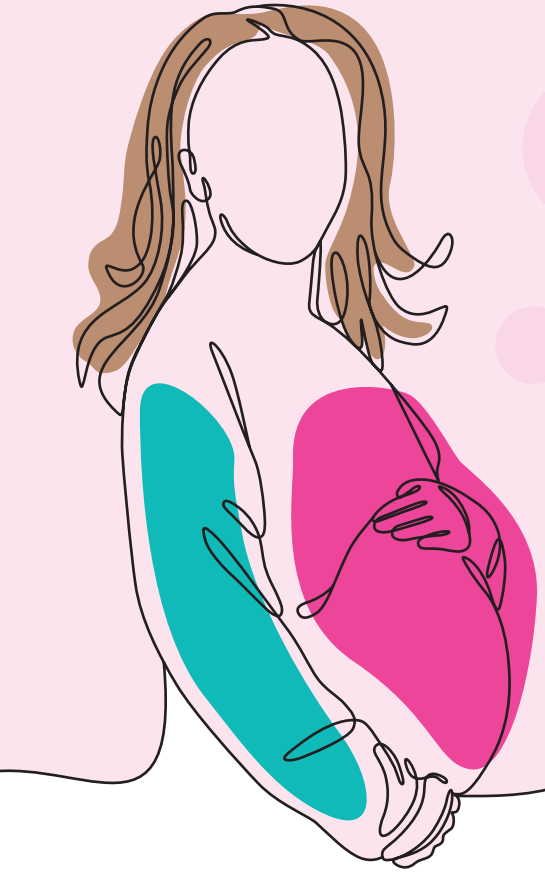
Antenatal Sessions

in Nottinghamshire County and Nottingham City





Nottinghamshire County Council

Nottingham City Council

NHS

BEST START IN LIFE

HEALTHY BABIES

Introduction

This leaflet is about free sessions and support to help you get ready for having a baby. It is for birthing and non-birthing parents. The sessions take place at different times during pregnancy and you can choose which you would like to attend. To help you choose the right courses in your area and for your hospital, there are two sections in this leaflet that will be relevant for you:

- One based on where you live – either Nottingham or Nottinghamshire.
- The other based on which hospital you plan to have your baby with.



To check if you live in Nottingham or Nottinghamshire, you can search your postcode here: **www.gov.uk/find-local-council**

1 Sessions available to you based on where you live

Sessions if you live in Nottinghamshire 4
or
Sessions if you live in Nottingham 7

2 Sessions available to you based on where you are planning to give birth

Sessions if you are planning a birth with Queens Medical Centre or City Hospital 11

Sessions if you are planning a birth with King's Mill Hospital 12

Sessions if you are planning a birth with Doncaster or Bassetlaw Hospitals 13

Please note: the dates show when you can take part in each session during pregnancy. For most of the classes you need to register before this. Follow the links for further information.

If you live in Nottinghamshire, for more information on local services and support from conception to age 5:
www.yournottsdirectory.org.uk/best-start-for-life/nottinghamshire-best-start-for-life

If you live in Nottingham, take a look at our 'Best Start for Life - Healthy Babies offer' at
www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/start-for-life

A neonatal unit, often called a NICU, looks after babies who need extra medical care. Some babies need this care if they are born early, are very small or have health problems.

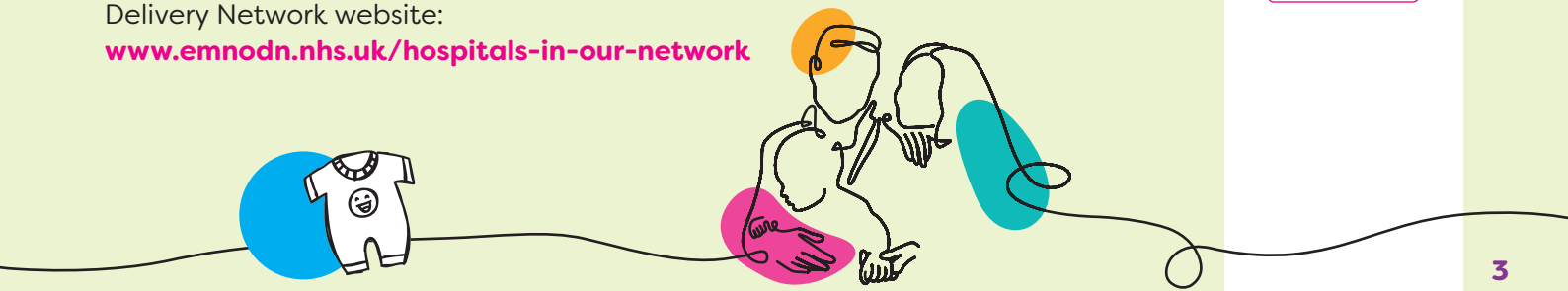
About 1 in 7 babies born need some type of neonatal care.

