

September 2016

### What other mums have said:

*"I wish that my everyday could start with a Mums in Mind"*

*"I'm feeling really good and looking forward to next week's session"*

*"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"*

*"I feel better knowing that other people have problems."*

*"The course was wonderful, thank you"*

*"I felt at ease straight away in the group. 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"*

### The Back Page Information

Any *information about you* will be treated with the utmost respect and confidentially and where possible 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 seven session course. Home-Start Reading will be there for you after the course, should you still need support or we can help you to find other nearby support groups

### Home-Start Reading - Mums in Mind

7 Southcote Parade, Southcote Farm Lane, Reading, RG30 3DT

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## MUMS IN MIND

A postnatal wellbeing group for mums

WELCOME!



## Feeling the “baby blues”?

Following the birth of a baby it is usual to feel emotional whilst you adjust to motherhood. 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” group?

This is a confidential and relaxed group for mums who are feeling unhappy, alone or anxious following the birth of their child, or that the feelings of being a mum are less pleasurable than how they imagined they would be.

Our mellow parenting co-ordinator and a CBT trained professional will be bringing their skills to discuss methods of managing and understanding feelings and help find ways to cope better.

Our groups are **two hours** in length and run for **seven weeks**. The final session **can be** a social get together, where dads are invited, if all mums want that.

## When are our next groups?

| When?  | Where?  | Crèche?  |
|--|---|--|
| <b>MONDAYS - 12:30 - 14:30</b><br><b>7, 14, 21 and 28 November</b><br><b>5, 12, and 19 December</b>              | Emmer Green Youth & Community Centre,<br>Grove Road,<br><b>Emmer Green, RG4 8LN</b> | We will provide a professionally run crèche at the Centre. |
| <b>THURSDAYS - 9:30 - 11:30</b><br><b>19 and 26 January</b><br><b>2, 9, 16 and 23 February</b><br><b>2 March</b> | Katesgrove Children’s Centre<br>Elgar Road<br><b>Katesgrove, RG2 0BN</b>            | We will provide a professionally run crèche at the Centre. |

## 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 from our website. The Home-Start Reading manager will visit you soon after, and go through everything you need to know. If our course is not for you, then she will discuss other available options.

## What to expect

### In every session we aim to provide:

- ⇒ A different craft activity
- ⇒ The same Home-Start Reading co-ordinators
- ⇒ The same counselling psychologist
- ⇒ 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

## Themes of the week

We will discuss different topics and encourage ideas that you could practice at home, which should help you develop good coping strategies.

### Topics will include:

**Relaxation, stress, worries, parenting, routine, anxiety, attachment, anger and the future**

