

Together you can help us change the future

Children of the 90s is one of the largest - and almost certainly the most detailed - study of its kind in the world.

Thanks to you, we have been able to collect a huge amount of information and biological samples over the years. This has allowed us to follow the health and development of your children and to study the influences that shape people's lives.

Now, as the oldest members of Children of the 90s turn 19, your continued support is more important than ever. Their visits to our centre and the questionnaires they have completed has enabled us to monitor the dramatic physical and emotional changes that happen in adolescence.

"No other study in the world has been able to collect data from early life and through adolescence on such a scale," explains study director Professor George Davey Smith.

"This collection of data through adolescence is vital as the transition from childhood to adult life is such an important period, with rapid changes in biological and psychological processes.

"This information should provide valuable and unique insights into the causes of ill health."

Why parents are more important than ever



'Your feedback provides unique insights into the causes of ill health'

- Professor George Davey Smith

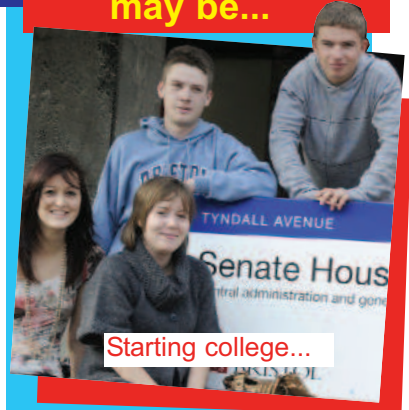
However, many of your sons and daughters will move away from home and start new lives in work or college. This may have far-reaching effects that will be felt by all the family. And it may be that 'empty nest syndrome' has as much an impact on men as women.

Having spent the last two decades concentrating on being a parent, for most

of us, the main focus of life will begin to change. Goals and aspirations will be reassessed as you look forward to what the next 10 or 20 years will bring. That's why - as well as staying in touch with your sons and daughters - it's so important that we stay in touch with you too!

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Now your children may be...



Starting college...



Starting work...



Starting a family...

Busier than ever as we step up research



Our new Father's clinic - opening times to suit you

Together we are laying the foundations for important scientific discoveries in the future. And, as part of our plans this year, we will be stepping up our contact with you as we launch a number of new initiatives.

We recognise that it's very much a time of change for you as your sons and daughters enter their early adult years.

It's a time of change for us too - and we are working hard to update our technology, making it as easy as possible for us to keep in touch with you.

In the last few months our Facebook site for your sons and daughters has really taken off and we're using text messaging and will be sending out e-newsletters for those of you who've given us your email address.

Other big changes include:-

▶ A Fathers/Partners' Clinic. Some of you will already have received letters from us with a request to pass the information on to your partner.

▶ Continuing with important research in our mum's clinic and hopefully finding answers to health questions eg causes of heart disease

▶ The latest mums questionnaire. We haven't asked about you for 5 years - that's why the current questionnaire is vital.

▶ A free 'Summer Party' especially for you!

• Now turn inside for more details...

Leading the way

Children of the 90s at the forefront of discoveries

The science of genetics is developing at an amazing rate, and our project is at the forefront of this revolution.

Here's why:- Our unique resource means that we have the DNA for thousands of our young people and their parents. We also know a huge amount about environmental factors - from what your children eat to how much exercise they take. So our scientists are in an excellent position to study how lifestyle and genes work together.

What have we discovered? We've contributed to genetic discoveries in regard to blood pressure, height, obesity, onset of puberty and lung function.

How can this benefit people? The exciting thing is that the way genes work on the body is not what you might expect. For example, most of us assume that people with the much-publicised FTO (obesity) gene have a slower metabolism or a physical tendency to put on weight. In fact, Children of the 90s helped discover that the gene impacts on the brain rather than the body. It works on the brain by increasing appetite and making those with the gene feel 'less full' than those who don't have it. Knowing this means that, rather than being encouraged to simply 'calorie count', people with the FTO gene may be better to concentrate on eating slowly so they start to feel full before eating too much.

