

To access our support  
you can ask your midwife to complete a referral form  
for you or you can refer yourself here:



To request a copy of this information in another language  
or for any other information

Email: [izzy@birthcompanions.org.uk](mailto:izzy@birthcompanions.org.uk)

Call: 07896112460



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



## THE IZZY PROJECT

Support for  
pregnant women  
and new mothers  
with involvement  
from children's  
social care.

Birth Companions is a charity offering one-to-one support, that is **non-judgemental** and **woman-centred**.

It is always your choice whether or not you would like our support.

### The support we offer

We work with women living or giving birth in Hackney through pregnancy up to 12 months after giving birth, offering:

- ✓ Practical and emotional support
- ✓ Information about pregnancy and early motherhood
- ✓ Support with planning and preparing for birth
- ✓ Help and guidance to understand children's social care processes
- ✓ Support at meetings, e.g. with social care, housing, and legal professionals
- ✓ Help to find out about and access other services in your local area, including help to access practical items and necessities for your baby.

### You can trust Birth Companions

- ✓ To give you choices and options about the support you want from us
- ✓ To let you take the lead when it comes to deciding what is right for you.
- ✓ To be flexible about how we support you - we can meet with you in person, or support you over the phone, or a combination that suits you.

We are independent from social services, which means we can't change or influence the outcome of a decision made by them.

We hope that our support can help you to navigate the process, making it less stressful as well as helping you to feel more in control of what is happening.