

**Twins
trust.**

We support
twins, triplets
and more...

Multiple Matters.

Summer Edition 2023

.....
Stepping into the unknown

A triplet pregnancy

.....
Your dream job

The mums making business work for them

.....
Walk for TTTS

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Welcome

from the CEO

Dear all,

The year is flying by and plenty has been happening at Twins Trust.

Firstly I would like to start by saying a huge thank you to everyone who supported our Saving Babies' Lives Campaign in March. We are so grateful to each and every one of you who backed our fundraising and shared the campaign far and wide. We made an incredible £62,990, smashing our original £50,000 goal. We couldn't have done it without you. Find out more about the campaign's success on page 17.

The same weekend of the campaign, we hosted our annual Volunteers' Day. This was a great opportunity to praise the work of our volunteers, who give so much of their spare time to help Twins Trust. See page 21 for the full story.

Behind the scenes we are preparing for our flagship event, Walk for TTTS. Once again this will be a live and virtual event and I would encourage you to sign up. It's a great fundraiser for the whole family and we really look forward to meeting our families on 8 July. Thanks to Irwin Mitchell for sponsoring the walk.

The walk will take place at the end of Twins, Triplets and More Week. This is a time when we celebrate everything about our amazing multiples' community. Please join with us in marking this fun week and sharing the highs and lows of parenting multiples.

I'd like to finish by saying a huge thank you to Krista Pound, our former Chair, for her invaluable service to Twins Trust. We have welcomed Simon Berney-Edwards as our new Chair and look forward to working with him. You can read Simon's story on page 13.

Wishing you a great summer break.



Shauna Leven, CEO, Twins Trust

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Multiple Matters.

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Our cover stars: Fun in the sun for Estella, Faye and their twins Isla and Quinn

Latest ROUND-UP



MAKING TWIN PREGNANCY SAFER

A new research study has been published that will help make twin pregnancy safer.

In 2018, with the generous help of our community and the British Maternal Fetal Medicine Society (BMFMS), we funded a study looking into the risk factors that affect twin pregnancy.

Historically, advice has been given based on data from singleton pregnancies, but very little research has been done to confirm whether the same advice applies to twin pregnancies. Twins have more than twice the risk of stillbirth and three times the risk of neonatal death compared to singletons, so it's important that there's enough evidence for health professionals to give accurate advice for twin pregnancies.

The pilot study was led by Professor Alex

Heazell at the University of Manchester. It looked at risk factors such as smoking, sleep position and fetal movements, as well as parental characteristics like age and social background, to see whether any specific factors were associated with increased risk.

Participants completed questionnaires three times during their pregnancy and this information was combined with details from their maternity records. After their babies were born, researchers looked at whether the babies were born early, were admitted to the neonatal unit unexpectedly, had low APGAR scores (Appearance, Pulse, Grimace, Activity and Respiration), brain injury or died either during or shortly after pregnancy.

Almost half of the babies included in the study were born early. Around 4% of pregnancies sadly ended in a stillbirth or neonatal death.

This confirms the vital need to better understand what leads a twin pregnancy to have adverse outcomes.

Initial findings indicate that there are differences in the risk factors for singleton and twin pregnancies. However, further research is needed to fully understand the impact of specific factors on pregnancy outcomes.

The success of the pilot has shown that a study like this is both necessary and achievable and the researchers involved are now preparing to conduct a full-scale study. They hope to build on their findings so far and gather enough evidence to identify specific things health professionals and parents can do to make twin pregnancies safer.

This is one of 11 studies we have funded at Twins Trust through our partnership with the BMFMS.

Fancy winning a fabulous holiday or a host of other prizes?

Now is your chance. There's still time to enter the ever-popular **Twins Trust Grand Raffle 2023**.

You could win one of two wonderful holidays with Eurocamp and The Valley as well as £500 holiday vouchers donated by Haven Holidays and Away Resorts.

Other prizes up for grabs include a Hotpoint washing machine and theatre tickets.

Scan the QR code below to buy tickets. Tickets are £1 and all money raised goes towards funding Twins Trust's work supporting multiple birth families. Tickets must be purchased by 23.59 on 30 June 2023 to be eligible for the draw. If you have any difficulties buying tickets, please email fundraising@twinstrust.org or call 01252 332344.

find out more



Busylizzy partnership

We're thrilled to announce a new partnership with **Busylizzy Maternity Club**. They offer classes including baby massage, baby music, baby yoga and baby karma sensory play. There are pregnancy and postnatal workouts instructed by fitness professionals and baby play tutors. At Busylizzy they understand that attending classes with your little ones, especially when you have twins or multiples, can be difficult and costly. That's why they offer 60 Zoom classes per month for parents to enjoy from the comfort of their own home. As a Twins Trust member, you'll receive two free Zoom classes to enjoy each month, every month. For more information log into your Twins Trust account and search for Busylizzy on our discounts pages.

Sign up to Walk for TTTS

Sign up now for our annual Walk for TTTS – we need your support!

You can hold your own virtual walk or join us for the live event at Virginia Water in Surrey on 8 July 2023.

Find out more about the event on page 15.



GIVEAWAYS...

ASKA MATERNITY MOVEMENT BRACELET

The Aska Maternity Movement Bracelet is a beautiful way for expectant mums to holistically bond with



their babies and enjoy the magical and special time of their pregnancy. Every bracelet is made of semi-precious gemstones and includes a natural freshwater pearl to signify where to start counting your babies' movements each morning. Simply move the pendant along each time you feel a movement. We have one Aska Maternity Movement Bracelet with romantic hues of rose quartz beads with a 24K gold-plated silver charm to give away. To enter please email your name and membership number to giveaways@twinstrust.org with "Aska" in the subject line by 30 June.

BIBETTA

Bibetta's award-winning neoprene UltraBibs™ have a springy, pelican-style pocket that folds out, making them ideal for baby-led weaning as babies can easily retrieve their valuable dropped food. They are waterproof, soft and comfortable to wear. One lucky person can win an Ultrabib and an Ultrabib with sleeves for each of their multiples. To enter please email your name and membership number to giveaways@twinstrust.org with "Bibetta" in the subject line by 30 June.



KIDDIERAIL

KiddieRail is an award-winning adjustable handrail that fits below a standard handrail at a height suitable for young children, providing safety and security. One lucky winner will receive the KiddieRail of their choice (to suit the layout of their stairs).

To enter please email your name and membership number to giveaways@twinstrust.org with "KiddieRail" in the subject line by 30 June.

Stairs are safer with KiddieRail. Twins Trust has a discount to enable anyone to purchase the award-winning, KiddieRail. www.kiddierail.com



OUR WINNERS...

Congratulations to the winners of our spring giveaways:

Lauren M from Stirling, Abbie A from Daventry, Nicola S from Stevenage (Twins Trust bag)

Gemma P from Hemel Hempstead (AlphaBiolabs DNA test)
Anna B from London (You Can! book)





Stepping into the unknown

When Chris Jenkins and his partner Vanya-Lee Ashdown decided to extend their family, little did they know their brood would suddenly grow much larger.

At the time, their family already included Chris' 7-year-old daughter and Vanya-Lee's 14-year-old daughter.

In November 2020, they discovered they were pregnant with triplets and their lives suddenly changed as they imagined a future with three babies. Chris shares their pregnancy story.

It was November 2020 and Chris and partner Vanya-Lee were about to get some unexpected news.

The couple had been trying for a baby, wanting a sibling for Chris' daughter and Vanya-Lee's daughter.