Are genes or environment more important? Even young people with two copies of the FTO gene (one from each parent) weighed just 7lb more than people without the gene. But changes in genes do not explain the increase in population levels of obesity. So while your genes are important, your lifestyle can alter your future.

Can you change your genes? No, you're genetic code comes directly from your parents but our research has helped demonstrate how other factors can modify the effects of genes.

So, how do genes work in the body? The same genes are in every cell of your body but in some cells they are 'switched off' or silenced. For example you don't have an ear growing out of the top of your arm - this is a natural process. However, our research has helped to show that there are other ways that the genetic code can be 'switched off'.

How does this happen? The way a part of a gene is 'switched off' is thought to be attributable to a chemical 'switching off' part of a gene by attaching to it. One way of understanding this is to think of the gene as a 'set' recipe - reading just like the ingredients on a laminated recipe sheet. You can take a marker pen and delete one of the ingredients to temporarily change things - but the underlying recipe (gene) is unaltered and goes forward to the next generation.

Where will genetic research lead in the future? Our interview with Children of the 90s Scientific Director, Professor George Davey Smith (right) helps to explain.



How genetic research could hold the answer to major illnesses

Children of the 90s has made a key contribution to cutting edge genetic research. Working hand in hand with scientists from other studies across Britain and the world, our researchers have uncovered evidence of a number of genes which have an impact on everything from obesity levels

to reading ability.

And the good news is that, although certain people have a predisposition to develop certain diseases, there may be something we can do about this.

It now seems that genetic research can help in the future development of drugs capable of 'switching off' the genes

New developments could be the key to finding drugs to cure diseases like autism in the future

responsible for conditions such as diabetes, autism, schizophrenia and even cancer.

As Children of the 90s Scientific Director, Professor George Davey Smith says, "One of the switching processes is called DNA methylation. Children of the 90s has

been looking at these patterns of methylation in blood taken at birth.

"It seems as if the chemical switching process is likely to be driven by environmental factors - for example, smoking.

"So, while it's not possible to change your

* For more info on this and our other research - check out our website - www.alspac.bris.ac.uk

Why your DNA doesn't have to be

Epigenetics is the focus of a major article featured in the January issue of the prestigious Time magazine which includes details of ground-breaking Children of the 90s research.

Journalist John Cloud flew in from New York to visit our Bristol study and, in his article, explains how increasing evidence shows that a person's health may be influenced by the lifestyle of past generations. In other words, how - surprisingly - environmental experiences some-

how change the way genes behave in their future children and grandchildren.

During his visit to England he spoke to one of the Children of the 90s genetics experts, Professor Marcus Pembrey.

Using information from Children of the 90s

Professor Pembrey explained that he had used information from fathers who had admitted that they had first started smoking before puberty. He found that men who smoked during this critical time period appeared to increase the risk that their sons would be overweight as children.

TIME

with our latest findings



could hold the answer to major illnesses

DNA, the exciting thing is that chemicals may be able to change the expression of your genes by switching bits off.

"This could lead to the treatment of some diseases in the future."

Children of the 90s is uniquely placed to study changes in methylation patterns. This is because we have been able to take DNA samples at different ages - including birth, age seven and age 15 and we can see if these methylation patterns in DNA taken from different ages has changed. That is one of the real values of our study.

This is the field in which Children of the 90s researchers have helped lead the way (see article below).

How an environmental factor has an impact on gene expression could help solve scientific mysteries - such as why one member of a pair of identical twins develops a disorder such as asthma while the other does not - in the future.

your destiny

Professor Pembrey says the mechanism is unclear, but that it seems that smoking at critical periods in life cause epigenetic changes - chemical modifications of a gene rather than direct DNA mutations - that can 'silence' genes in eggs and sperms.

Until now, it has been difficult to explain how the same DNA sequence of genes can cause different effects in different people. This research points to the existence of a further, additional layer in the process which is responsible for either 'switching' the gene 'on' or allowing it to stay 'off'.

Carving out a new role to meet the challenges

Continued from Page 1

Those of you approaching 50 may be moving to a point where careers and jobs are changing and scaling down or you may become grandparents for the first time. For other parents, there may be health changes.

