

## Who else can help?

### Association for Postnatal Illness

020 7386 0868 (Mon-Fri 10am-2pm)

### Cry-sis

0845 1228 669 (everyday 9.00am-10.00pm)

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

Self-help and support for families with excessively crying and sleepless babies

### National Childbirth Trust (NCT) Helpline

0300 3300 770

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

### PND and Me

[www.pndandme.co.uk](http://www.pndandme.co.uk)

postnatal depression peer support

### Mind

0300 123 3393 [info@mind.org.uk](mailto:info@mind.org.uk)

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

### NHS Choices

[www.nhs.uk/conditions/postnataldepression](http://www.nhs.uk/conditions/postnataldepression)

### PANDAS Foundation UK

0845 2898 401 (everyday 9.00am-8.00pm)

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

### Samaritans

Freephone 116 123

### Royal College of Psychiatrists

[www.rcpsych.ac.uk/healthadvice/](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx)

[problemsdisorders/postnataldepression.aspx](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx)

### NHS Therapy For You

[www.therapyforyou.co.uk](http://www.therapyforyou.co.uk)



Venue: \_\_\_\_\_

Dates: \_\_\_\_\_

Time: \_\_\_\_\_

To see if you are in A Better Start Southend area:  
[www.abetterstartsouthend.co.uk/locations](http://www.abetterstartsouthend.co.uk/locations)

A Better Start Southend is a 10 year test and learn programme funded by the Big Lottery Fund to transform the lives of children in Southend.

For more details visit:

[www.abetterstartsouthend.co.uk](http://www.abetterstartsouthend.co.uk)



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[t](https://twitter.com/ABSSouthend) ABSSouthend



Essex Partnership University  
NHS Foundation Trust

## Mindful Mums & Babies

An emotional wellbeing course for new mums



# Mindful Mums & Babies

## What is Mindful Mums?

Mindful Mums is a six week course that explores thoughts and feelings around low mood, anxiety and wellbeing in a safe, low key environment allowing you to also have special time with your baby.

The sessions consist of discussion, peer support and information focussing on your well-being and activities to enjoy with your baby.

In order for you to get the most out of the group, we ask that you can commit to the full six weeks.

If you feel this is for you, one of the health workers who run the group will contact you to arrange a home visit. They may do this with the person who introduced this group to you, such as your Health Visitor or support worker.

## Why will a group make a difference?

### How some mums felt before...

"I felt like a failure."

"I thought I was the only one struggling."

"I thought maybe if people found out how I was feeling they would think I was bad mother."

### However, after taking part in a group supporting their emotional wellbeing they have said...

"I've developed an understanding of what I can manage and I am not so hard on myself."

"The group has given me so much support and friendship, allowing me to meet others who feel the same."

## What happens in a session?

The session will be split into two parts. The first consists of discussion, peer support and information focusing on your wellbeing. The group is jointly run by workers with expertise in perinatal well-being, a Specialist Health Visitor and a Therapist.

The second part is activities for you to enjoy with your baby, such as discovering their personalities and communication, play, and other activities that may include music, craft, exercise or baby massage.

## Can I bring my baby with me?

Yes – this is a group for mums with their babies. We welcome infants (up to age 12 months) in the group.

## Timetable:

In the course, the first half of the sessions (mainly led by the therapists) will look at topics such as mindfulness, self-care, emotional support and management of anxiety. The second half will focus on time with your baby and activities for you to enjoy with your baby.



# Referral form

Your name: \_\_\_\_\_

Date of referral: \_\_\_\_\_

Your baby's name: \_\_\_\_\_

Your baby's date of birth: \_\_\_\_\_

Your address: \_\_\_\_\_

Your contact number: \_\_\_\_\_

Your Health Visitor: \_\_\_\_\_

Your GP surgery: \_\_\_\_\_

Referrer name: \_\_\_\_\_

Referrer Designation:

- GP  Self-referral  Health Visitor  
 Perinatal Mental Health Service  
 Other (please specify)

Referrer contact number: \_\_\_\_\_

Please return the completed referral form to:  
Valkyrie HV Team Office, Valkyrie PCC,  
50 Valkyrie Road, SS0 8BU

Alternatively, email these details to:  
epunft.perinatalhvs@nhs.net or  
phone 01702 220184