

HEALTH AND WELLBEING SUPPORT FOR PREGNANT WOMEN AND PARENTS WITH BABIES DURING THE CORONAVIRUS PANDEMIC



Being pregnant and having a baby is a wonderful experience but parents may also have feelings of anxiety, stress or excessive worry. The coronavirus pandemic has increased the possibility of these feelings.

- *You may also be feeling isolated.*
- *Relationships with your partner may become strained.*

This short guide highlights the key resources available to you in and around Faringdon.

You are not alone, we are here to help!

UNDERSTANDING YOUR EMOTIONAL HEALTH AND WELLBEING

For more information about health and wellbeing during pregnancy and the first few months of your baby's life, including looking after yourself and symptoms, log on to the NHS website:

www.nhs.uk/conditions/pregnancy-and-baby/mental-health-problems-pregnant

- We encourage you to raise any emotional wellbeing concerns as early as possible and with all the professionals you meet.
- Please note: appointments will be by telephone or video unless agreed / stated otherwise.

YOUR SUPPORT DURING PREGNANCY

You will be able to discuss how you are feeling at your antenatal appointments with the Midwives, GP and/or Hospital doctor.

Oxfordshire Maternity Voices Partnership is also a great group to join on Facebook, they are providing 'ask the midwife' live sessions each week and lots of top tips for you during this time.

If you have concerns about your emotional health and wellbeing between appointments, please ring **Oxfordshire and Buckinghamshire Mental Health Helpline: 01865 904 994.**

YOUR SUPPORT AFTER BIRTH

- The Midwives will ring you the day after your discharge.
- There will be a Midwife clinic appointment when your baby is 5 days old.
- There will be a discharge appointment in clinic when your baby is 10 to 14 days.
- For local breastfeeding support visit: www.oxbreastfeedingsupport.org

YOUR SUPPORT AFTER BIRTH

Virtual New Parent Group

If you would like to meet others in a similar position and have a chat virtually – please get in contact, we would love to hear from you!

Email: contact@theplacefaringdon.org

Phone: 07973 678837 / 07973 678827

Virtual Breastfeeding Café

Online support group with our Midwife Beth to answer any questions you may have! We also offer 1:1 over the phone breastfeeding support.

Email: contact@theplacefaringdon.org

Phone: 07973 678837 / 07973 678827

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THE PLACE – WE ARE HERE FOR YOU!

We are at the end of the phone if anyone needs a chat or advice, we would love to hear from you 😊

Facebook: [theplacefaringdon](https://www.facebook.com/theplacefaringdon)

Email: contact@theplacefaringdon.org

Phone Carole: 07973 678837 Or Lucy 07973 678827

SUPPORT FOR FATHERS/PARTNERS

10 things you should know about paternal postnatal depression: www.nct.org.uk/life-parent

The Fatherhood Institute: helpful, practical advice and Covid 19 support: www.fatherhoodinstitute.org

CONTACTS IN AN EMERGENCY

- A&E: 999 / 112
- NHS Direct: 111
- Samaritans: 116 123

THE PLACE CLOTHES LIBRARY

In need of some clothes for your baby or toddler? Or need some maternity clothes? We may have what you need! Drop us a message with what you need and the size and we will do our best to drop some clothes to you.

Call Carole 07973 678837
Or Lucy 07973 678827

DOMESTIC VIOLENCE

If you feel unsafe or afraid of someone in your household, you can find support via the Domestic Violence Helpline: 0808 2000 247.

www.nationaldahelpline.org.uk

In an emergency, dial 999 and press 55 if it is unsafe to talk.

*Please note the listed organisations are third party organisations and The Place is not responsible for their content.

ONLINE SUPPORT

APPS

- **Baby Buddy**: free interactive, pregnancy and parenting app.
- **Mum & Baby**: free personal NHS guide for pregnancy, birth and beyond.

MIDWIFE SUPPORT

Tommy's: midwives offering support at any stage: www.tommys.org

0800 0147 800 (Mon-Fri 9am-5pm)

PANDAS

National Perinatal Anxiety & Depression Helpline

Email: support@panda.org.au

www.panda.org.au

Tel: 1300 726 306 (9am-7.30pm Mon-Fri)

PARENTING DURING COVID

- **Institute of Health Visiting**
www.ihv.org.uk/families/parenting-through-coronavirus-covid-19

- **Family Lives**
www.familylives.org.uk

TWINS

- **Twinstrust** for parents of twins, triplets and more
www.twinstrust.org

ACTION ON POSTPARTUM PSYCHOSIS

- Information about postpartum psychosis and Covid-19
www.app-network.org