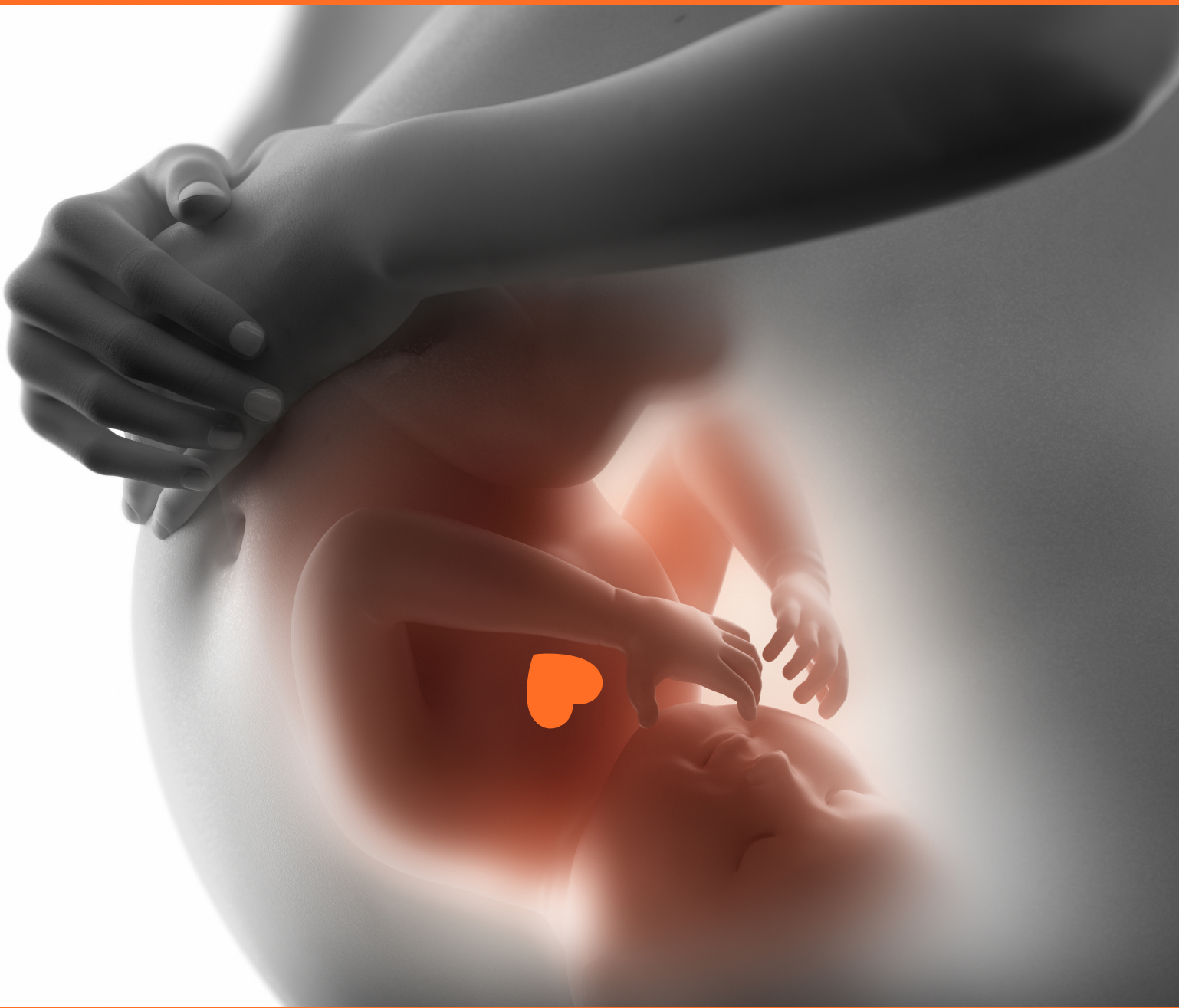




Brighter Futures



BRIGHTER FUTURES PERINATAL WELLBEING PROGRAMME



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Improve Mum-to-be, and babies overall Wellbeing with this rolling relaxation programme which is offered to Pregnant Mums.

This 11-week ongoing group will introduce Mum-to-be, to our wellbeing programmes which are designed to develop relaxation strategies that encourage a positive state of mind and body. This will enhance mum's ability to feel safe and be better equipped to cope with life's ups and downs.

During these 11 weeks, she will experience five 2-week taster sessions of the below wellbeing groups, which include massage, visualisation and breathing techniques. This visualisation and breathing techniques programme helps to calm the mind and can help to reduce stress and anxieties. Deep breathing can help to oxygenate the cells in the body which will benefit the baby by helping him or her to receive lots of oxygen.

Week 5 we hold a coffee morning where we invite relevant agencies to come and meet our families. Representatives from Speech and Language, Midwifery, Health visitors, MIND Perinatal practitioner, plus many more. This multi-agency format will give mum-to-be the opportunity to talk and ask questions and so aid her with a good understanding of other services available in Jersey.

The programmes listed on the next page will be facilitated by a keyworker who will sit with mum-to-be and support throughout to improve both mum and baby's overall Wellbeing.

Perinatal Wellbeing Programmes

Pregnancy Massage

Pregnancy massage can help you cope with the changes to your body that occur while you are pregnant.

Gentle massage can be used to reduce stress & anxiety, reduce swelling in the arms and legs and relieve muscle and joint pain. It also helps to improve sleep.

Pregnancy massage has been proven to be highly effective during labour to help manage pain and improve your emotional experience of labour. Our trained Massage Therapist Michelle will carry- out sessions to teach various massage movements that are safely used while pregnant.

Mindfulness

A mindfulness practice can support the health and wellbeing of mum and baby. By learning to live in the present moment, through meditation and gentle relaxing yoga techniques, we can help to reduce feelings of anxiety and stress. When practiced regularly mindfulness can help us to feel more in control and able to cope with challenging situations.

Walking Group

Walking is a great, safe exercise for mums-to-be. It is an ideal way to make sure you are getting the exercise you need in pregnancy.

Walking works your heart and lungs, without putting pressure on knees and ankles.

It helps to make your joints stronger, improve circulation, ease backache, and generally help with your general wellbeing.

These walking sessions are also a good way to meet other mums-to-be and enjoy the lovely outdoors that Jersey has to offer.

Rest and Repair

Deep and effective breathing is important for mum and baby during pregnancy and childbirth. This form of breathing provides a plentiful supply of oxygen for both mum and baby. Meditation, combined with breathing techniques and relaxation, supports improved sleep, and helps to relieve stress and pain, by balancing and calming the nervous system. A gentle way to bring more peace and calm into your life.

Wants & Wishes

The Wants & Wishes Group is a taster of Brighter Futures self- reflection discussion group that focuses on our strengths, skills, and resources, enabling people to look at any life difficulties and challenges they may face, we will cover your support network and dreams and aspirations.



Brighter Futures

How to find us

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