

Best Start
Healthworks



PREGNANCY SUPPORT

Information for Health Professionals



Healthworks
the community health charity

www.healthworksne.org.uk

0191 2724244



Pregnancy Support for families in Newcastle

Our Pregnancy Support service offers practical and emotional support throughout pregnancy through one-to-one support and community based social groups across Newcastle.

Find more information or get in touch on our website by scanning the code.



In addition to the one-to-one support we offer, we also run a number of Pregnancy Social Groups that meet weekly.

These have several unique features:

- Social groups are supported by Peer Support Volunteers – local mothers who volunteer their time to offer support to expectant mothers, grounded in their real-life experiences.
- 'Building your village' sessions enable expectant mothers and their own mothers and other close networks to explore how best to support the mother and family.
- Social Groups are held in community locations across Newcastle, which builds close-knit bonds among local expectant mothers who can continue to support each other beyond pregnancy.
- In recognition of the diversity of Newcastle the groups celebrate cultural practices related to pregnancy and childbirth, promoting inclusivity and mutual respect.
- 'Bump Buds' social media pages provide an additional online supportive community for pregnant women.

Bump Buds Social Media Groups



Facebook



Instagram





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Pregnancy Support

Please invite all pregnant mams to our Pregnancy Social Groups and let them know that one-to-one support is available too.

Mams are also welcome at our Breastfeeding Social Groups during their pregnancy

Reasons to refer

- Social isolation
- Anxiety around pregnancy, birth and baby
- First baby
- New to the area
- Want to meet other mams
- Making informed infant feeding choices
- Young mams
- Low confidence
- Difficulty bonding with bump/baby
- Requires extra time/support/information
- Early Help and Social Care involvement
- Birth preferences and preparation
- Lack of family/friendship support
- Previous negative experience of pregnancy, birth and/or breastfeeding

What can we support with?

- Birth Planning
- Building a happy baby
- Caring for baby
- Infant feeding choices
- Diet and exercise/healthy pregnancy
- Responsive parenting
- Bonding with baby in pregnancy
- Baby development
- What's on in the area
- Relaxation
- Pregnancy related anxiety
- Isolation
- Attending midwife, health visitor and hospital appointments where appropriate
- Accompanying to groups
- Attending Early Help plan meetings

Please note this is not an exhaustive list, get in touch if you have any questions on 07826 531575.

Our trained volunteers speak a range of languages.

We also have access to a translation service for pregnancy support.

Find out more about the pregnancy and breastfeeding support we offer
www.healthworksne.org.uk



SCAN ME



Healthworks Best Start: Pregnancy Group Themes

WEEK	WEEK 1	WEEK 2	WEEK 3
THEME	BONDING WITH BUMP	HEALTHY PREGNANCY	PREPARING FOR BIRTH AND BABY
OVERVIEW (Including but not exclusively)	Discussing ways which parents and carers can create bonds with their babies throughout pregnancy. <ul style="list-style-type: none"> - Neurological development in babies - Generating Oxytocin in mothers 	<ul style="list-style-type: none"> • Healthy eating • Mental wellbeing • Exercise 	Thinking about what their birth preferences might be. Beginning to discuss what life will be like once baby arrives.

WEEK 4	WEEK 5	WEEK 6
BUILDING YOUR VILLAGE	INFANT FEEDING	ALL ABOUT YOU
An opportunity for people close to the pregnant woman (Grandparents, Partners, Close friends and Family) to come to group and discuss... <ul style="list-style-type: none"> • What has changed over the years? • How can they support the mother? 	Discussion about breastfeeding... <ul style="list-style-type: none"> - Positioning and Attachment - Hormones and breastfeeding - How to tell that breastfeeding is going well 	Reminding pregnant women to focus back on themselves and think about their needs both throughout pregnancy and once baby arrives. <ul style="list-style-type: none"> - Providing opportunity for women to discuss their feeling about their pregnancy





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Pregnancy and Breastfeeding Support

Building Your Village Sessions

Build a village around the new family

Our free Building Your Village Sessions are for expectant mothers in Newcastle and their parents and/or other close support networks.

- Discuss ways to best support the parents to be
- Find out the latest guidelines around parenting infants
- Get up-to-date information and support from our Best Start team

Find out more about the pregnancy and breastfeeding support we offer www.healthworksne.org.uk



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Bump Buds
Healthworks

What people say about Healthworks Best Start pregnancy support

"I feel understood and any questions are answered."

"Coming to the group has really helped me a lot to be more calm and happy about having my baby. It has also helped me to learn a lot of things I never knew as a first time mum."

"They provide me with information and have given me answers to my pregnancy related questions."

"I think the group is giving the best support."

"There are many women who don't know about these types of groups. I'm here because of my midwife told me so it's necessary to remind us."

" It was great for me."





Healthworks is an
award-winning charity, working
across the North East region
with people of all ages to
enable them to lead longer,
happier and healthier lives.



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What's On



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For more information about the pregnancy and breastfeeding support Healthworks can offer please [visit our website](https://www.healthworksne.org.uk)



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