You may find it helpful to look at a 3D tour of nearby neonatal units. You can do this using the East Midlands Neonatal Operational Delivery Network website:
www.emnodn.nhs.uk/hospitals-in-our-network

Notts Directory

Early Help

EMNODN



Sessions in Nottinghamshire

Sessions available in Nottinghamshire, whichever hospital you're planning your birth with:

Anytime in pregnancy

Togetherness: Understanding pregnancy, labour, birth and your baby

'Togetherness' offers free short online sessions called 'pathways'. This antenatal pathway helps you learn about pregnancy, labour, birth and bonding with your baby. It was created by NHS midwives and psychologists and is available in different languages. There are lots of other sessions to support you as your child grows, from understanding your baby up to understanding your teenager.
Time: Each pathway takes around 30 minutes. Your login details do not expire. You can finish the pathway at your own pace and revisit whenever you want to.
https://togetherness.co.uk/mul/nottinghamshire/

Me, You and Baby too Digital Resource

This digital resource can help you with some of the changes that happen in a relationship when you have a baby.
Time: 1-1.5 hrs (anytime)
www.oneplusone.org.uk/parents

Online Face to face Phone



Relationships Really Matter: Parents and Carers Group

Supporting you as parents and carers to think about how you might be able to work better together. The course looks at arguments, different ways we talk to each other, and how to work things out. It is helpful if you are parenting together or apart.
Time: 1.5 hrs a week for 4 weeks (evening) **reduceparentalconflict@nottscc.gov.uk**

From 28 weeks +

Family Hub Antenatal PEEP Sessions

Learn about:
• Understanding baby communication
• Building a relationship with your baby before and after birth • Safer sleep
Time: 5 x 1 hr or 2 x 2.5 hr sessions (daytime)
www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents

Family Hub Antenatal BABES Sessions

These sessions cover:
• What to expect during the early days with baby • Starting and supporting breastfeeding
• Colostrum harvesting (your first milk), hand expression and milk storage • Safer sleep
Time: 4 x 1hr sessions online or 2 x 2hr sessions face-to-face, location depending
www.nottinghamshire.gov.uk/care/family-hub-networks/pregnancy-and-new-parents



Online Face to face Phone

Family Hub BABES Breastfeeding Support Groups

These drop-in groups are available after birth but also welcome parents to be, offering an idea of what to expect from breastfeeding and meet other breastfeeding families.
Time: 1-1.5 hrs, location depending)
www.yournottsdirectory.org.uk/directory/categories/children-and-families/breastfeeding-and-antenatal-support

From 28 weeks +

Libraries Lullaby Bank Sessions

Enjoy singing lullabies from around the globe, learning baby-massage techniques and signing. These sessions are for pregnant people in their third trimester and new parents of babies aged 0 to 9 months.
Time: 10 x 1 hr sessions (daytime)
www.inspireculture.org.uk/whats-on/events/the-lullaby-bank/

Healthy Family Team Antenatal Appointment

You can use this appointment to cover what you would find helpful. Some examples are birth, looking after yourself, becoming a parent, how your baby grows, caring for baby, getting to know your baby, your plans and support.
Time: 1 hr session (daytime)
www.nottinghamshirehealthcare.nhs.uk/hft-routine-healthy-child-development-reviews

Online Face to face Phone

Sessions in Nottingham

Sessions available in Nottingham, whichever hospital you're planning your birth with:

Anytime in pregnancy

Togetherness: Understanding pregnancy, labour, birth and your baby

'Togetherness' offers free short online sessions called 'pathways'. This antenatal pathway helps you learn about pregnancy, labour, birth and bonding with your baby. It was created by NHS midwives and psychologists and is available in different languages. There are lots of other sessions to support you as your child grows, from understanding your baby up to understanding your teenager.

Time: Each pathway takes around 30 minutes.

You can finish the pathway at your own pace and revisit whenever you want to.

https://togetherness.co.uk/mul/nottingham/

Best Start Family Hubs Breastfeeding Support

Free breastfeeding support such as weekly drop-in sessions, one-to-one support from peer workers, groups and care from health nurses. All providing advice and a welcoming atmosphere.

Time: Flexible depending on support required.

Use the Early Help website to find your local Best Start Family Hub.

www.earlyhelpnottingham.org.uk/search/results?keywords=breast+feeding+support

Online Face to face Phone



Healthy Little Minds drop in sessions at Best Start Family Hubs

Find out more about how Healthy Little Minds can help you bond with your baby. Mums, dads and carers are welcome to the stay and play sessions which support people both before and after baby is born.

