

bumpstart®

drop in sessions

ABOUT THE SESSIONS

Bump-Start's FREE drop in sessions are open to expectant parents to meet others in a relaxed environment and get advice and guidance on antenatal issues, etc. Sessions are followed by the Health Visitor's Healthy Child Clinic.

For more information, contact your local Bump-Start coordinator.

FIND YOUR NEAREST SESSION



WATCHET COMMUNITY CENTRE
DONIFORD ROAD, WATCHET, TA23 0TE

Every 2nd and 4th Tuesday of each month
at 12.30pm followed by the Health Visitor's
Healthy Child Clinic at 1.30pm.



MINEHEAD EYE
1 MART ROAD, MINEHEAD, TA24 5BJ

Every 2nd and 4th Wednesday of each month
at 9.30am followed by the Health Visitor's
Healthy Child Clinic at 10.30am.

FREE drop in sessions

Bump-Start's FREE drop in sessions are open to expectant parents to meet others in a relaxed environment and get advice and guidance on antenatal issues, etc. Sessions are followed by the Health Visitor's Healthy Child Clinic.

Check out our Facebook page and website to find your nearest Bump-Start drop in session.

Facebook: @homestartwestsomerset

Website: www.homestart-westsomerset.org.uk

Carry Me Kate

Carry Me Kate Parenting Services is a community interest company supporting parents with things such as a sling library, breastfeeding peer support, social meet and consultancy service for people wanting to try out different types of baby carriers.

Contact us via Facebook messenger or email:
kate@carrymekate.co.uk



Hypnobirthing & Breastfeeding

Hypnobirthing and breastfeeding peer support is also available.

For more information, contact Home-Start.

Telephone: 01643 707304

Email: admin@homestart-westsomerset.org.uk

Local Bump-Start Coordinator: Debbie Roger

E: debbie@homestart-westsomerset.org.uk

T: 01643 707304 M: 07342 237876

bumpstart®

giving your child
a chance

Preparing you for your
birth and the early
days of parenting



www.homestart-westsomerset.org.uk

About Us...

Be prepared for your birth and the early days of parenting

'Bump-Start' an innovative new programme supporting families right through pregnancy, the birth experience and the first year of their baby's life, the programme aims to empower young families to give their child the best possible start in life.

Maternity support

For maternity support, contact 01823 343985 or get in touch with your GP surgery.



Antenatal Support

We want to promote positive birth. Our friendly coordinators have been trained to deliver The Real Birth Company's workshops which help to empower pregnant women and their birth partners during the time leading up to birth and dramatically reduce the fear that women can feel at the prospect of having a baby. We inspire women with the normal, natural beauty of pregnancy, labour, birth, and beyond.

The Real Birth Company say that feeling more relaxed in labour can help you to have a comfortable birth. Evidence shows that women who feel knowledgeable about the process of birth and have a calm labour report a positive birth experience. A positive experience is not essentially related to mode of birth, yet communication, choice and understanding are key. These key elements contribute to positive feelings around birth experiences.

Your Real Birth Partner has had specialist training and will cover the following topics:

- Stages of labour
- Positive attitudes in pregnancy
- How to be a birth partner and advocate
- Hormones in pregnancy and birth
- Positions for birthing
- Understanding the pelvis
- Skin to skin with your baby
- Stress reduction in labour
- Baby's adjustment in their new world

For more information, visit:

www.therealbirthworkshop.co.uk

OUR GROUPS...

Story-Start

Supporting parents to interact, communicate and read with their young children from birth

Local Story-Start Coordinator: Carol Morris
E: carol@homestart-westsomerset.org.uk
T: 01643 707304 M: 07376 809976

Home-Start

Providing help, support and friendship for your family during early years

Senior Family Support Coordinator: Clare Pound
E: admin@homestart-westsomerset.org.uk
T: 01643 707304 M: 07826 326055

Bump-Start

Antenatal sessions held at Minehead, Watchet and Williton on a regular basis. Open to expectant women and birth partners

Local Bump-Start Coordinator: Debbie Roger
E: debbie@homestart-westsomerset.org.uk
T: 01643 707304 M: 07342 237876

Full Tummies

A parenting group which works to enhance home learning opportunities for parents and their children

Home Start Co-ordinator: Clary Binding
E: clary@homestart-westsomerset.org.uk
T: 01643 707304 M: 07342 237812