

Midwife Drop-in Sessions

Summary

We now run two, weekly, Drop-in sessions which offer parents and carers of small children, and expectant parents, access to midwives and health visitors, breastfeeding support, advice on stopping smoking and information on food, nutrition and oral health, exercise and other health issues. They also provide a place to meet, chat and gain support for those who do not get out of the house much.

Delivered in partnership with Surestart, these sessions also provide opportunities to raise awareness among attendees of the other activities and services available to them in the area.

- Over 350 people have accessed our Midwife Drop-In sessions since the start of the year.
- Working in partnership with at least 8 different organisations and enabling them to access 'hard to reach' population
- Breaks down isolation and provides specific PND support
- Addressing the infant mortality recommendations: Safety in the home; reducing smoking; improving nutrition and increasing breastfeeding.

Our impact

The Kirkgate Katch Up in Shipley has now been running for over 12 months and it's success has led to the development of a second Drop-in session, in Frizinghall. This has been attended by BME groups, and Eastern European immigrants and provides valuable opportunities for health promotion and, community cohesion.

Each session is attended by a HALE Networker, who has specialist training relating to Post natal depression and Breastfeeding support. The Networkers are also able to refer clients into the sessions. One Mum in particular has become very active within Kirkgate Katch Up due to the support she had from the team when she began to recognise her own post natal depression. This participant also chats to other Mums about her experiences.

We have also run a 'Mums with bums and tums' exercise class which not only offered toning post natal exercises but also served to build confidence amongst participants.

Visitors to our Drop-in sessions value the social interaction and chance to meet new people as much as the variety of health based services and professional support on offer.

Comments from participants

"I am so grateful for all the help, advice and practical support offered at HALE's Monday drop-in - right from pregnancy (maternity checks) to post partum exercise class. The fact that this is available in my locality is wonderful; the fact that it is free is amazing. The staff are friendly, approachable and informed - better than any other NHS organisation I have had contact with. I know it sounds sycophantic but I cannot thank them enough."

"The post-pregnancy exercise class is fantastic. I have had to give up going to the gym because of difficulty getting childcare, so the class is excellent. It is local to me, so I can walk to it, and all the staff at HALE are so friendly and welcoming. I would definitely continue to use the centre and classes such as this, so please keep them going!"