Time: Drop-in sessions in 2-hour windows

www.earlyhelpnottingham.org.uk/news-and-events/news/healthy-little-minds-dropin-sessions

From 20 weeks +

Healthy Little Minds Mellow Bumps group

This is a group which can be delivered in-person or via MS Teams. This group is only for the pregnant parent-to-be and will focus on helping you to prepare for the baby and getting to know more about them.

Time: Up to 1.5 hours for 8 weeks

Contact the Healthy Little Minds team to self-refer

www.yournottsdirectory.org.uk/directory/services/healthy-little-minds

Online Face to face Phone

Healthy Little Minds (Parent-Infant Relationship Service)

Healthy Little Minds provides support from pregnancy to 5 years (with most referrals for 0-2s), working with parents and caregivers hoping to:

- Help you build a strong, nurturing relationship with your baby
- Support your baby's emotional and mental wellbeing
- Build on your strengths as a parent or carer

Time: flexible depending on support required.
Contact the Healthy Little Minds team to self-refer
www.yournottsdirectory.org.uk/directory/services/healthy-little-minds
or call 0115 876 1771

Best Start Family Hubs - Triple P Baby

These sessions help you get ready for parenthood and the first year with your baby. You can learn ways to help develop a positive relationship with your baby and promote their development. Use the Early Help referral form to register your interest.
Time: 2.5 hrs for 6 weeks
www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services/early-help-self-referral



Online Face to face Phone

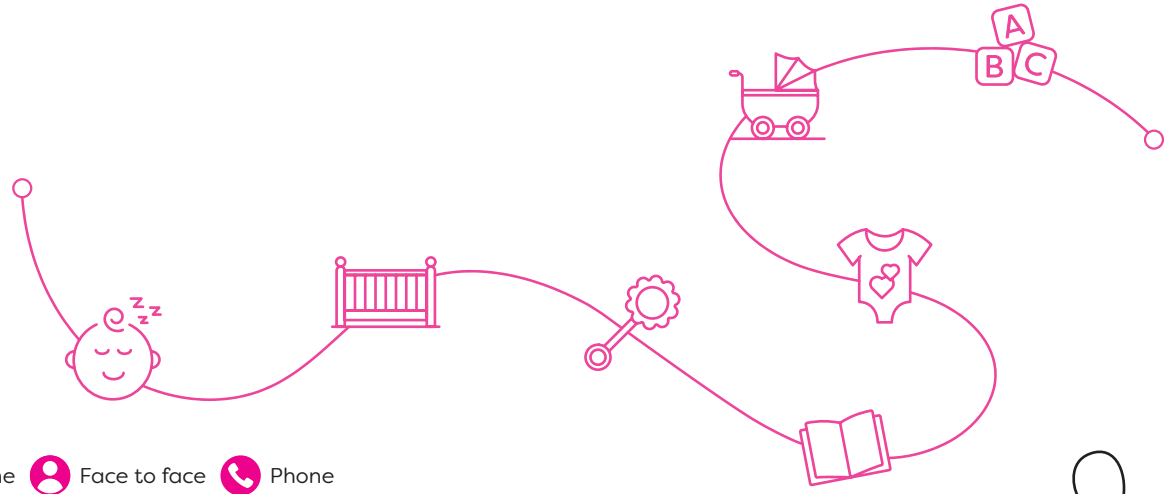
From 28 weeks +

Childrens Public Health 0-19 Nursing Service Antenatal Contact/Session

The Health Visitor may visit you at home for a face-to-face antenatal contact or you will be invited for the virtual antenatal sessions. Virtual sessions are run by health visitors and they discuss baby brain development, infant feeding, looking after yourself, what to take to hospital and support available.

Time: 2 x 1 hr virtual sessions

www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service



Online Face to face Phone

Hospitals

Online Face to face Phone

For those planning a birth with **Nottingham University Hospitals** (Queen's Medical Centre or Nottingham City Hospital)

From 20 weeks + following anomaly scan

Physio led Antenatal Exercise Class

This class is all about gentle exercise for strength and confidence.
Time: 1 hr (daytime)
www.nuh.nhs.uk/physiotherapy-maternity/

From 26 weeks +

Physio led Parent Education Sessions

Learn which exercises are safe during pregnancy and how to care for your back and pelvis. Find out what can help during birth and how to safely start exercising again after your baby is born.
Time: online (1 hr) and face to face (2 hrs) (daytime & evening)
www.nuh.nhs.uk/physiotherapy-maternity/

