



## Supporting Parents

Pregnancy and parenthood is often imagined to be a time of great joy, happiness and excitement. However, the reality for many mums and dads can be far from this whilst coping with changes in emotions, relationships, sleep, routine and other areas alongside physical changes.

We offer a range of services for women and men aged over 18 across Cambridgeshire and Peterborough to support your wellbeing during the perinatal period.



## Connecting Mums

### Six-week course

A six-week course for expecting or new mums focusing on the five ways to wellbeing – keep learning, connect, take notice, give and be active.

Connecting Mums provides women with the opportunity to develop meaningful connections with other mums and learn new ways to stay emotionally healthy.

This course may especially benefit you if you feel lonely or isolated, have experienced mental health problems or have low self-esteem. You're welcome to bring your child along to each session as we have fully DBS checked volunteers who are more than happy to lend a hand in giving you a break so that you can focus on you.

## Mums Matter!

### Eight-week course

An eight-week course aimed at women who are experiencing mental health challenges in the perinatal period and are suffering from symptoms such as worrying thoughts, anxiety and postnatal depression.

We aim to provide a collection of tools and reminders attendees can use to nurture themselves to keep well and to strengthen social connections.

The course was developed by CPSL Mind in conjunction with National Mind and has taken the ideas and suggestions of 30 women with lived experience of perinatal mental health issues and moulded them into a course, utilising best practice and tools to stay well.

## **Mindful Mums Group**

The groups are offered in Peterborough, South Fenland, Cambridge and Huntingdonshire on a fortnightly or monthly basis and are open to women who live in these areas.

The groups focus on Mums sharing wellbeing skills and keeping connected with each other for friendship and support.

These groups are delivered from Child and Family Centres which provide a space for children to play in a suitable environment during the sessions. This is a safe and open-minded environment for Mums to come together and share similar experiences.

## **Supporting Muslim Mums**

### **Muslim Mama Meetups**

Meet other Mums and find support and form connections. Our informal group sessions incorporate wellbeing tools as well as skill-sharing and friendship-building. The group meets fortnightly in Peterborough and provide a child friendly environment where babies and children are welcome to play while mums build connections and friendship.

## **Connecting Muslim Mums**

A six-week course tailored to expecting or new Muslim Mums, incorporating faith-based material and culturally sensitive issues. Focusing on the 'Five Ways to Wellbeing' this course provides women with the opportunity to develop meaningful connections with other Mums and may especially benefit you if you feel lonely, isolated or have experienced mental health problems or low self-esteem. Your children are welcome at each session.

### **One to One Support**

Up to six sessions of one-to-one support, focused on giving Mums a listening ear and improving wellbeing. The sessions aim to set small goals each week to help empower Mums. Muslim and Non-Muslim multilingual staff and volunteers are available to support Mums depending on who each Mum feels most comfortable working with.

## Supporting New Dads

Being a new dad can be tough. Welcoming a child into the world can be exciting and rewarding but comes with its own unique challenges.

### Dads Matter

Dads Matter is a friendly and informal eight-week course consisting of 2 hours each week, where you can meet other dads, build your confidence, and keep yourself emotionally healthy. Aimed at men whose mental health may be impacted by becoming a new parent or becoming a parent within the last two years.

### Dads Peer Support

Our peer support groups are open to Dad's with children up to the age of 2 years who live across Peterborough and Cambridgeshire. The groups focus on Dads sharing wellbeing skills and keeping connected with each other for friendship and support.

## About our services

If you or someone you support is pregnant or has a child up to 2 years of age and would like to find out more about our services, please visit our website at [www.cpslmind.org.uk](http://www.cpslmind.org.uk), email us at [perinatalservices@cpslmind.org.uk](mailto:perinatalservices@cpslmind.org.uk) or call us on **0300 303 4363**.