As your children start to leave home and you carve out a new role, it's important for us to capture those changes over the coming years and to study the determinants of health and well-being.

This means it's going to be busier than ever for us at Children of the 90s this year.

As well as continuing to invite your sons and daughters to our clinic, we want to see as many of you as we can at our mum's clinic.

Getting dads more involved

This spring we've been sending out letters to formally ask study dads/partners to play a bigger part in the project. Some of you may already have yours already - if not, your pack will be dropping through your letter-box soon.

Up until now, most of the parents listed on our contacts list (and the majority of people who receive this newsletter) are study mums.

That's why the letters are being sent direct to you - and you are being asked to pass on the information to your partners.

- Partners can be either your child's biological father and/or the person you live with now.

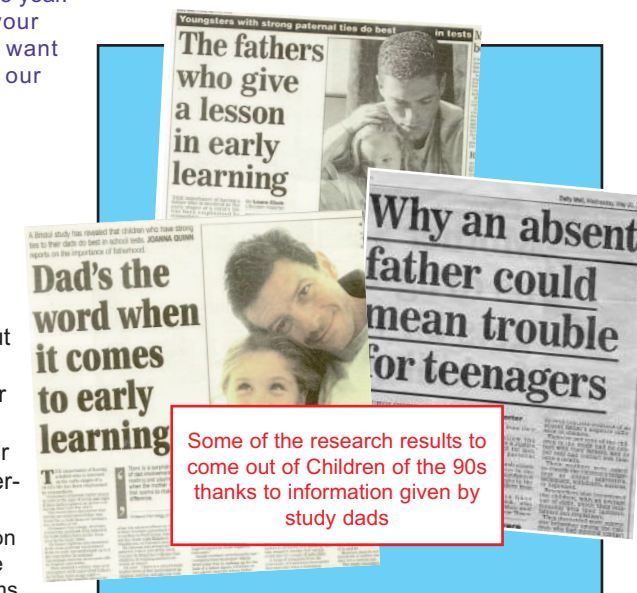
- Once we have direct contact we will then be able to send your partners their own information independently.

- Our aim is to set up new 'fathers' sessions' and we will be sending study partners their own individual questionnaire. Ideally, we would like to collect blood samples from which we can extract DNA from any partners who have not given any samples in the past.

We're also responding to feedback to get dads more involved and starting a partners' visit too as we explain below.

It's vital for us to get more information from partners, whether you are the biological father or step-parent, and we need you to contact us.

As Professor Davey Smith explains, "We already have detailed information on our young people and their mothers - from the time of their pregnancy onwards. Adding more information on their fathers increases the power of the data immeasurably, providing a unique and valuable resource."



Some of the research results to come out of Children of the 90s thanks to information given by study dads

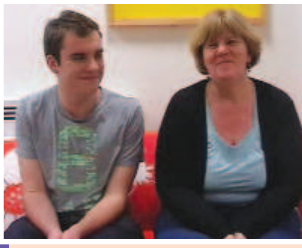
- One of the strengths of Children of the 90s is that it has created a unique, two-generational resource - with so much vital information from parent and child, enabling our scientists to study both the genetic and environmental determinants of development and health.

- Parents have an impact of their child both genetically and through the environment they choose to bring them up in. This is why we would like

to hear from both natural parents and step-parents.

- To work out why some people develop diseases, we need the whole picture. By studying all the influences that shape people's lives, our aim is to find out why things happen to them. Why some are healthy and happy, and others have problems. The ultimate goal is to use what we learn to make life better for everyone.

You don't have to wait for your letter! Fathers happy to give DNA are welcome to come to our new centre in Clifton. It won't take long, around half an hour... we're happy to arrange a time that's convenient for you... and we can reimburse travel expenses or provide a taxi. Telephone 0117-331 0010 for more information.



Heather and Matt

Heather who combined her visit with her son Matt's said, 'I've been tested for osteoporosis today and found my levels were normal, which was good to know. It's also useful to get my blood pressure checked. That's all on a personal note - but in a wider sense, I feel we are doing useful research which will benefit Bristol, the UK and worldwide. It's really good to be part of this project - it makes me feel special'

Kate

Kate from Redland, 'I really enjoy being part of the study. As a parent there is nothing more interesting than your child. As with all the mums who are involved, you feel you have encouraged your child to come along and be involved, it's good for them to see we are doing our bit. It's showing solidarity with them'



So, what's the 'mothers' clinic' all about??