Chris said: "Very early on in the pregnancy we were told that my partner was expecting triplets. She was very poorly in the early days. She was checked over and diagnosed with a water infection.

"We had an early scan to check all was ok. There were two consultants in the room and it was only weeks into the pregnancy.

"I could see the screen with the images on and having seen what looks like a marble with a heartbeat before, I knew what to look for.

"I could see three of these little marbles with heartbeats on the screen but my partner couldn't as she was lying down. I thought it was a trick of light.

"I could see the consultant counting on his fingers. One, two, three and four. He went to four and back to three."

The parents-to-be were told that everything was well. The main reason for Vanya-Lee feeling unwell was revealed – she was expecting triplets.

Chris said initially the consultant thought there were four babies but confirmed it was a triplet pregnancy.

Recalling the rollercoaster of emotions he felt when they were told, Chris said: "Then it was like all of the emotions in one hit.

"We were just in total disbelief and shock and

laughter and tears and happiness and sadness – everything was happening in such a short moment of time.

"We were told it was classed as a high risk pregnancy and we would have to take things steady."

Over coffee, the couple sat in disbelief mulling over the news.

"We broke the news to our parents but we knew we were stepping into unknown territory for us all.

"We kept the pregnancy quite quiet early on as we didn't know what the future held," he said.

The pregnancy was later confirmed as triplets, with all babies sharing one placenta. Doctors kept a close eye on Vanya-Lee as it was confirmed all the babies were sharing one placenta. During the pregnancy, she was diagnosed with Twin-to-Twin-Transfusion Syndrome (TTTS) and monitored closely. A decision was made not to go ahead with laser ablation surgery due to the position of the placenta.

Chris said the couple attended hospital appointments every two weeks throughout the pregnancy. He thought a lot about the impact having three babies would have on the family, as well as on his partner and their practical life as a family.

"I was extra cautious making sure my partner was ok – she was sick right up until the babies' birth. She had gone from being a busy physical person to walking up the stairs once and then being exhausted for the day. It was a great worry.



"I had a routine of making her a cup of tea and toast before I went to work.

"You are helpless to a point but it's about being there for her. You put yourself and your needs on the backburner. I saw it as my job to be there and support as much as I can. It was a journey we were going through together.

"We look back and there's not one thing we would have done differently.

"We just accepted it for what it was and listened to ourselves and the professionals.

"Right until the boys were born it was an ongoing anxiety as we never knew what was going to happen.

"We had hopes of what gestation we were going to get to but ultimately Mother Nature decides."

In terms of day-to-day life, the family was in the process of extending their house when they discovered they would be having triplets.

Chris said: "There were so many questions. I was thinking about the sex of the babies and how they would all fit in the house. I wondered if we needed a bigger car. What shall I do with work if they're born early and how does it work with leave?"

“I saw it as my job to be there and support as much as I can”

One of the key things Chris highlighted was the need to embrace support when you need it.

"We were made aware of support early on that was out there for us. One thing we learned very quickly was that if there's support out there – to take it. If it's not there,

you should ask and don't stop asking. "If you don't ask, you don't get.

"The journey was tough as it was but would have been even tougher if we didn't have the support that was available to us and provided by our families. We were always the ones helping others and we never liked to ask for anything. There comes a point where you realise the enormity of it and you are stepping into the unknown," he said.

Marc, Harrie and Jake were born at 27 weeks plus six on 18 May 2021. It was a tough time for the family as the babies all had sepsis and Harrie had a blood clot on his pulmonary artery. Jake was diagnosed with cerebral palsy. The triplets spent 111 days in hospital before finally coming home to their family.

Chris added: "This gave us more anxiety and there were so many ups and downs. As a parent, you just have to ride the storm and remember decisions are made in the best interests of the babies.

"In your darkest moments it's not forever and you do get through it. We were very thankful for what we'd been given.

"Twins Trust has a lot of advice to cover a broad spectrum of multiple births. There's always something or someone there for you to answer your questions."

Life is going well for the family and the boys turned two in May.

Chris added: "They're making good progress and both Marc and Harrie have been discharged from the developmental clinic. Jake is soon to have some assistance to help him walk, the cerebral palsy is currently stopping him from standing up on his own. He can walk very well with his walker and does everything his brothers do. A real warming moment is when he was able to climb the stairs on his own as we take them up one at a time for bed.

"We've been lucky enough to have had a few Norland Nanny student placements stay with us over the last year as part of their course. This help has been priceless, not only helping us but we are able to give the students a very good experience when they're here with us and we always have a good time with them. The boys love people. We are looking forward to them learning to speak and growing into their already different personalities." ●

“As a parent, you just have to ride the storm”



Help and info

Triplets and more

- Find our triplet online community group hosted on Facebook by searching Twins Trust Triplets and More on Facebook.
- Visit the Twins Trust website at twinstrust.org to find out more about parenting triplets
- You can reach out to our helpline volunteers, all parents of twins and triplets themselves, who are happy to lend a friendly and understanding ear on 0800 138 0509 (10am-1pm & 7pm-10pm, Monday to Friday) or alternatively send an email to asktwinline@twinstrust.org

Twins Trust has a new partnership with Bespoke Family, which is run by Claire Burgess and Rebekah Frankcom. The family consultancy business supports families with information and tips via blogs and social media.

Here we find out more about how Bespoke Family was born and what they do.



A new partnership

Q: Tell us how Bespoke Family started

A: We (Claire and Rebekah) met when we were working together at Norland College. Claire was Head of Consultancy and Training and Rebekah was Head of Marketing and the Nanny Agency. We decided to set up Bespoke Family in 2018 using Claire's extensive childcare knowledge and skills and Rebekah's business and marketing skills.

Claire first worked with Twins Trust on behalf of Norland College. She set up the support for Paul Mason and his triplets when his wife Isabel died. Claire still volunteers with the Family Crisis Support Service when she can. Rebekah has 16-year-old boy/girl twins. She has been a Twins Trust member since they were born and became a Twinline listener in 2018.

Q: Why is Twins Trust important to you?

Rebekah: As a twin parent myself, Twinline was a lifeline when the children were little – just talking to someone who had been through what I was experiencing was such a comfort. Equally someone telling both me and my husband (who also called Twinline at points) that we were doing everything we

should be was also really reassuring.

Claire: For me, being able to help support families in crisis is something which has been incredibly rewarding and gives me the opportunity to use my skills and knowledge to support families who really need it. I feel privileged to have been able to work with these families and hopefully make a real difference to their lives.

Q. What does Bespoke Family do?

A. Our aim at Bespoke Family is to enable families to thrive – this is regardless of the family set-up, financial situation or parental approach. We have lots of free resources full of information to help support parents and carers on our website. This includes blogs on all sorts of topics, as well as our podcast 'Newborn to teen and everything in between'. On the other side of things we offer 1:1 parent consultations, which is a paid-for service. They are ideal when families need some tailored support. The final thing in our toolkit for parents is our guides – downloadable webinars on all kinds of topics for parents of all ages. You can find all of these resources on our website BespokeFamily.co.uk ●



TOP TIPS FOR PARENTING YOUNG MULTIPLES

Consultancy service **Bespoke Family** share their ideas to make life go a little more smoothly when parenting young multiples. Unlike any other job you would take on, no-one gives you training for how to parent, never mind in being a parent of multiples. Here are our top tips when parenting your little ones, be they twins, triplets or more.

