

My Time, My Space is a collaborative project delivered in partnership by the following organisations:



Creativity Works develop and deliver projects closely with community partners, ensuring that their projects address local priorities (creativityworks.org.uk).



Bright Start Children's Centre Services.

Children's Centres are places where parents with children aged 0 – 5 years can share the challenges and joys of parenthood. They offer a range of activities and support services to help you with all aspects of parenting to make sure your child gets the best start in life and improve their life chances.

If you feel that My Time, My Space could help you, or to discuss booking a place, please contact your Midwife, or contact Judith Parr or Michelle Lander on 01225 396660 or 07530 263129 (text or chat)

Referrals should be made on a Children's Centre Request for Support Form by Wednesday 2nd October



[BrightStartChildrensCentres](#)



brightstartcc@bathnes.gov.uk

www.bathnes.gov.uk/childrens-centres

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August 2019

Bath and North East Somerset –The place to live, work and visit

My Time, My Space

An ante-natal project for women experiencing low mood, anxiety or depression in pregnancy



Bath & North East Somerset Council



Pregnancy can be a time of heightened emotions. For many women the dominant emotions are positive ones, but a number of pregnant women experience feelings of low mood including unhappiness, loneliness and anxiety. For some women these feelings may be severe enough to be clinically diagnosed as antenatal depression or anxiety, for others it can be just a feeling that something isn't right.

My Time, My Space is a group for pregnant women to have time and space for themselves, gaining skills and coping strategies which may help to promote wellbeing, reduce anxiety and isolation and provide practical and emotional support during pregnancy and beyond.

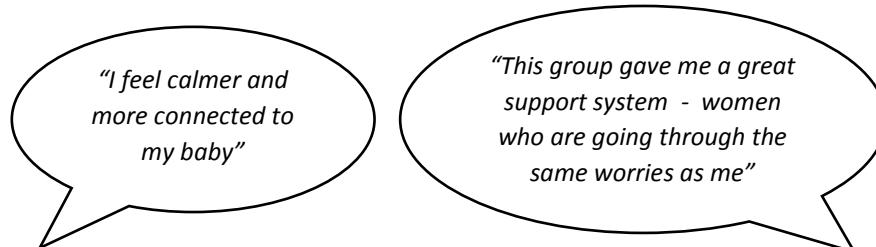
All sessions take place in a relaxed environment, with refreshments provided.

Art-based sessions will be led by an experienced, socially-engaged artist from Creativity Works.

Relaxation for Labour will be led by a qualified and experienced practitioner, Georgie Bassford

Theraplay recognises that the relationship between mother and baby starts to develop long before birth, and aims to support the growth of this relationship. This session will be delivered by a trained Theraplay® Practitioner.

The course is classed as 'ante-natal care', if attending has been recommended by a doctor or midwife.



The course will be facilitated by:

Judith Parr, Children's Centre Co-ordinator and certified Perinatal Mental Health champion and trainer for the Institute of Health Visiting, and

Michelle Lander, Children's Centre Senior Early Years' Practitioner and former midwife.

Where: St Martins' Garden Children's Centre,
150 Frome Road, Bath BA2 5RE

When: Tuesday 8th October - 3rd December 2019
(no session during half term)

Time: 4.30 - 6.30 pm

Date	Content - Some sessions are subject to confirmation
08/10/19	Intro Session - enrolment, refreshments and "learning to relax" session
15/10/19	Art-based Session - improving wellbeing through creativity
22/10/19	Introduction to Talking Therapies
29/10/19	Half term - No session
05/11/19	Art-based session
12/11/19	Theraplay - getting to know your baby
19/11/19	Art-based session
26/11/19	Relaxation - tips and techniques for physically supporting pregnancy symptoms, labour and birth
03/12/19	Art-based session / What next?

This group is most suitable for women who are between 18-28 weeks pregnant at the start of the course (8th October 2019)

Women referred must live in the Bath and North East Somerset area and must be able to answer "yes" to one or more of the following;

- Experiencing mild to moderate anxiety or depression starting in pregnancy,
- or a relapse of mild to moderate mental health issues since becoming pregnant
- Or a history of perinatal mental health issues