From 32 weeks +

Parent Education Sessions

Midwife led core sessions on labour and birth and early parenting (including skin to skin, feeding, safe sleep). Additional online classes on coping with pain, postnatal recovery, induction of labour and caesarean sections.
Time: Core sessions available in person or online (3 hours). Additional online classes (1-1.5 hrs) (daytime & evening)
www.nuh.nhs.uk/parent-education-classes

20 wks + 26 wks + 32 wks +

Please book the above sessions after your 20 week anomaly scan

For those planning a birth with **Sherwood Forest Hospitals (King's Mill)**

Anytime in pregnancy

Breastfeeding and Chestfeeding antenatal class

This session helps you get breastfeeding or chestfeeding off to a good start and build a close, loving bond with your baby. It explains what to expect in the few days after birth and who you can contact for help. The online padlet, which was co-produced with local parents – has information on choices in pregnancy, infant feeding, relationship building and useful resources for baby's first year of life.
Time: 1 hr session **(daytime & evening)**
www.sfh-tr.nhs.uk/services/maternity/infant-feeding/

From 12 weeks +

Physio Led Antenatal Education

Learn about managing pain, keeping active, pelvic floor exercises and how to support your recovery after the birth.
Time: 1.5 hrs (daytime)
www.sfh-tr.nhs.uk/services/pelvic-health-physiotherapy/

From 28 weeks +

Antenatal Education Session

In this session you explore your birth options, pain relief and tips and advice on how to look after your newborn baby.
Time: 2.5 hrs (Saturdays & evening)
www.sfh-tr.nhs.uk/services/maternity/antenatal-education/

Anytime **12 wks +** **28 wks +**

Online Face to face Phone

Antenatal Sessions in Nottinghamshire County and Nottingham City

For those planning a birth with **Doncaster and Bassetlaw Hospitals**

Anytime in pregnancy

Get u better (App)

A free NHS-supported app with sections for pregnancy and after birth. It includes videos, information, and advice about pelvic health during pregnancy and after your baby is born.

www.getubetter.com/patient/

Infant Feeding Workshop and Facebook Group

In this workshop, you will learn how to hand express colostrum (your first milk) before your baby is born. You will also learn how to hold and position your baby for feeding. The workshop also talks about building loving relationships, helping your baby's brain grow, and how to sleep safely.

Time: 1 hr (evening)

www.eventbrite.co.uk/e/online-antenatal-infant-feeding-class-tickets-719175512317?aff=oddtdtcreator

Infant Feeding Facebook Group

There is also a Facebook group where you can get support with feeding your baby.

www.facebook.com/



Online Face to face Phone

From 25 weeks +

Birth Workshop

Information to help you get ready for your baby's birth. This includes signs that labour is starting, what happens during labour, ways to cope with pain, where you can give birth, what the birth room may be like and how your birth partner can help.
Time: 2 hrs (evening)
https://calendly.com/dbth_parent_ed

Fourth Trimester

Information and practical skills to help you care for your newborn, including what to expect in the early days of parenthood, practical baby care skills, and information about ongoing support available.
Time: 2 hrs (evening)
https://calendly.com/dbth_parent_ed

Online Face to face Phone

Key Contacts

Nottinghamshire and Nottingham

Nottingham University Hospitals
www.nuh.nhs.uk/your-pregnancy-and-birth
24 hour Maternity Advice Line: 0115 970 9777

Nottinghamshire

Nottinghamshire Family Hub Network
Find your nearest family hub team
www.nottinghamshire.gov.uk/care/family-hub-networks/find-your-nearest-family-hub-team
Telephone: 0300 500 8080

Nottinghamshire Healthcare Trust Healthy Family Teams
www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams
Healthy Family Teams advice line - Telephone: 0300 123 5436

Sherwood Forest Hospitals
www.sfh-tr.nhs.uk/services/maternity/

Doncaster and Bassetlaw Hospitals
www.dbth.nhs.uk/services/maternity/

NUH

Family Hub

Healthy Family

Sherwood

Doncaster

Inspire Libraries
www.inspireculture.org.uk/ourlibraries
Telephone: 01623 677 200

Nottingham

Nottingham Best Start Family Hubs Network
www.earlyhelpnottingham.org.uk/support-for-families/family-hub-funded-services

Nottingham Children's Public Health 0-19 Nursing Service
www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service
Telephone: 0300 300 0040 (Monday to Friday 8.30am to 5pm)

Nottingham City Libraries
www.nottinghamcitylibraries.co.uk/
Email your enquiry to: enquiryline@nottinghamcity.gov.uk



Inspire Library

Family Hub

0-19

City Library

D&P 9273