

# BUMPS & BABIES CLUB

A space for Black and Mixed Black women and birthers.

**THURSDAYS 11 -1  
THE HIDEOUT, BS5 0TS**

White Street Studios, 2 White Street, St Judes



**DOULAS**

**MIDWIVES**

**ANTENATAL ADVICE**

**POSTNATAL SUPPORT**

**COMMUNITY**

## JOIN US FOR

- Advice & support put together with Black birthers in mind.
- Weekly discussions and information covering staying active, healthy eating, feeding your baby, self care, labour preparation and more.
- Meeting other local parents.
- Comfortable setting and refreshments.
- Hosted and led by Black experts

LET US KNOW YOU'RE COMING

Message on Facebook or Instagram @blackmothersmatteruk  
hello@blackmothersmatter.org | Text or WhatsApp 07547 268135



**Who is this for?**

For anyone who identifies as Black or Mixed Black and is pregnant or has given birth in the last 12 months. Babies under 1 year are very welcome.

**Why is this only for Black and Mixed Black people?**

There are lots of antenatal and postnatal groups. 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 lead 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. Sometimes we will invite experts from outside Black communities to join in our discussions and activities.

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

We welcome any gestational parent, regardless of gender.

**Can I bring a friend/ partner/ family member?**

If needed this should be fine but please let us know in advance.

**Can I bring an older child?**

The space is set up to accommodate children under 1. Children over 1 are welcome but you may want to bring suitable toys/ entertainment for them. There will be times when we will need the space to be quiet and free from distractions, if this is the case there is a breakout area that can be used.

**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 text.

**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. There is limited free parking and paid on street parking.

**How accessible is the venue?**

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

**What baby facilities are there?**

There are baby changing facilities, private feeding areas and equipment to prepare or warm a bottle and food.

**Do I need to bring anything?**

Nothing. Just yourself.

**How much is it?**

Free. This group is funded by Bristol City Council.

**What will happen at the group?**

Not too dissimilar to other antenatal or baby groups there will be a mix of discussion, information sharing and activities. There is no requirement to join with anything. You are very welcome to simply come and enjoy a change of scene and delicious refreshments.

**How do I contact you for more information?**

Email [hello@blackmothersmatter.org](mailto:hello@blackmothersmatter.org) | WhatsApp or text 07547 268135

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