- 1 Don't be afraid to ask for help.** This is our first and most important of the three tips. If you are offered help, absolutely take it and, if you aren't offered, ask.
- 2 10 minutes is all you need** – Where you can (perhaps when someone is helping you or if you have a partner who can help) try to have some 1:1 time with each of the children. Even 10 minutes of time, with no phones, no TV, no distractions, just you and them can help – children look for and need connection. You should find that if you are able to incorporate this 1:1 time into your day (or even your week) it will have an impact on bonding, regulating your child's behaviour and helping them tune into their emotions.
- 3 Our final tip is all about individuality.** Although some multiples are identical, all multiples are individual. They may progress developmentally at different times (e.g. with toilet training, crawling, walking, talking etc) and so it is important not to compare them. This carries on throughout their lives – one may get better exam results than the other and one might be the first to pass their driving test. Try not to call them 'the twins', 'the triplets' etc. There will come a time when they move on to lead a separate life to their sibling and by treating them as an individual from the very start, you are helping them with the life skills they will need as they develop and grow.

Breaking the 'mum guilt'

When twin mum **Audrey Haffner** reached burnout, she knew something had to change.



Parenting her sons while keeping up with a corporate job had had a huge impact on Audrey Haffner.

Audrey has shared her story of why parenting multiples is tough and why we need to be kind to ourselves as parents.

She said: "I have a pair of very energetic nine-year-old twin boys, so I know too well how challenging it can be for mums to prioritise our own wellbeing. We run around looking after everyone else's needs, juggling the logistics of work, home and children, and we too often forget ourselves in the process.

"I have experienced first-hand the consequences of putting my own needs and self-care aside for far too long. I went back to work when they were nine-months-old. As mums, we tend to take on a greater share of the mental load. Because of my husband's working arrangements

I was doing all the logistics of drop off and pick-ups and commuting. I was still trying to do a good job as I didn't want my career to stall. I think it's pretty common for women to have that 'mum guilt'. I could see I was getting more and more stressed, yet I felt guilty to take time out to rest and relax.

"By the time my boys reached three, the cumulation of stress and exhaustion from my corporate job, my commute and parenting, led me to burning out. I started to catch every bug lying around, my hair began to fall out and I developed chronic pain and headaches. I felt completely stuck in a rut and couldn't see a way out."

Audrey, who is now a wellness coach, knew she had to make a change after realising she had nothing left to give.

She added: "The multiple element adds a layer of complication. Bonding is more



Audrey and her twin sons Ethan and Lucas

challenging for multiples' parents."

Offering advice to multiples' parents, she added: "We need to break the mum guilt. Not taking time to look after yourself has knock-on effects."

She suggested changing routines to make time for yourself as a parent and accepting help when it's available.

She added: "Looking after yourself shouldn't be the last thing on your list. I started to carve out a 20-minute window so I could do something for myself each day, and gradually started to take a little bit of time out for myself on weekends too. This was a challenge as I felt guilty, but also by this point I had realised this not only benefited me but my family too. I also found taking a few minutes each day to reflect and journal incredibly helpful." ●

EMMA'S MINI MEALS

BREAKFAST PINWHEELS (Two ways)

Start the day with these tasty and easy-to-make breakfast pinwheels.



INGREDIENTS

- 2 tortilla wraps
- 1 tbsp nut butter of your choice
- 1 banana
- 1 tbsp of Greek yoghurt
- 8 raspberries
- Drizzle of honey (for children aged one and above)

METHOD

Banana and Nut Butter

Lay your tortilla wrap out and spread with nut butter. Place your banana along one edge of the wrap and sprinkle the banana with cinnamon. Roll it up, making sure it's nice and tight. Slice into bite-sized circles.



We would love to see pictures of you baking with your twins, triplets or more!

If you have a photo you'd like to share, please send it to bethduffell@twinstrust.org with 'Baking' in the subject line, together with your children's names.

Raspberry and Greek Yoghurt

Lay your tortilla wrap out. Spread with Greek yoghurt ensuring you don't get too close to the edge as it will ooze out when rolling up. Place the raspberries along one edge of the wrap and drizzle with honey. Roll up tightly and slice into bite-sized circles.

Suitable for 10 months plus.



Twin Trolley Liner



Twin Milestone Cards



Twin Feeding Pillow



Twin Pool Float

things for
twins

Feeding Pillows, Carriers, Pool Float, Twin Trolley Liner, Twin Milestone Blanket, Twin Milestone Cards, Podee Bottles, Gift Cards



A supportive space



Families who attend Twin Club Glasgow say it's a welcoming group where they can meet with other parents.

Twin Club Glasgow offers 'a real lifeline' for families with multiples in the city.

Claire Jolly, who helped to set up the club, said it provides great support for parents.

She said: "I have four-year-old twins and an eight-year-old. Twin Club Glasgow started in

March 2019 when I connected with a few local twin families. We now have more than 80 active twin families, with twins ranging from due soon to pre-school age.

"Members can join our main WhatsApp and additional chat groups: Buy, Sell or Swap, Club Meet-Ups, Expecting, Breastfeeding and LGBT twin mums. One of our mums, who is also a GP, is currently running a breastfeeding support group. We have a virtual group map so members can see where other families live and who's near to them."

Families who attend the club are full of praise for it. Earlier this year, members enjoyed a visit to the Dumbreck Play Barn in Glasgow.

One expectant twin mum said: "It has

TELL US ABOUT YOUR CLUB

We want to hear about your clubs. Email a picture of your club to bethduffell@twinstrust.org and you could appear in *Multiple Matters*.

empowered me to enter the "twin world" confidently. Knowing there are others out there who have faced the same daily battle, who offer realistic advice and support within minutes of reaching out. It really makes me believe I can survive this crazy journey ahead."

Another mum said: "Twin Club was a real lifeline when we joined with our three-month-old twins in July 2020. It continues to be such a welcoming and supportive space. It's so reassuring to link with other families who understand the joys and challenges of life with twins – and lovely to see all the wee ones together and catch up when we meet up."

The club meets on the first Friday of the month at the Heart of Scotstoun Community Centre, Balmoral Street, Glasgow. The session runs from 10am to 12pm but families can turn up at any time. Siblings are welcome. Entry is £3 per family.

Seasonal parties take place, plus a social night for mums. Weekend meet-ups are planned for those who can't make the Friday club. ●

Twins' Head Shapes Corrected in just 6 months

As is quite common with twins, Max and Oliver presented with plagiocephaly due to in-utero positioning and their head shapes were a mirror image of each other. Following **LOCband** treatment each boy's cranial asymmetry was reduced by 12mm and 13mm respectively to a head shape asymmetry of 5mm which is in the normal range.

Their Mum who is herself a reader of Multiple Matters commented: "When we learned that our twins had plagiocephaly, the London Orthotic Consultancy were recommended to us by a paediatrician. Right from our first appointment, our clinician, Sally, was both supportive and professional giving us the confidence to face the initially daunting prospect of having helmets fitted for our boys so early in their lives. To say that we are delighted with the service and results of the treatment would be an understatement!!"

