help other children. I think it's a great thing for the city and I hope it will make sure everyone is aware of what Liverpool needs for the future."

Shelley,
Baby Liam's Mum



We're also excited to share that on **Monday 13th July (12:00 - 14:00)** we will be hosting our **C-GULL Summer Party** at the **University of Liverpool Clinical Research Centre (image of building below)**. The CRC is our brand new site that will be used for your Timepoint 6 in-person appointments! The Summer Party will be a chance to officially launch this site and give you all a chance to take a first look.

This will bring together families taking part in the Children Growing Up in Liverpool study for a relaxed afternoon of food, entertainment and fun.

The event will be a chance for participants, babies and families to meet one another, enjoy time together outside of study visits and continue building the strong sense of community within the study. With activities and entertainment for children, as well as plenty of opportunities for families to chat and connect, we hope it will be a lovely day for everyone involved.

We can't wait to see our study families there and celebrate another special event together!

The address:

200 London Road

Liverpool

L3 9TA



Please scan the QR code or click the link below to RSVP to the event and let us know of any dietary requirements:



<https://redcap.link/1wpxc35t>

Participant Spotlight



Meet our amazing Triplets

This month, we're shining a spotlight on a very special family in the Children Growing Up in Liverpool study — our one and only set of triplets!

Meet Nicola and Jamie, proud parents to **Nevaeh**, **Jaianna** and **Armour-Reid**.

Life with triplets is full of busy mornings, teamwork, laughter and plenty of unforgettable moments. We spoke to Nicola about what day-to-day life is really like raising triplets, from supermarket trips that turn into two-hour adventures to the joy of watching each child grow into their own little personality.

Nicola also shared her experience of taking part in the study, why research like this matters, and how family life works in a busy household with three babies and older siblings helping out too.

Here's what she had to say...



Q. What is it like having triplets?

I think we both underestimated how different raising triplets would be. Even simple tasks, like going shopping or carrying them downstairs in the morning, can take a lot of time. When I'm on my own during the day, getting all three babies to the car means making three separate trips — which is fine unless it's raining, because by the third trip I'm usually soaked!

Once we get to the supermarket, things can get even more complicated as most shops don't provide trolleys for three babies. I usually have to put two in the trolley and use a single pram for the third. We also get stopped in almost every aisle by people amazed to see triplets, which usually turns our grocery shop into a two-hour trip.

But when I get home and have a chance to reflect, I always feel so grateful to have been blessed three times over. As they've grown older, things have started to get easier — especially now they're walking — and it's amazing watching them develop into little people with their own personalities.

Q. What does a typical day look like for your family?

Our days are very routine-based. We're all usually awake around 7am for breakfast and teeth brushing, which the babies love. Then it's time to get everyone dressed and take the older children to school before heading back home so the babies can play in the playroom while I have a quick tidy up and prepare dinner.

Dad comes home at lunchtime to help with feeds and spend some time playing with them, which is always lovely. After lunch, the babies usually have an hour's sleep before it's time for the school run again.

The evenings are busy with teatime, playtime, brushing teeth and baths. The older children are a huge help too — bath and bedtime can feel like a little conveyor belt from the bathroom to the bedroom!

Q. What has your experience been like being part of the Children Growing Up in Liverpool study?

The study has been really easy to take part in. It hasn't felt invasive or difficult at all, and I'm looking forward to seeing the results from the study in the future.

Q. Why do you think this kind of research is important?

I think any research is beneficial when enough participants are involved. Anything we can learn that could benefit ourselves or other people is always a positive.



Staff Spotlight



Laboratory Technician - Liam

Meet Liam, one of our Laboratory Technicians! In this fun and light-hearted Q&A, we're getting to know him a little better — from his role in research and what inspired him to work in research science, to his interests outside the lab and experiences travelling abroad. Read on to learn more about Liam and the journey that brought him into the world of clinical research.

Q: How did you get into Research?

LIAM: I graduated with a degree in Forensic Science in 2019 and started working in COVID-19 laboratories as the pandemic began. That experience really shaped my career interests, as it made me realise how much I valued work that could directly help people. It was during this time that I developed an interest in public health and clinical research.

In 2022, I moved to Thailand to teach English as a foreign language and spend time travelling around Southeast Asia. While I was travelling in Vietnam, I came across a vacancy for a research study at the University of Liverpool, which turned out to be CGULL. The role immediately caught my attention because I knew I wanted to continue working in science, but in a setting that combined both clinical research and public health.

Q: What do you love most about being a Laboratory Technician?

LIAM: One of the things I love most about being a Laboratory Technician is knowing that the work we do behind the scenes can make a real difference to people's health and wellbeing. I enjoy helping to design and coordinate scientific practicals, carrying them out in the lab, and refining methods until they produce reliable results. I really enjoy the satisfaction that comes from seeing an experiment come together successfully. Being part of a team that contributes to important research, while constantly learning new skills along the way, is what makes the role so rewarding for me.

Q: How long have you been a part of the CGULL study for?

LIAM: I joined the study in June 2023, just before we launched the study to the public - so 3 years now! It's been a pleasure to help build this study from the ground up and watch it grow into what it has become today.

Q: What is a typical day like for you as a Laboratory Technician?

LIAM: A typical day as a Laboratory Technician is always different, which is something I really enjoy about the role. One day I might be in the lab processing samples for storage, including blood, hair, urine, stool and milk samples, or extracting DNA from stool samples. Other days, I could be out in the community attending events, or even filming and creating content for social media as I also do the communications for the study alongside my lab role. The variety keeps the role interesting and means no two days are ever the same.

Q: What did you want to be when you grew up?

LIAM: When I was younger, I honestly wanted to be a Power Ranger — although that dream was unfortunately short-lived! I did earn my black belt in Taekwondo when I was 14 though, so I suppose that's probably the closest I could get. As I got older, I became obsessed with watching CSI on TV, and that's what first sparked my interest in science and eventually led me towards a career in the field.

Q: What do you like to do when you have time off?

LIAM: I love to travel as much as possible and make the most of my time off exploring new places. I'm a big fan of city breaks around Europe — ideally involving sunshine, sangria and plenty of tapas! Some of my favourite trips have been to Lisbon, Barcelona and Milan, where I also got the chance to visit Lake Como for the day. I really love experiencing different cultures, trying new food and making the most of every opportunity to travel.

Q: What's your favourite thing about Liverpool?

LIAM: As a born and bred Scouser, my favourite thing about Liverpool is the real sense of community and home you feel here. I've lived in different parts of the world, but Liverpool has always drawn me back. There's something really special about the city — the people, the atmosphere and the energy. I love how vibrant it is; there's always something going on, and I always say Liverpool is the city that never sleeps.

We'd love to hear from **you**...

As we continue to grow and improve the CGULL Study newsletter, we want to make sure it's as useful, interesting, and enjoyable as possible for you. Is there anything you'd like to see more of? Are there topics, updates, or features you think we should include? Or perhaps there's something we could do better?

Your feedback is incredibly valuable to us, and we'd love to hear your thoughts, ideas, and suggestions. Please let us know what you'd like to see in future issues—we're here to make this newsletter work for you.

CGULL Newsletter Feedback Form



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