

Black Mothers Matter

PREGNANCY GROUP

FREE WEEKLY CLASSES
Gentle Pregnancy Exercise
Antenatal Education
5mins walk from Cabot Circus

What will these sessions cover?

- ♥ The topics below and much more will be covered over a series of weekly sessions.
- ♥ Each week we will focus on a specific area to support you in your pregnancy.
- ♥ You can join us at any point in your pregnancy and for as many sessions as you would like - we would love to see you regularly.
- ♥ Each session will start with pregnancy yoga - some gentle movement and stretching designed especially for pregnant people.
- ♥ Each week there will be professionals available to discuss specific questions you may have about your pregnancy.
- ♥ Whether you've been pregnant before or if this is your first - we're sure you'll find the sessions valuable.

Labour

Including: the physiology of birth, hormones; birth partners; when to call the midwife.

Types of birth

Vaginal, abdominal (c-section), induction, assisted and all the rest.

How to recognise an emergency.

Letting go of fears

Tools to relax, address and manage fears.

Supporting you in planning for success.

Changing Relationships

Defining your family & support networks.

Recognising and appreciating those cultural & generational differences.

The first 24 hours

What happens immediately after birth?

What about the first 24 hours after delivery?

Recovery

Planning and protecting your recovery.

What is 'normal' and when to seek more support.

Feeding

Breast, bottle, combination, expressing, responsive or scheduled feeding. Do I need to express colostrum before giving birth?

Navigating the Maternity System

How and when to ask questions.

Feeling confident in our care providers.

'Risk Factors'

Looking at conditions more likely to affect those racialised as Black or Mixed Black.

Individualised risk factors.

Real Stories

Lessons and learnings from other Black women.

Empowering antenatal exercise and education for Black and Mixed Black women and birthers.

FAQs

Who is this for?

This group is for anyone who identifies as Black or Mixed Black and is pregnant.

Can I bring my birthing partner?

No this group is for pregnant people only.

We will have resources to take away for birthing partners and others supporting you in your pregnancy.

Why is this only for Black and Mixed Black people?

There are lots of antenatal groups and classes. However people from Black communities do not always have the privilege to relax and be their most authentic self in these spaces because they are white led and white dominated.

We have created this space so people from Black communities can feel safe, relaxed, free and affirm each other.

Will there be anyone who isn't from a Black community there?

By invite only. We will invite experts from outside Black communities to join in our sessions.

I don't identify as female, is this for me?

We welcome any gestational parent, regardless of gender.

Will I be able to be checked by a midwife or other health care professional?

Although professionals and experts will be present people will not be assessed, diagnosed or treated in this setting.

Do I need to book?

No. But it would be really helpful to let us know if you think you will attend via our socials, WhatsApp or email.

Where is this happening?

Venue address is The Hideout, White Street Studios, 2 White Street, Bristol, BS5 0TS.

It is just off Pennywell Road, opposite Self Storage. It is a 5 min walk from Cabot circus and the following buses have routes that pass near Pennywell Road - 24, 26, 44, 48A, 7, M1, Y1, Y3. On street parking is free after 5pm.

How accessible is the venue?

The venue has the following: level access available; disabled toilet; quiet breakout space.

Do I need to bring anything?

Nothing. Just yourself.

How much is it?

Free. This group is funded by University Hospitals Bristol and Weston NHS Trust.

How do I contact you for more information?

Email hello@blackmothersmatter.org | WhatsApp 07547 268135

Message us on Facebook or Instagram @blackmothersmatteruk

NO NEED TO BOOK but if you can LET US KNOW YOU'RE COMING

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