If you are worried about the shape of your baby's head you can speak to one of our clinicians and book a **FREE** initial consultation during which your baby's head shape will be assessed and measured and treatment options discussed. Ring **020 8974 9989** or e-mail: info@londonorthotics.co.uk



Max Before Treatment



Oliver Before Treatment



Max After Treatment



Oliver After Treatment



T: 020 8974 9989
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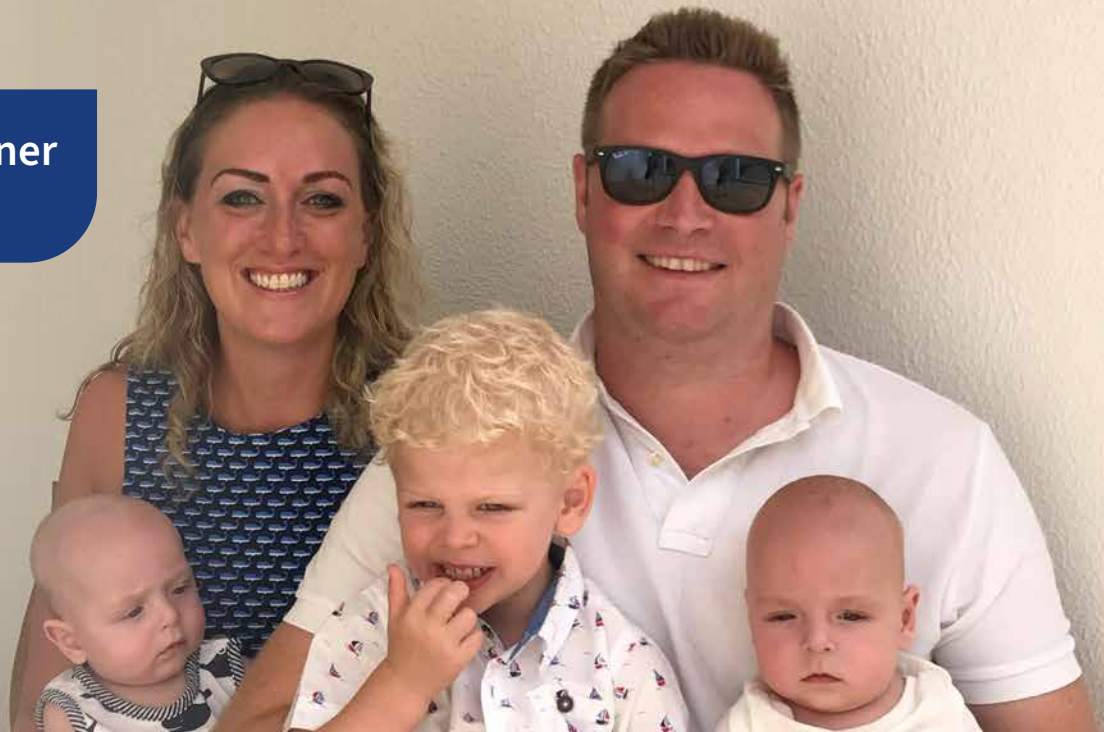


LOC Plagiocephaly treatment clinics. The LOCband treatment is also available at Hampshire Orthotics in Southampton and at Prestige Healthcare in East Barnet.

We're proud to partner with Twins Trust

I'll never forget that moment looking at the scan and asking, "are there...two?"

Anita Jewitt from Irwin Mitchell, tells her story of having twins.



I found out I was pregnant with twins at an eight-week scan. My son, Harry, was two years old at the time and I remember thinking, "how will we manage?" I felt a mix of surprise and excitement, but also worry.

My work as a medical negligence solicitor made me more aware of the risks associated with a twin pregnancy. I specialise in investigating cases on behalf of babies when something may have gone wrong during pregnancy or birth.

Thankfully, my pregnancy went smoothly and our non-identical twins, Archie and William, arrived at just over 37 weeks. William needed support with his breathing, but they were both healthy.

I first came across Twins Trust on the antenatal course. I found it so informative and loved the chance to meet other expectant parents of multiples.

An article about the Maternity Engagement programme in Multiple Matters stood out to me as the campaign led to direct improvements in patient safety, literally saving babies' lives.

Irwin Mitchell shares the same commitment to maternity care, working alongside healthcare professionals to achieve better outcomes for all. On my return from maternity leave I met with the CEO of Twins Trust, which became the foundation of our partnership.

As a full-service law firm, I felt we could help parents of multiples. We all need legal or financial advice during our lives, to guide us through key milestones, if things don't go to plan, or to give us peace of mind for the future.

We're excited to support Twins Trust with their amazing work.



Anita Jewitt
Partner

Scan here to find out more about Anita and her role at Irwin Mitchell:





AN EXCITING JOURNEY

Simon Berney-Edwards is the new Chair of Twins Trust. Here's his journey to parenthood.

When Simon Berney-Edwards and his husband Graeme became parents to twins, they felt like it would be the start of a chaotic, rewarding and exciting journey.

As parents to five-year-olds Alexandra and Calder, who were born via a surrogate in Canada, life has brought them so much happiness, as well as the chaos of life with multiples.

"It is hectic, exhausting and challenging but just the most rewarding thing I have ever done. It is an absolute privilege to be a parent of multiples," Simon said.

"In the best and worst way possible we have created complete 'mini-me' versions of each other.

"Alexandra is feisty and a total diva. She has all of my best and worst qualities. She is a born performer and so inquisitive. Calder just really wants to know how things work and is fiercely independent. Both of them are very loving and polite and caring."

Simon and Graeme decided to use a surrogate to become parents. Initially they researched adoption but following a negative experience with the process, decided that surrogacy was the best option for them.

Fertility treatment took place in the USA

and working with a company in Canada, the surrogacy was arranged. Two embryos were transferred, one fertilised by Simon and the other by Graeme. The news of the successful pregnancy followed and after a few false alarms about their arrival, twins Alexandra and Calder were born in June 2017. The new family of four spent six weeks in Canada after the birth while paperwork was completed and they applied for the twins' Canadian passports.

Since birth, the twins have always kept in touch with their surrogate Meg, who they fondly refer to as their 'Tummy Mummy', including sending Mother's Day cards to her.

As the years have passed, it's been important for Simon and Graeme to teach Alexandra and Calder about where they came from.

Simon added: "As they've got older, they've asked lots more questions. We've always been really open and honest with them and share information with them at a level they understand.

"They know they were born in Canada.

"They have two dads and everyone has seemingly been accepting of the situation.

"One of Calder's friends said that two men can't get married.

"I said to Calder that he knew it wasn't right. They are quite robust about it. We have to continue to manage making sure they've got the support all the way through and they understand they can challenge other people about it."

As a way of giving back to Twins Trust, Simon became a Trustee in 2018 and has now taken on the role of Chair, a post he's deeply passionate about.



He said: "The support that we got from Twins Trust in the initial stages of having twins was invaluable. We got so much out of it. I wanted to give back to the charity and I wanted to say thank you.

Having been so involved over the last five years, there was the opportunity to take on the Chair of an organisation that I see doing such immensely powerful work. I am really proud of Twins Trust.

"Seeing what we can do for families in crisis and the support we can provide and seeing the difference things like the Maternity Engagement Programme can have improving outcomes for people.

"We had twins, it was our choice to have twins.

"We were very lucky they were born healthy and we didn't have any problems but I know there are so many people out there who do not have that experience, like the people who experience a bereavement.

"To see that we are doing something that really can help people and make things better, that's the thing that made me want to step up into the Chair role and help lead and support." ●



A challenging time

It's been a busy few months of training for twin dad Dave Willis, after he signed up for the RideLondon-Essex 100-mile cycle to raise funds for Twins Trust.

Dave, father to April and Bonnie, took part in the annual ride on 28 May.

He shared his story about his challenging start to parenthood.

Dave said: "On 21 April 2019 after a challenging pregnancy, my wife, Weronika, gave birth to our twins seven weeks premature, at 3lb and 4lb respectively. We were told this was a good weight for twins but it scared the life out of us."