Health check for mums as part of research project

The Bristol Evening Post chose Mother's Day to report on the value of the work at the Mother's Clinic

Following comments on our Children of the 90s Young People's Facebook page, we've decided to take up a few suggestions...
+First, we've launched a Facebook page for Parents
+Plus, we've organised a party just for you - our Parents - as a special 'thank you' for all your efforts.
+To keep up to date with us, check our our parent's Facebook site - 'My Child is in Children of the 90s'

● Professor Debbie Lawlor is the lead researcher on our Mothers' study which has seen over 3,700 of you at our Clifton centre in the last 18 months.
The visit is a chance for you to have your bone mass, cholesterol, glucose and insulin levels checked.
Here Professor Lawlor says a big 'thank you' for all you've done so far and explains why mums are central to the Children of the 90s study.



● Professor Debbie Lawlor on the opening day of the Mothers Clinic meeting Pearl, one of the first mums to attend



● Michelle, (right) was the first of our pregnant mums to enrol on the study years ago. Here she being interviewed by the Press 19 years later at the official opening of our Clifton building

Proof that happier mums make more successful parents

They say money can't buy you happiness - but being 'happy in yourself' can make you a more successful mum, regardless of your financial circumstances.

And the good news is that when parents find a way of improving their wellbeing their parenting improves, even when the amount of money they have available for the family doesn't change.

Children of the 90s researchers, working with colleagues from the University of Warwick, found that - while money is obviously of vital importance to families - it's not the key ingredient when it comes to successful parenting.

They used information from questionnaires filled in by over 11,300 of you when your children were aged eight months. Scores were compared with answers 9,687 of you gave shortly before your children were three years.

Lead researchers Professor Sarah Stewart-Brown and Dr Andrea Waylen used this data to explore which factors influence parenting in early childhood.

Professor Sarah Stewart-Brown said, "We know from other research that if you look at 2 families with the same levels of income the mum who is 'happier in herself' will be the more successful parent.

"What our study results showed was that those mums who became 'happier in themselves' compared to their own rating from two years earlier were also caring for their toddlers in ways which are more beneficial for children's wellbeing and development.

"What strengthens this finding is that we also found the converse; when mum's reported that their wellbeing had declined their parenting had also taken a turn for the worse."

"When we looked at poverty we did not find that parents whose financial circumstances improved were parenting in a more beneficial way when their children were 33 months old."

Academic journal reference: Factors influencing parenting in early childhood: a prospective longitudinal study focusing on change: A. Waylen and S. Stewart-Brown Child: care, health and development Vol. 36 Issue 2, pages 198-202.

How you can benefit and why you're so important

This is the first time that we have really been able to focus just on you since your pregnancy and the project is going really well. So far, over 3,700 of you attended and had your blood pressure checked, a scan of your bones and of your arteries and gave us a blood sample.
From an initial look at the results from focus on mothers it is great news. The vast majority of you are really healthy:

- 66% (two-thirds) of you have a normal healthy weight
- 94% of you have normal healthy blood pressure
- 95% of you have normal healthy bone density

This is great news. For the small number of you who at the assessment had high blood pressure or low bone density we have been able to let you know, given you some extra information and a letter to take to your GP.

whether how much weight a mother gains during pregnancy is related to how heavy her child is later in life and whether putting on too much weight in pregnancy leads to heart risks for the child.

Over the coming 12-18 months we will look at a range of other outcomes around the time of birth and later in the lives of you, the mother and your child. These will include many of the things that we are currently measuring at focus on mothers.

For example, looking at how weight gain and other changes in pregnancy relates to your cholesterol, glucose and insulin levels now could provide ways of identifying women during their pregnancy who are at risk of future heart disease.

