

# Perinatal Peer Support Groups

## What happens in the groups?

From the outside, our groups look like what you might expect from a regular baby group – prams lined up against the wall, mums bouncing babies and negotiating cups of coffee, activity mats and toys sprawled across the floor.

The difference is that in perinatal peer support, the group is run for you, both as a mum and as an individual, by mums who have 'been there'. We offer a safe, nurturing and supportive space for mums with babies up until the age of 18 months, who are in need of emotional and mental wellbeing support in the postnatal period. We also offer antenatal peer support from second pregnancy onwards.

## How can we help you?

Around **1 in 5 women** will experience a perinatal mental health challenge. This might be a new challenge, or it might be one which a woman has experienced before, but it has continued or returned in the perinatal period. Either way, perinatal peer support is here to help you

- **make connections**
- **learn from other mums and gain advice**
- **feel empowered to take positive steps on your own mental health journey**
- **feel heard and understood**

Our groups are run by a small team of trained peer support workers, who have lived experience of mental health challenges, the journey through motherhood, and using the perinatal peer support service themselves, both during pregnancy and after.

## Here is what some of our mums have to say:

**"I found that the things I was ashamed of and felt guilt for were common in the group. It was a profound and powerful experience to realise I wasn't the only one who was finding becoming a mum really hard"**

### Nomony Children's Centre

Monday's 10-11.30am

### Four Greens Wellbeing Hub,

Wednesday's 10 -12 noon

### The Barn Children's Centre

Friday's 10.00 – 11.30 am

### The Rees Centre

Friday's 1—2.30pm

**"For the first time since becoming a mum I felt understood and that I had a support network who truly noticed how I was feeling. Without the group I think I would be in a completely different headspace"**

**"Attending has been really nice and helpful, the fact we can open up if we feel but there is no pressure to. I also like to listen to everyone else and maybe offering advice too—it makes me feel good to help others. These groups are so good and important for new mums to access"**

**"Before coming to this group, I thought there was something wrong with me and that I would have to go through it alone. But coming to this group has really helped me see that there are lots of us out there and you know that when you open up you are not judged. The ladies have made me feel comfortable and loved. Definitely worth taking the plunge"**