Yet just days later, Dave said their "world fell apart".

He said: "We were told that a scan had found an anomaly for April. We were advised that it appeared that half her brain was not there and her future would be challenging. I was trying to be strong and was failing.

"I reached out to Twins Trust and received

empathetic, compassionate support, enabling me to go back to the hospital the next day and the days that followed."

Weeks passed and the twins were able to go home and after a few months, scans found that April did have a fully developed brain. The parents were told that the standard two-day ultrasound had indicated a possible issue but the MRI scan gave a clear picture and showed all was well.

Dave added: "Anger, frustration, tiredness, confusion, fear, sorrow, hope and eventually joy; these are some of the things Twins Trust helped me with during this time.

"I want to help Twins Trust support other families. It would be amazing if you could sponsor me even a little, to help this amazing work continue." ●

Support Dave's fundraising at www.justgiving.com/fundraising/david-willis31

KEEP ON RUNNING!

Twins Elle and Oliver might be only one-year-old but they are already busy supporting their mum, Danielle Oakes, with her training for the Great North Run.

Danielle is gearing up for the event in September and has been out running with the twins in the pram to get ready for the big day.

Danielle, who lives in Newcastle, is fundraising for Twins Trust and will run the streets of the city for the 13.1 mile route.

She said: "I was supposed to do the Great North Run the year of Covid in 2020. Then the year after the Great North Run did take place but they changed the route.

"This year, I decided to do it for Twins Trust. If you are going to do it for a charity, it's got to be a charity that means something and that's a no-brainer with the twins." ●

Support Danielle's fundraising at greatnorthrun2023.enthuse.com/pf/danielle-oakes



Walk for TTTS

We need you! Sign up for the Walk for TTTS on 8 July

The countdown is on for our flagship event, the annual Walk for TTTS.

The walk will take place on 8 July and you can either take part virtually or in person at Virginia Water, Surrey.

Virtual walkers can pick their own location and bring together family and friends for the fundraiser.

Walkers will gather at Virginia Water and take on a route past the beautiful landscapes of the Crown Estate.

The walk, which is sponsored by Irwin Mitchell, will fund our research and support families impacted by complicated pregnancies such as TTTS, TAPS and TRAPS.

Lucie Wigley, Events and Engagement Officer at Twins Trust, said: "We would love to see as many walkers as possible at our live event in Virginia Water in Surrey. We would also love to see small Walk for TTTS events springing up around the country. It's a great way to have fun, bring people together, maybe get the kids

involved as well and encourage teamwork. And all the while you're helping to raise much-needed funds for medical research into TTTS."

This year, the walk will include an exciting activity for the younger members of the family too.

Twins Trust supporter Sophie Bryan said: "My husband and our twins, Lily and Ruby, participated in the Walk for TTTS last year with two of our twin parent friends.

"Having benefited from so much support from Twins Trust, we wanted to give something back and raise money for a great cause. We raised a total of £420, more than double the target we had set. We are keen to beat the amount this year. We plan to do it as an annual family tradition and look forward to seeing others in July."

Put your best foot forward and sign up for the walk now by scanning the QR code below. There's a £5 entry fee for the lead adult in the team. T-shirts will be sent for adults to wear on the day and children will be sent caps. ●



find out more



2023 events

24 JUNE

Big Steps for Small Feet – The Scafell Pike hike



8 JULY

Walk for TTTS



9 JULY

Asics London 10k



10 SEPTEMBER

Great North Run

8 OCTOBER

Royal Parks Half Marathon



Interested in taking part in an event? Can you raise money and awareness of Twins Trust? We want to hear about it! Find out more at twinstrust.org



FIRST AID: Water safety

Double twin mum Kate Ball of Mini First Aid, Twins Trust's national first aid partner, brings you advice on water safety with multiples.

We need to talk about water safety. Summer's here and holidays are in full swing. Whilst I absolutely don't want to rain on anyone's summer holiday, I heard a fact once that really scared me – the most common time for a child to have a drowning accident is within the first hour of your holiday.

Quick tip from me: have a separate bag with all your swim gear in so you can get straight down to the pool for some fun. Leave the unpacking until after your swim – that way the kids' curiosity about the pool has been exhausted – and hopefully they're exhausted – giving you some much-needed space to unpack.

BE WATER SAFETY AWARE WHEN HOLIDAYING ABROAD WITH TWINS AND MULTIPLES:

- **You are your family's lifeguard**

Lifeguard standards differ outside of the UK. Always supervise your children and keep them within arms-length, even when in flotation devices. Water safety ratios may be different abroad but don't go into the water alone with your twins and

multiples if you aren't confident. It sounds extreme, but you might need to make a rota for swimming or do some forward planning to make sure you have another adult on hand to supervise.

- **Do your research**

Know what to do and who to call in an emergency. Talk to your travel agent before leaving the UK or the staff at your hotel. Take time to check the depth and layout of pools. If you're staying in a villa, check if your accommodation has a gate around the pool – you can usually put this into your search criteria when choosing where to go. Or consider hiring a pool safety fence.

- **Consider the colour of swimwear**

Avoid swimwear that's white or pale pastels at all costs (yes, even if they're the ones with unicorns that your twins really, really want). It's been proven they are difficult to see underwater which means a drowning could go unnoticed. Embrace bright oranges and pinks and dark navy and blacks as your go-to colours.

- **Keep doors locked**

Whatever your accommodation, make sure all external doors are kept firmly locked when you're not around the pool. The temptation of a glorious blue pool is just too strong for some little ones, especially when egged on by an enthusiastic sibling. Also, don't get lulled into a false sense of security by a pool cover – these dip under the water when they get heavy and can quickly immerse a child.

SUMMER WATER SAFETY IN THE UK

Paddling pools should be treated exactly like a swimming pool; if you're in the house, then so are the twins/multiples. Don't let them in the garden with an unsupervised paddling pool – it's horrific, but children can drown in as little as 5cm of water.

So even a paddling pool that's had practically all the water splashed out of it is a hazard. Don't be tempted to leave it full for the next day – it's an accident waiting to happen, especially when you're watching your other children. After emptying, leave the inflated pool on its side against a wall or fence to drain – otherwise rainwater will accumulate (even if the pool has been turned upside down) and become a hazard.

When you're visiting friends and family, especially if it's a place you haven't been before, spend some time making sure you've assessed any hazards – do they leave their paddling pool out? Do they have a pond? We turned ours into a sandpit – I can't count the hours of fun our twins have had in theirs and I think I've saved myself a few grey hairs not worrying about the pond.

Whatever you are doing this summer, be it home or abroad, I really hope you and the family enjoy some much-needed R and R – I think it's safe to say us twin and multiple parents are especially in need. ●

Safe holidaying! Kate @ Mini First Aid

Help and info

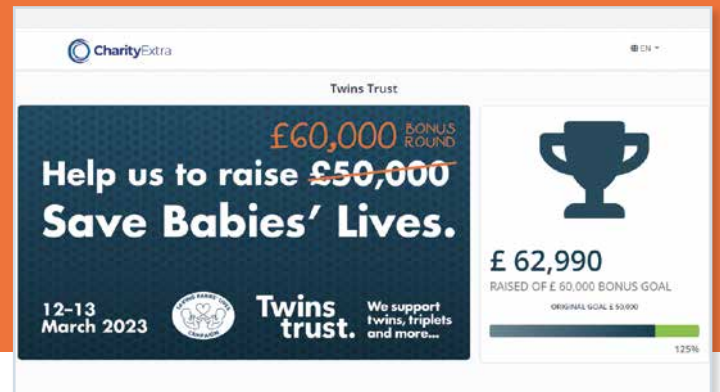
Preschool

- Book a Twins Trust Mini First Aid class at twinstrust.org/let-us-help/courses.html
- You can buy first aid supplies with a 15% Twins Trust members' discount at minifirstaidshop.co.uk
- Reach out to our helpline volunteers, all parents of twins and triplets, who are happy to lend a friendly and understanding ear on 0800 138 0509 (10am–1pm & 7pm–10pm, Monday to Friday) or email asktwinline@twinstrust.org



The multiples' community rallied round for the Saving Babies' Lives Campaign in March. In just 36 hours, an incredible £62,990 was raised for Twins Trust. More than 1,200 people donated, smashing the original £50,000 target.