But in the US some doctors believe that how much a woman weighs at the beginning of her pregnancy and how much she gains weight is important for predicting future health of both the mother and her child. What the ideal weight gain is in pregnancy is a much debated question and at the moment we do not know the answer.
Children of the 90s is the best study in the world to answer this.
We have already looked at

● Date for your diary - Parents' party July 10th invitation with this newsletter

Our plans for research over the coming months

The current focus on mothers will continue throughout the summer and by the beginning of next year we will have all of the results, including results of blood tests and the artery scans.

We will then start to look at how changes during your pregnancy 18-20 years ago relate to your health now and also how your health and that of your child are related.

Up to the end of May we have seen 3,700 of you in clinic but, ideally we'd love to see another 3,000 of you. If you haven't yet attended the Mother's Clinic

or want more details, please do give us a ring on 0117-331 0010.

Professor Lawlor has submitted a grant to the Wellcome Trust to ask them to fund two further focus on mothers clinics so that we can assess how going through the perimenopause and menopause affect women's heart health, bone health, memory and general brain function and their levels of depression and anxiety.

We will know if they are happy to fund this by October this year and will let you know in the next newsletter.

A BIG THANK YOU TO YOU ALL

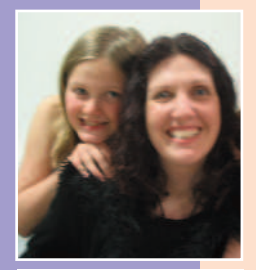
Here's what you really think... we meet up with you in the clinic

Cathy, says it's a privilege

Cathy, (above) a mum of 3 whose son is in the study. She also has two younger daughters, says:
It's really nice to know that I have got strong bones because my mum has just had to have the test for osteoporosis and my gran had quite a bent back. I feel quite privileged to be asked

Julie and Charlotte

"It's nice for the focus to be on me for once because the focus is usually on the kids. It was nice to know that my bone density and blood pressure were OK and my two youngest daughters really enjoyed coming with me. They know that it's their big brother, Seb who usually comes - so it was great for them. They really enjoyed playing table football."



Julie - mum of six from Warmley

Lee

Lee from Tytherinton said, 'It's nice to have the bone density and blood pressure checks and when I heard about the Mother's clinic I thought straight away that I wanted to do it. It's important to know it is going to help improve health in the future and that I have been part of it'



How sun in pregnancy can build stronger bones

Children of the 90s mums who were pregnant during the summer went on to have taller, stronger-boned babies potentially because they benefited from the sun's vitamin-boosting rays.

Our researchers looked at the DXA scans of 7,000 Children of the 90s members taken at age 10 and compared this with meteorological data to determine mother's likely sun exposure in the last three months of pregnancy.

They found that those children born in late summer or early autumn are about 5mm taller and have thicker bones that those born in winter or spring.

Taller people tend to have wider bones, but these children had increased bone width over and above that accounted for by their extra height. The researchers believe that this increase in bone mass is attributable to Vitamin D levels. Sunlight on the skin generates Vitamin D, which works together with calcium to build bones.

In addition to studying the meteorological data, the researchers measured Vitamin D levels in the blood of 350 of the mothers in the 37th week of pregnancy, and results closely mirrored levels of sun exposure.

Professor Jon Tobias, lead researcher on the project, says: "Wider bones are thought to be stronger and less prone to breaking as a result of osteoporosis in later life, so anything that affects early bone development is significant."

Reference: Estimated maternal ultraviolet B exposure levels in pregnancy influence skeletal development of the child. Sayers A, Tobias JH. Journal of Clinical Endocrinology and Metabolism 2008 Dec 30

Why we'll be contacting your sons and daughters to sign up

Coming of age and keeping in touch

The year 2010 is an important date for Children of the 90s. While a few of our 'oldest' study members have already celebrated their 19th birthdays, this is the year that most of our young people turn 18. They're old enough to vote, old enough to leave home and we feel it's important to acknowledge that.

Thanks to your involvement in the project, they've been part of the study from birth.

Now, as they enter adulthood we feel that the time is right to ask them to 'sign on' again to Children of the 90s in their own right. In the next few months an information pack will be coming through their door, reminding them what a special group Children of the 90s is. It's an amazing project that's famous all over the world.

