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Wrapping up 2023 and looking forward to 2024!

We hope that you and your family are all happy, healthy and doing well!

It has been an eventful year here at the MAMMI study as our team has been busy laying the foundations for new projects and collaborations!

We were delighted to be part of the Trinity Centre for Maternity Care Research's Roundtable Research Talks event which aimed to bring together and foster collaborations between professionals, organisations and mothers with interests in improving services for women and their families. We are very optimistic that new partnerships formed at this event will lead to positive developments for women's services and health!

We are pleased to have contributed to the Exploratory Perinatal Mental Health Roundtable hosted by the National Women's Council of Ireland. It is wonderful to see that the topic of perinatal mental health will be a key focus for the council in the coming years.

We are happy to say that analysis of the MAMMI study five-year follow-up survey has begun and we are hoping to have details of publications from this data in the coming year.

We appreciate every woman who has taken time from her busy life to complete the survey! We want to say a huge **thank you** for your continued participation in, and support of, the MAMMI study.



The MAMMI Study – Ten-year Follow Up

We will begin recruiting for the MAMMI study's **ten-year follow-up** project in 2024! This project will involve the completion of one survey when your first child turns ten years old. New sections in the survey will

cover i) mental wellbeing, ii) knowledge and experiences of menopause/ peri-menopause and iii) memories of motherhood.

Congratulations and best wishes

Sincerest congratulations to Dr Susie Hannon! Susie successfully defended her PhD dissertation on "*Women's mental health and resilience in the perinatal period and five years after first-time motherhood: a mixed methods study*". Her project looked at mental health and resilience in motherhood. A huge **thank you** to you again, and to all the women who took part in the interviews!

Best wishes to Professor Cecily Begley who retired earlier this year. She has been an integral part of the MAMMI team from the very beginning and, though we will miss her, we hope that she enjoys an active and carefree retirement!

Wishing you and your family a wonderful holiday season!



Everyone here at the MAMMI study wishes you and your family will enjoy a warm, peaceful and safe holiday season and New Year.



Keep in contact with the MAMMI study!

If you have changed address, help us stay in touch by letting us know at our email address: mammistudy@tcd.ie or call us on: **087 118 6762**.