Shauna Leven, Chief Executive of Twins Trust, spoke about the campaign and how the money will be spent.



Supporters donated via the CharityExtra fundraising page

WHY DID TWINS TRUST RUN THE FUNDRAISING CAMPAIGN?

Twins Trust is a charity, so we need to fundraise for much of what we do, from keeping the information on our website and in our courses up-to-date, to supporting families, to working with healthcare providers to deliver the best care possible. Nearly half of our annual budget comes in through a variety of fundraising channels which include grants, income from events like our Walk for TTTS and appeals such as this one. We have all been feeling the impact of inflation and Twins Trust is no exception. We have to work harder and harder just to deliver, let alone improve and expand. We were able to match-fund the first £15,000 of gifts, thanks to the generosity of partners, including our lead sponsor Leigh Day.

HOW WILL THE MONEY RAISED BE SPENT?

We want to double the number of hospitals we work in and with to save more babies' lives. Sadly, even though the stillbirth and neonatal death for singletons has been improving in recent years, the rates for multiples have become worse. We see this impact with the families who contact us for our bereavement services.

We need to keep working with hospitals, maternity units and healthcare professionals to ensure that they are not only meeting national care standards, but exceeding them. For example, by having a designated twin clinic or specialist multiple midwives. We also need to ensure that every expectant multiple parent has a copy of our care pathway in their hands during their appointments, so they know what care they should be receiving and advocate for themselves.

WHAT WOULD YOU LIKE TO SAY TO THE MULTIPLES' COMMUNITY FOR SUPPORTING THE CAMPAIGN?

Thank you, thank you, thank you. The multiples' community does such an incredible job of looking out for each other. From nodding knowingly at each other when we pass on the streets, to lending a helping hand at a playground, we have each other's backs. This campaign was no exception – families that could spare a little, paid it forward. And those close to us, who have seen what it takes, rallied round as well. ●

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Making it **work for**

Childcare costs make it very difficult for parents of multiples to return to work. Kate Skelton spoke to twin mums who have turned their work dreams into a career that fits around their family.



STORYTIME SUCCESS

Kelly Perrin, 40, lives in Fleet, Hampshire with her husband Jeremy and twins Jessica and Henry, eight. She turned her love of bedtime stories into a business.

She said: "I read to Jessica and Henry from the minute they came home from hospital. I loved the bedtime routine, putting them in their cots and reading a story. But I struggled to find books that had twins in them. So I

decided to write a book for the three of us to enjoy. It was daunting but I have a background in photography and design and I found an illustrator and self-published.

"My first book is a poem about how I feel about Jessica and Henry and how special it is to have twins. I wanted to create something they could see themselves represented in – it turned into a mini business. My first book arrived just before lockdown and my second book – about the bond twins have for life – was published last year."

booksfortwins.com

Follow Kelly on Instagram [@books4twinsuk](https://www.instagram.com/books4twinsuk)
Twins Trust members save 15% when ordering from Books for Twins.



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HELPING MUMS BACK TO WORK

Jo Lawrence, 43, lives in Shropshire with husband Dan and their three children, Thea, five and Ozzy and Seth, three.

Jo said: "I discovered I was pregnant with twins when Thea was one. I kept thinking: 'How am I going to be able to carry on working?' I knew my job lecturing at a further education college wouldn't be able to offer me the flexible hours I needed and that I couldn't afford the childcare costs.

"The boys were three-months-old when lockdown happened. Trapped at home every day, I needed something for myself and set up an online coaching business helping twin mums feel empowered for the return to work. I was unprepared, overwhelmed and anxious when I returned to work after my first maternity leave and I didn't want other mums feeling the same.

"Many mums want to work but they don't know how or where to start. I run online courses and mentoring sessions to help mums find clarity, purpose and direction so they can get a job that fits with work-life-family values."

themummentor.com

Find Jo on Instagram [@jo.return.to.work.mum.mentor](https://www.instagram.com/jo.return.to.work.mum.mentor)

Jo hosts our Return To Work webinars and offers Twins Trust members a 10% discount.





you



CALM IN THE CHAOS OF MOTHERHOOD

Nina Spencer, 42, lives in Tuxford, Nottinghamshire with husband Chris and their two sets of twins: Melody and Jake, 11 and Jessica and Mason, five. Nina is a motivational mentor, public speaker and author, helping mums cope with overwhelm.

Nina said: "After five years of heart-breaking infertility and creating the perfect motherhood in my head, my twins Melody and Jake were born. Life as a new mum wasn't exactly as I envisaged. I ended up with postnatal depression, anxiety and depression.

"In 2014 on Christmas Day I ended up having a breakdown. I thought I was having a heart attack.

"This was a catalyst for my healing journey and as I felt better we tried for one more baby.

"I fell pregnant with twins again. I was diagnosed with a life-threatening pregnancy complication and had a caesarean hysterectomy.

"When I healed from the pregnancy trauma I realised I needed to do something worthwhile with my life. I learnt how to find calm in the chaos of motherhood and help other mums do the same. I share tips and hacks on Instagram, run regular free mastermind sessions and 1:1 mentoring sessions."

ninaaspencer.com

Find Nina on Instagram [@ninaaspencer](https://www.instagram.com/ninaaspencer)
Nina also offers The Chaotic Mum Village Membership.

FINDING YOUR WAY

Linda Sheehan, 44, lives in West Sussex, with her fiancé Dave and their twins Holly and Harry, four.

Linda said: "I was working for a big company as a Chief Commercial Officer. It was full-time, full on and involved international travel.

"When my maternity leave was due to end, my mum was terminally ill with cancer and living in Ireland. The company was under new ownership and my flexible working request was denied. I had no choice but to resign and forge a path that would work for my family. I had two decades of experience in travel and retail and decided to found Twinspire Me Club. It offers family friendly virtual and in-person meet-ups and events for twin parents with



business ideas and businesses. I help parents of multiples navigate their way from bump back to business."

twinspireme.com

Find Linda on Instagram [@twinspiremeclub](https://www.instagram.com/twinspiremeclub)

STRESS-FREE BATHTIME

Laura McGlade, 36, lives in Redcar, North Yorkshire with her partner Joe and their three children Lucius, six and Willow and Matilda, five. Bathtime difficulties inspired Laura to invent a multi award-winning twin bath, Bumble Beez.

Laura said: "My son was only 16-months-old when my twins were born and bathtime was difficult and dangerous alone with a toddler on the loose. I'd tried using two single bath seats, but my bath wasn't big enough. I searched the world for a twin bath and found nothing. So I designed one when the twins were three-months-old.

"The process of design and development for the twin bath took around four-and-a-half years. I feel wonderful knowing my product has made a huge difference to thousands of parents of twins.