Our young people have busy and interesting lives and in November we spoke to some of them and reported what they've been doing in our Young Person's newsletter.

One has been living abroad in Spain for seven years, another is about to join the army, and a third is busy studying for

Your talented children are simply irreplaceable

exams while looking after her young daughter. Enrolling them individually means we will be able to keep in touch with them more easily as they leave home and have their own addresses.

All members of Children of the 90s are special – and vital to the project. To belong, you have to have been born in Bristol area between April 1991 and December 1992 – and if people drop out they are irreplaceable.

It's vital that we stay in touch with our families, so we hope that the packs we send out will inspire them to remain in the study.

Obviously your children are now making their own decisions but we would be very grateful if you could encourage them to read their packs when they arrive.



Over the years lifestyle details, including how much your children sleep, has provided vital information



● Fiona wrote a health guide for teenagers after suffering from scoliosis



● Frenzee won the Britain Urban Superstar of the Year Award for his music



● Josh moved to Spain to take up a place at a tennis academy



● Luke has battled with ADHD and found moving schools helped him turn his life around



● James worked hard to fulfil his dream and join the army

What inspires your son or daughter? Let us know, email us at: alspac-project@bristol.ac.uk

... and why being too thin is bad news for bones

New research from the project suggests that teenage girls who are too thin may be putting their bones at risk.

It has long been known that the amount of muscle in the body is related to bone growth, but results from body scans of your sons and daughters

shows that fat mass is also important in building bone, particularly in girls.

Researchers looked at over 4,000 scans that calculated the shape and density of their bones, as well as how much body fat they had.

Those with higher levels of fat tended to have larger and thicker bones. This connection was particularly marked in the girls

For example, one key measure showed that in girls, a 5kg increase in fat mass was associated with an 8% increase in the cir-

cumference of the tibia (lower leg bone).

As girls tend to have higher levels of fat than boys, even when they are normal weight, these findings suggest that fat plays an important role in female bone development.

Building strong bones in youth is particularly important for women, as they are 3 times more likely to develop osteoporosis, and they suffer 2 to 3 times more hip fractures than men.

Professor Jon Tobias, leader of the research,

says: "There is a good deal of pressure on teenage girls to be thin, but they need to be aware that this could endanger their developing skeleton and put them at increased risk of osteoporosis.

"Many people think that exercise is the key to losing weight and building strong bones at the same time – but this may only be true up to a point.

● Academic journal reference: Sayers A, Tobias JH. Fat Mass Exerts a Greater Effect on Cortical Bone Mass in Girls than Boys. Journal of Clinical Endocrinology and Metabolism Issue 95, 2010

"If you do a good deal of low impact exercise, such as walking, you will certainly lose fat but you may not be able to put enough stress on the bones to build them significantly.

"To offset the detrimental effect of fat loss on your bones, it may be important to include high impact exercise as well, such as running or jumping."

Why we must guard against lead pollution



Professor Alan Emond is interviewed on the BBC news

Lead levels in old pipes and original, flaky paint in old houses results in lead pollution which is still causing a problem for children today, according to researcher Professor Alan Emond. His research used information collected from a group of Children of the 90s.

He looked at the levels of lead in the blood samples of nearly 500 youngsters at age 2 yrs 8 months and linked these levels to the SATS results of the children at age seven years. After adjusting for the many factors which can affect educational attainment, the analysis showed a clear link between levels of lead in the blood and exam results.

Those children with lower levels of lead in their blood were found to perform significantly better in their SATS than those with higher blood lead levels.

Professor Emond said, "We also talked to teachers as part of this research and found that children with lead levels above 10microg/dl in their blood were nearly 3 times as likely to show hyperactivity and anti-social behaviour." (10microg/dl is the World Health Organisation's 'level of concern for lead in blood').

Children are more vulnerable to lead pollution than adults because lead is more easily absorbed by their growing bodies. Also, their tissues are especially sensitive to damage.

The main sources of environmental lead include water supplies (lead pipes), old lead

paint and soil. Blood lead levels appear to peak between the ages of two and three years – the ages when toddlers tend to put most items (including toys) in their mouths.

