WHAT OTHER MUMS HAVE SAID:

“I wish that my every day could start with a Mums in Mind”

“I really loved the different crafts and having some time to myself. I feel better about myself and in being a mum.”

“I realised that I am not alone in the way I feel and I have learnt ways to cope”

“I was sad when I first met you and now I’m happy”

“I am feeling more confident and am now looking into joining other groups. My partner has noticed a difference in me too”

“I feel happier. The course has given me something to do every week and I feel so much better for it. I like myself more than I did before”

“The course made me feel less isolated and more normal. I now know that I am not the only one that feels this way”

" It has allowed me to have a more positive outlook at parenthood. I wish the course was longer”

“You made the course sound good, but I would like to say that, it’s actually awesome”

“A feel a little lighter emotionally. I feel less alone and more normal"

CONTACT US

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HOME START
Bracknell Forest

MUMS IN MIND

A POSTNATAL WELLBEING GROUP FOR MUMS

FEELING THE 'BABY BLUES'?

Following the birth of a baby it is usual to feel emotional whilst you adjust to mother-hood. Sometimes these feelings persist and become worse. Meeting other mums, who feel the same, and learning about how to manage the way you feel could prevent you from feeling worse. Approximately 20% of mums will develop a mental health illness whilst pregnant or within the first year of their child's birth - it is NOT rare!

WHAT IS A MUMS IN MIND COURSE?

A small group of mums who feel the same meet up for two hours for six weeks. Our professional crèche are on-hand (close by) to care for the children, giving mums a break. Our trained staff will talk through weekly topics, new ways of thinking and methods of dealing with negative thoughts and feelings.

The group is confidential and relaxed and will focus on the feelings of unhappiness, anger, isolation, anxiety and the disappointment of not feeling as elated as expected further to becoming a mum.

WE PROMISE CONFIDENTIALITY

Any information about you will be treated with the utmost respect, confidentiality, and where possible it will be anonymised. What you say in our Mums in Mind group will stay within those walls and be confidential except in very rare circumstances.

We will visit you at home before the course so that you can get to know us and find out whether our group will be suitable for you, if not, then we can discuss other options.

We aim to help you build up your confidence and coping strategies during the six session course. Home-Start Bracknell will continue to support you once the course ends, should you still need us, or we can help you to find other nearby support groups.

WHEN IS OUR NEXT COURSE?

Contact us for the next course dates; they are subject to having the necessary funding, trained staff, number of mums and access to a suitable venue.

HOW TO RECEIVE OUR SUPPORT?

If you feel that you could benefit from our group, please contact us directly or ask your Midwife, Health Visitor or GP to complete a referral form via the 'Getting Support' tab on our website. A member of the team will telephone you for a chat and arrange a convenient time to visit you, in your home, to discuss the course. You are under no pressure to accept a place and if the course does not sound right for you, then other available options will be discussed. Your attendance on our course will only be known by us, you and the person who referred you (if any).

WHAT TO EXPECT

In every session we plan to provide:

A different craft activity
The same Home-Start Bracknell co-ordinators
CBT techniques
The same venue
The opportunity for you to meet other mums who feel the same as you
A friendly, relaxed and non-judgemental atmosphere
Confidentiality
Regular and on going contact with Home-Start
Reading

WEEKLY TOPICS

We will discuss different topics and encourage ideas and coping strategies. Topics covered are:

Relaxation, stress, worries, parenting, routine, anxiety, attachment, anger, loss of yourself and the future.