"The twin bath is designed to support two infants from zero to six months and allows for a safe, stress-free, time-saving, co-bathing session."

Find Bumblebeez on Instagram

[@Bumblebeezuk](https://www.instagram.com/Bumblebeezuk)



RAISING AWARENESS OF CLOTH NAPPIES

Nicky Barnes from Banstead, Surrey, is married to Jeremy and mum to Elinor, five and Edward and Henry, three.

Nicky said: "My twins were born in November 2019, just four months before lockdown. Elinor was only two so I had three small children in nappies – we got through 120 a week and couldn't fit them all in the wheelie bin.

"Lockdown rationing meant the supermarket would only let me buy one pack of nappies, so we swapped to cloth nappies. I was amazed – not only were they great for the environment, there was no nappy rash or leakage.

"My job in residential lettings was pressurised and stressful. Once I had the twins there was no way I was going back – I needed a flexible job from home. I was passionate about raising awareness of cloth nappies so I wrote a business



plan, then purchased an existing business in September and a website for Happi Nappies.

"The response has been great – originally I only sold nine brands but now we have 18."

happinappies.co.uk

Find Happi Nappies on Instagram
[@happi_nappies](https://www.instagram.com/happi_nappies)

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You're amazing!



The work of the Twins Trust volunteers was celebrated at the annual Volunteers' Day.

Lucene Hughes Volunteer Award winner Maggie Dorsman

Volunteers really are the lifeblood of Twins Trust. They provide so much support behind the scenes and give up their time and expertise to help others.

The annual Twins Trust Volunteers' Day celebrated everything that's wonderful about the charity's longstanding volunteers.

With a packed agenda before them, volunteers and Twins Trust staff joined in the virtual meet-up, which included the annual awards for long service and outstanding work.

The Lucene Hughes Volunteer Award was presented for the second time in memory of volunteer Lucene, who died in September 2021. She supported single parents in particular, giving over 22 years' service to Twins Trust.

Maggie Dorsman was named as this year's

recipient of the award. She is an advocate for multiples' rights in school. She supports hundreds of summer-born twins and triplets each year to access their education in a timeline that is right for them. She champions the rights of twins and triplets to be treated as individuals when accessing their education.

Maggie, who has worked in education since 1976, said: "It was brilliant to get the award, it's the biggest honour, it really is. Some of the cases I deal with are evidence of injustice, which I enjoy challenging. I get great joy out of it when I hear back and I have helped a parent win an appeal or a complaint, for instance."

Judi Linney, Twins Trust President and Founder, said: "Volunteers have always played a key part in Twins Trust and without them we wouldn't be able to reach and support as many families as we do.

They make such a difference to families." ●

AND THE AWARDS GO TO...

BREASTFEEDING PEER SUPPORTERS

- Five years: Nicola Smith
- Five years: Alison Cutler
- Ten years: Carol Wood
- Ten years: Elizabeth Davis
- Ten years: Janet Rimmer

PRACTICAL PREPARING FOR PARENTHOOD FACILITATORS

- Five years: Naomi Richards
- Five years: Hannah Vickers
- Five years: Helene Hine
- Ten years: Zoe Clarke

PROFESSIONAL REFERRAL SERVICE VOLUNTEERS

- Five years: Carolyn Graham
- Five years: Emma Zentner
- Five years: Heather Dilks-Hopper
- Five years: Rachael Kay
- Five years: Tom Lloyd

TWINLINE VOLUNTEERS

- Five years: Rebekah Frankcom
- Five years: Claire Martin
- Fifteen years: Sarah Smith
- Twenty years: Anna Ward

SPECIAL RECOGNITION AWARDS

- Jay Harper, Bereavement Befriender, Richard Boyd, Bereavement Befriender, Vikki Austen, Bereavement Befriender

LUCENE HUGHES VOLUNTEER AWARD

Maggie Dorsman

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Nicola Bland

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A heartbreaking decision

Becca was grateful for the support she received from Twins Trust after terminating her pregnancy for medical reasons.

Making the decision to terminate their twin pregnancy due to medical reasons was heartbreaking for Becca and her husband George.

The couple faced the tragic news that their twins had skeletal dysplasia at their 16-week scan.

Doctors advised that the babies might die before birth or wouldn't survive long after they were born.

Becca and George made the tough choice to terminate the pregnancy for medical reasons.

Termination For Medical Reasons (TFMR) is offered to couples when doctors find that a baby or babies are not developing as expected.

After Becca's termination, she found a wealth of support from the Twins Trust Bereavement Service.

Becca said: "We found out we were pregnant in January 2022. We were obviously ecstatic. My husband and I have a blood condition called Thalassaemia and we knew it might be complicated in a pregnancy."

The couple had an eight-week dating scan and were told they were expecting twins.

Becca said: "We were absolutely shocked as we weren't expecting it."

They later found out the babies had the blood condition Thalassaemia beta but they were healthy.

Yet at the routine 16-week scan, a midwife said the babies' legs seemed to be crossed. A consultant was called in for a second opinion.

Becca added: "The consultant came in and scanned me for a while and told my husband and I to take a seat.

"He said the short and long bones weren't growing quick enough for the twins, which meant that their chests and throats weren't developing quickly enough.

"He said we could wait a week and see if anything changes. He said he thought we were going to have to terminate the pregnancy."

The couple, who had just been told they were expecting twin boys, were shocked by the devastating news.

"At that point it was like an absolute blow.

"My husband and I broke down. Then the next day we spoke to someone from Great Ormond Street Hospital who looked at the scans. They explained the

twins would die before I gave birth or they really wouldn't survive very long after childbirth. The twins had skeletal dysplasia. They said it was up to us when we wanted to start the termination.

"At that point I just had the horrible feeling that I didn't want to be pregnant anymore," Becca said.

The couple decided to terminate the pregnancy.

She added: "A few days later, we went for the full termination. It was absolutely horrendous and I wasn't prepared for it.

"The next morning at around 6am I gave birth to the twins. It was a really traumatic experience. My husband was there with me the whole time. He was really emotional but I had zero emotion. I didn't believe what was happening, I was in pure shock.

"The midwives were completely amazing and sensitive of our situation."

After the twins were born, the couple were able to spend time with them.

She added: "The main thing for me was when I came out of the hospital. I completely broke down coming back to reality. I found it really difficult."

When Becca discovered Twins Trust Bereavement Service, she found the support she needed.

She said: "Nobody really understood how I felt. I came across Twins Trust and Sharon Darke from the bereavement team came back to me.

"I was set up on a befriender call with Sally, who was absolutely amazing. I joined the Termination for Medical Reasons online group meeting and I felt so understood.

"Hearing other people's stories and hearing they had successful pregnancies after that really helped.

"Having that support network with Twins Trust has been absolutely amazing for me." ●



George and Becca



Help and info

Bereavement

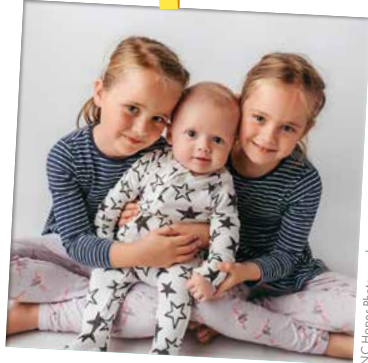
- Twins Trust Bereavement Service supports bereaved families through a befriending service, a private Facebook group, online group meetings, regular newsletters and fundraisers
- Online group meetings offer families a safe space to talk about their experiences. They can share as much or as little as they feel comfortable with knowing everything is confidential
- Our Termination for Medical Reasons booklet offers information and helps you to understand more about what is involved when TFMR is offered in a multiple pregnancy
- For further information, please visit twinstrust.org/bereavement or search Twins Trust Bereavement Group on Facebook

Multiple joys

From festive celebrations to fun times to remember, here's the latest snapshot into your daily lives.



