

TwinsUK

Twins - We need your help



The Twin Research Unit coming to you!

2004 has been a very busy year for us. We have seen over 1000 twins on twin visits and twin days, as part of the Eye, Pain and TwinsUK studies. We would like to take this opportunity to thank all of you who have participated so far and express our appreciation for the invaluable contribution you have made to our studies and recent publications. Thank you.

If you have been unable to visit us in 2004, do not worry as 2005 and 2006 are going to be even busier years because, for the first time, we are aiming to see all 10,000 twins registered with us. As you may know, we usually ask you to come to London to take part in our more detailed studies, but for those of you who have found it difficult - TWINSUK has given us the opportunity **to come to some of you!**

This will not only shorten your journey time, but also give you the opportunity to meet twins who live in the same part of the UK as you and/or your twin. The map above and the table overleaf show you the areas and potential dates we plan to hold upcoming Twin Days. You will also find details of what is included in a Twin Day.

We very much hope you will be able to join us on one of our exciting Twin Days! Thank you to all of our twins who have commented on previous Twin Days. Here is a selection of photos and comments from those Twin Days.

We attended our first TwinsUK day on July 28th 2004 and had a wonderful and interesting time, even though we'd had to fast from the previous night before giving blood! One of us was the last twin of the 50 pairs to arrive, due to a train cancellation, but the staff were really patient and friendly. The tests were fun and generally painless, and it was extraordinary to meet so many other twins. We both felt as if we'd been to a wedding, as all the twins looked very smart (some were dressed identically), and we were treated to a buffet lunch. Also the weather was glorious and the Press were there taking photographs in the beautiful hospital gardens on the banks of the Thames, next to Big Ben and the London Eye. Altogether an unusual and memorable day.

Amber Telford & Della Collins



Ladies,

Further to our conversation regarding the visit to the Twin Research Unit of My brother John and myself - along with many other pairs of twins - earlier this year.

It was an occasion that, like many others, John and I approached with some trepidation. However, our worries were soon dispelled as soon as we were greeted by Pauline at the entrance of the hall in which most of the activities were conducted. She couldn't have been nicer and has that happy knack of making you feel that you are the most important person in the room which, together with the rest of the staff/greeters, made for a great day and a very happy atmosphere.

The subjects covered a wide range of interests. Everything from an armful of blood and eye testing (to see if our sight was similar) to assessing a series of jokes to tell if our sense of humour was identical. Oddly, whilst we share the same humour when spoken we had a different opinion of the jokes which were written. Which just proves to me that no two people read the written word the same way whether they are twins or not.

To sum up, we had a wonderful day, met some interesting people and found the staff's attention to detail a fascinating exercise.

So thank you St. Thomas's Hospital, The Twin Research Unit and all the people concerned with a really interesting and enjoyable day.

Yours Sincerely,

Tara,

My Brother and I would like to say how much we enjoyed the Twins Day in March.

We found it fascinating being with so many other twins. We always thought that we had a unique inter understanding but when casually observing other twins it was obvious that many of them had a similar understanding. There was a friendly atmosphere as all the staff and the researchers made everybody welcome and, due to the common link between twins, breaking down some of the barriers found between strangers it was easy chatting to twins both singularly or as pairs. We have always swapped roles for fun and for our own advantage and were surprised that not all identical twins did this. The activities were informative and entertaining and the researchers and assistants were interesting to talk to about what they were hoping to achieve. It was rewarding to think that some of our activities might eventually benefit medical science. However, the best parts of the day were meeting other twins and to appreciate what it's like for other people when they meet us as identical twins for the first time.

Regards

David & John Fisher.



Hello,

My name is Tara, I am one of the Administrative Assistants at the Twin Research Unit and many of you will have spoken to me the past. I thought I would introduce myself to all of you, as I or my colleague, Taira (no we aren't twins, we just have similar names!) will be contacting you concerning a new study at the Unit called TwinsUK.

It is very exciting to be involved in such a large study. I really enjoy my job, talking to you all, your enthusiasm to be involved is apparent and it's lovely to know you are so committed to helping us in our unique work.

When I call, if I am unable to speak with you and I leave a message for you, please do give me a call back. If you get my voicemail (quite likely as I am very often on the phone, as you can imagine!) please do leave me a message giving your name, study number or date of birth and your telephone number so I can call you back. If you or your twin have recently moved please do let me know, as it makes it so much easier for me to contact one of you if I have a choice of two up to date telephone numbers.

I look forward to speaking with you soon and hopefully meeting many of you at the Twin Days advertised in this Newsletter.

Best Wishes,
Tara



What we would like you to do?

We would be grateful if you could let us know **which provisional date and location you and your twin would like to attend** so we can start planning these events. It is important that you and your twin attend the same event as we need to collect the samples and measurements at the same time to make our research credible. You can contact us by emailing [your choice to twinrecruitment@gstt.nhs.uk](mailto:yourchoice@twinrecruitment@gstt.nhs.uk), or by returning the attached slip using the **FREEPOST** address (see below) or phoning us on **020 7188 5555**. After receiving your preference and nearer the date, we will contact you to book your twin day appointment at the location you have chosen. We will endeavour to meet your first choice.

As always, we are very grateful for your help and we hope there will be lots of great Twin Days in 2005/2006. We always enjoy the Twin Days because it gives us the opportunity to meet you all. We look forward to welcoming you and your twin.

The Twin Research Unit Staff

What happens on the Twin Day?

You will be asked to *fast* from midnight and on your arrival (between 9 and 11 AM) a Nurse will take some of your blood. After this we will offer you brunch and give you the opportunity to meet other twins and the Twin Unit staff. We will then ask you to do some tests (height & weight, blood pressure and a variety of other tests depending on which location and date you are joining us). You will also be invited to a talk by one of the scientific staff with regards to the TwinsUK project in particular and the process of genetic research in general. The event will finish between 12.00 PM and 13.00 PM (depending on your starting time), although in some cases the event may finish mid afternoon (lunch will be provided).

Study number (If known or see label on envelope):

Name (Twin 1) :

Date of Birth (Twin 1) :/...../19.....

Name (Twin 2) :

Date of Birth (Twin 2): / / 19.....

Tel. Number: **Email:**

Yes, my twin and I are interested in taking part in a Twin Day. Our choice of location is as follows (please put an 'X' in the boxes of your choice):

LOCA-TION	DATES Provisional	1ST CHOICE	2ND CHOICE	3RD CHOICE
Aberdeen	June 2005			
Birmingham	May 2005			
Birmingham	Nov. 2005			
Bristol	Sept. 2005			
Bristol	Oct. 2005			
Bristol	April 2006			
Glasgow	June 2005			

LOCATION	DATES Provisional	1ST CHOICE	2ND CHOICE	3RD CHOICE
Leeds	Feb. 2006			
Leeds	March 2006			
London	Aug. 2005			
London	Oct. 2005			
Newcastle	April 2005			
Nottingham	May 2005			
Nottingham	Nov. 2005			

Please feel free to photocopy this section or use our website www.twinsuk.ac.uk

Return Address: Twin Day, Twin Research Unit, St Thomas' Hospital, FREEPOST LON7776, London. SE1 7YY