

## Mum and Baby group

Accessing support and finding a community of other new mums during early motherhood is vital. Women facing many challenges in their lives may prefer to come to a group that is designed to meet their needs and mix with other mothers in similar situations.

Our weekly community group in north London provides a space for new mums and babies to come together and support each other in a relaxed and friendly way. Pregnant women are also welcome. Every week we do a different activity, learn new things and have fun.

Examples of our activities include:

- Baby massage
- Relaxation techniques
- Arts and crafts
- First aid
- Group discussions

At the community group we can help you access practical items such as toys and clothes for your baby, make referrals for you to organisations that can help with issues like housing and immigration, and provide you with information about other support services and resources in your local area.

For more information about the group, please contact Tessa:

[Sophie@birthcompanions.org.uk](mailto:Sophie@birthcompanions.org.uk)  
T: 07506 595 627

[www.birthcompanions.org.uk](http://www.birthcompanions.org.uk)



We offer a range of services for pregnant women and new mothers in the community in London.

Supporting women  
in London through  
pregnancy, birth  
and motherhood.

## Our pregnancy classes can help you prepare for the birth of their baby

"I feel much more confident and prepared after coming to the classes, they have all been lovely and supportive. I felt very relaxed and able to talk freely"

Antenatal education is an important part of preparing to have a baby and many women prefer to come to classes with other expectant mothers who may be experiencing similar challenges and issues in their lives during pregnancy.

Our friendly and informal pregnancy classes are designed to help you find time and support to prepare for the birth of your baby alongside whatever other issues you may be dealing with. You can attend our free, two-hour classes every week for as long as you would like to and we cover a variety of antenatal topics including pregnancy health and wellbeing, positions for labour and birth, pain relief, breastfeeding and what happens after birth.

We provide handouts, books to borrow, maternity clothes and sanitary items, and refreshments at every session. We will also reimburse your public transport travel costs to and from each class. Our classes are small, welcoming and women-only.

Currently these classes are primarily available to women who live in North London or who are planning to give birth at the Homerton or Whittington hospitals.

For more information about this service, please contact Abbi:

[Lauren@birthcompanions.org.uk](mailto:Lauren@birthcompanions.org.uk)  
T: 07903 537 555

## Individual support for women that includes birth support

Preparing for the birth of a new baby without the support of family and friends, or the resources to get essential practical items can be really hard. During pregnancy we can visit you at home or in a public place where you feel comfortable. We can help you to set out your birth choices and explain to hospital staff what you would like to happen during your labour.

We also work with an amazing organisation called PramDepot and together we can also provide you with a full range of maternity and baby items so you are prepared when the baby arrives.

Some women face giving birth without a birth supporter. If you will be alone when giving birth, we can arrange for our volunteer birthcompanions to be with you at the hospital throughout the birth. Our birth companions provide emotional and practical support, and can advocate for you with hospital staff. We arrange for someone to continue to visit you until you are discharged, providing crucial support as you start to parent your new baby.

"I was at a very low point and had depression throughout my pregnancy. However the birth was a good experience. I feel the birth has been a turning point."

After the birth, we can continue visiting you at home, providing advice and reassurance through the early weeks and months. We can help you find out what's available locally for you and your baby and you may be able attend our own mother and baby group.

Support for women who have separated from a baby is an important part of our work in the community. As well as offering emotional support through this incredibly difficult time, we can help women who wish to express their breastmilk for their baby and support them to access other specialist services.

For more information about this service, please contact Helen:

[Helen@birthcompanions.org.uk](mailto:Helen@birthcompanions.org.uk)  
T: 07896 112 460