Twin boys Saul and Aubrey with their older sister Arabella on a visit to Lapland



Freya and Amelia with their baby brother George

NC Hopes Photography



Identical twins Éirinn and Róise having fun at their Auntie Trisha's house



Samuel and Poppy on their first day at secondary school



Imogen-Mae and Amber-Rose running around at the local park



Tillie and Hugo catch up on the news in Multiple Matters



Heidi and Alice



Charlie with Lydia, Ida May and Noah



Seven sets of twins at a Twins Club party



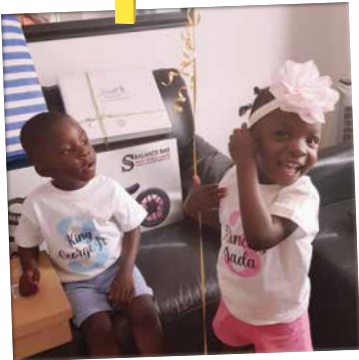
Ehan and Raza enjoying forest nursery



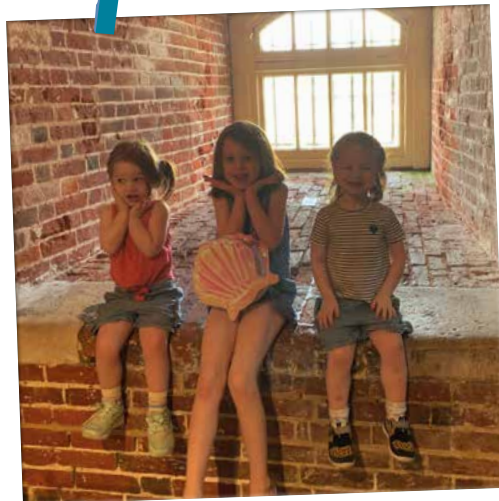
Ben and Chloe, two, on holiday in Wales



Zak and Leon celebrate their 11th birthday



George Jr and Jada celebrate their third birthday



Twins Sukie and Della with their big sister, Silvi



Esmee and Isobel



Gethin and Menai at their leavers' prom



Triplets Libby, Heidi and Sadie off to a pizza party



SEND US YOUR SNAPS

We'd love to see pictures of your children as they mark special days or get outside for some fun. All we need is your snaps (no professional shots please). It's best to take pictures on a high resolution setting so they are print quality.

Email photos to bethduffell@twinstrust.org with 'Photo Gallery' in the subject line and 15 words, including the children's names. Twins Trust has a policy of building individuality which is used to prioritise submissions.



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Browse our extensive list of discounts at www.twinstrustmultiplesavings.org

NEW DISCOUNTERS

Aska Maternity Movement Bracelets

askamaternitymovementbracelet.com

The Aska Maternity Movement Bracelet is a beautiful way for expectant mums to bond with their babies. Made of semi-precious gemstones, it includes a natural freshwater pearl to signify where to start counting your babies' movements each morning. Save £10.

Happi Nappies

happinappies.co.uk

Happi Nappies sell a wide range of reusable nappies and other nappy and baby-related products, helping you to reduce your household waste and save money with a 20% discount.

Camp Beaumont

campbeaumont.co.uk

Camp Beaumont Day Camps provide flexible, affordable and reliable childcare over the school holidays for children aged three to 14-years-old. Save 20% at a choice of over 50 locations around Greater London and the Home Counties.

RENEWING

Ardo Medical

ardobreastpumps.co.uk

Save £30 on the Ardo Alyssa, a double electric breast pump which is rechargeable, portable, and easy to use. It has an automatic power pumping function which imitates the natural breastfeeding pattern, which increases milk production.

Butterfly Mortgages

butterflymortgages.com

Run by a twin parent, Butterfly Mortgages can help with most mortgage needs from purchasing a property, remortgaging, buy to lets and helping you with your insurance needs. They're offering 25% off their fees.

Canvas Holidays

canvasholidays.co.uk

Canvas Holidays offer luxury self-catering tent, glamping and mobile home holidays at some of the finest campsites across Europe. Discover fantastic resorts and save 10% as a Twins Trust member.

Easy2name

easy2name.com

Labelling all of your belongings is so important and Easy2Name make this simple for you. Name tags are a simple and effective solution to lost property. Save 20% on stick-on name labels, shoe label covers, iron-on labels and sew-on labels, Easytags and stamps too!

Eurocamp

eurocamp.co.uk

Save up to 50% with Eurocamp. From beachside bliss to amazing water parks, Eurocamp offers family-sized fun at a range of thrill-packed campsites, resorts and villages.

Future Health Biobank

futurehealthbiobank.com

Future Health Biobank is the largest stem cell bank in the UK, storing over 200,000 samples from across 94 countries. Cord blood is collected at birth, stored for your baby and family for any future potential treatments. Twins Trust members receive a discount of 25%.

Greenwood Grange

greenwoodgrange.co.uk

At Greenwood Grange, in the heart of Hardy country, you'll find 17 cottages sleeping up to 12 people and superb onsite facilities including an indoor pool and outdoor play areas. Many properties are also pet friendly. Twins Trust members get a 10% discount on accommodation bookings.



REMEMBER TO TELL
YOUR FAVOURITE
SHOP TO JOIN OUR
DISCOUNTER LIST!

KiddieRail

kiddierail.co.uk

Save 15% on KiddieRail, an award-winning adjustable handrail that keeps children safe whilst they are learning to walk up or down staircases. It fits below a standard handrail at a height suitable for young children to provide safety and security.

MAM

mambaby.com/gb

MAM offers a selection of innovative feeding products for newborns and toddlers. The range includes bottle feeding, breastfeeding, sterilising, soothers, teethers and oral care products. Use the discount code to receive a 20% discount on your basket.

Polarn O. Pyret

polarnopyret.co.uk

Polarn O. Pyret design clothing for babies and children. You'll find clever clothes that grow with your little one, distinctive and colourful prints and design features that make life easier for parents. Twins Trust members save 15% on full price items.

Qookee

qookee.com

Qookee baby clothing rental is an online subscription store for sustainable baby and toddler clothes up to 24 months. Rental prices start from as little as £1.50 a month with free delivery and returns. There are no damage fees, registration fees or minimum subscription period. Twins Trust members receive a 20% discount.

The Valley Cottages

thevalleycornwall.co.uk

Save up to 10% at The Valley where you'll find luxury 5* gold accommodation, a few miles from Truro and Falmouth. Enjoy exclusive leisure facilities including heated pools and restaurant, plus complimentary baby/toddler equipment including books, toys and DVDs.

Things for Twins

things-for-twins.co.uk

Things for Twins sells innovative and fun products, selected to make the challenges of raising multiples just that little bit easier. Save 10% on Things for Twins: twin pool float, twin trolley liner, twin feeding pillow, twin feeding covers, twin feeding pillow travel bag, twin milestone cards and twin milestone blanket.

Will Power Worthing

willpowerworthing.co.uk

Will Power Worthing Ltd offer all members of Twins Trust a 25% discount on their will, trust and lasting Power of Attorney products. They cover England and Wales and can write wills from both face-to-face meetings and telephone/Zoom calls.

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