Professor Emond recommends that to reduce lead content in the environment old pipes should be replaced as should old, flaky paint.

He added, "Any toys used in the garden, such as buggies and bikes that come into contact with soil should be washed regularly.

"On the basis of the research carried out on Children of the Nineties, the level of concern for lead in the blood should be reduced to 5 microg/dl."

●Reference: Effects of early childhood lead exposure on academic performance and behaviour of school age children. K Chandramouli, CD Steer, M Ellis, A M Emond. Journal Archives of Diseases in Childhood, 2009; issue 94: pages 844-848.

New research that's making a mark

Researcher Dr Nadia Micali is currently trying to identify genetic and environmental risk factors that contribute to the development of eating disorders in adolescence.

As part of her research she is now also interested in discovering if there are differences in risk factors for the young person if their mother had an eating disorder.

With many eating disorders from binge eating through to dieting strategies – often starting in adolescence, understanding more about the causes will help develop early intervention services.

Our research has featured in A-Level texts



Researcher Stan Zammit is trying to discover the reasons why some young people develop schizophrenia.

He is looking for both genetic links but also, looking at risk factors which may have an impact – for example, smoking cannabis, stressful life events, and social, emotional and behavioural difficulties during development.

Our plans for the future



● **Back to the future:** Children of the 90s staff, with Scientific Director George Davey Smith (centre front) are looking forward to being able to collect data at birth (again) as well as coming back to dads and, hopefully, siblings, to get information relevant to the future of the next generation

When it comes to looking at the genes that cause a disease it's seldom the case that a single gene is responsible, in fact there can be hundreds of genes involved.

These work together with many other environmental and lifestyle factors – and these may be things that we CAN change (as our research on page 2 of this newsletter reveals).

That's why having information available from both partners will make our research invaluable. In fact, it's already known that the effect of genes can be altered depending on whether they come from either the mother or the father. That's why we are so keen to recruit partners into Children of the 90s

Information from parents is particularly crucial when investigating the causes of complex diseases such as asthma and diabetes.

This is one of the reasons why our Executive team are currently applying for a grant for £9 million to raise funds for a further five years of research from 2011 onwards.

This will allow us to extend our research into a number of areas in future including:-

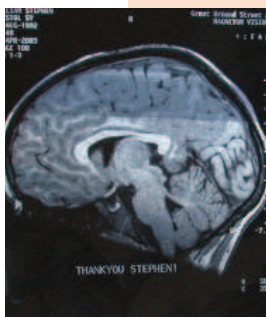
- Plans to research the third generation - the babies born to our study young people - which will make the study even more unique.
- Plans to carry out further measures on fathers and another clinic so that we can reinvite Young People back at a later stage, around age 21
- The possibility of recruiting the brothers and sisters of Children of the 90s members. Until now that's not been possible. However, additional funding would make this an option in future.

Fathers and study grandchildren help to take us through to the next step



Josie and her partner Chris, pictured here with their children, are both study members

High-tech scans part of new pilot study



A brain scan

Researchers have just been awarded grants for a number of sub-studies where we'll be asking some Children of the 90s members to travel to Cardiff and London for sessions.

Researchers in Cardiff would like to carry out MRI (Magnetic Resonance) brain scans on between 500 and 750 young people which will be used to help investigate emotional wellbeing.

In another study 500

young people who agree to travel to London will be given an MRI Scan, which takes pictures of the inside of the body, at Great Ormond Street Hospital. Researchers there will be investigating artery size and stiffness.

The findings from this research will provide important information on how their lifestyle and health affects their arteries and how this might be used to prevent, for example, heart disease.



Moved and forgotten to give us your new address? You can write to us at the address, shown. Or, if it's easier, email us with your details. If we have your email address we'll also try and let you know when our research is being highlighted by the media. Our email address is:- alspac-project@bristol.ac.uk

Newsletter Editor:
Anne Gorringe

Our 'hot-line' telephone number is:
0117-331 0010

Our postal address is-
Children of the 90s,
Oakfield House,
15-23 Oakfield Grove,
Clifton, Bristol BS8 2BN



University of
BRISTOL