LINCOLN LOCALITY SERVICES

**Connecting Mums** is a six-week group focusing on the 5 ways to wellbeing - keep learning, connect, take notice, give and be active to help equip mums and mums to be with tools to stay emotionally well. It also provides a space for mums to build social connections and build friendship. This course may especially benefit if mums feel lonely or isolated, have experienced mental health problems or have low self-esteem. Children are welcome to come along to each session as we have fully DBS checked volunteers who are more than happy to lend a hand in giving mum a break so she can focus on herself.

We run 3 of these in the year across Peterborough and Fenland.

We currently run 3 of these a year for Muslim Mums in Peterborough (they include faith based and culturally sensitive content).

**Mums Matter**is an eight-week course aimed at women who are experiencing mental health challenges in the perinatal period and are suffering from symptoms such as worrying thoughts, anxiety and postnatal depression. We aim to provide a collection of tools and reminders that attendees can use to nurture themselves to keep well and to strengthen social connections.

We run 3 of these in a year across Peterborough and Fenland and online periodically.

**Mindful Mums (Peer Group)**

This is a supportive environment where mums and mums to be share experiences and what is going on in their lives. Sometimes mums will do a meditation or some activities such as affirmation jars, anything that interests the group. It is a safe, non-judgemental space to share whatever mums want to. Mums listen to one another and offer help and support. Mums are welcome to join this group at any time and little ones are welcome. It is quite informal so mum can come at a time that suits.

These run fortnightly in Peterborough, Huntingdonshire (Eaton Socon Child & Family Centre) and Fenland (alternates between Chatteris and March).

There is also a fortnightly one for Muslim Mums in Peterborough.

They run monthly in Cambridge (Chesterton Child & Family Centre).

**1:1 support**

These are a limited number of sessions, usually about 8, with a member of our team. They usually take place on the phone or on Zoom. They are a safe space to explore thoughts and feelings and work towards goals.

These are available to mums who have been referred to or worked with the Perinatal Mental Health Team and to Muslim Mums in Peterborough.

**Dads Support**

**Dads Peer Group** - Asafe space to share thoughts & feelings with like-minded Dads. Dads only share what they feel comfortable doing & if they just want to listen that’s fine too. You can have cameras/microphones on or off.

We run these monthly online.

**Dads Matter** - A more structured group where topics such as the reality of being a parent vs the expectations, self-esteem and challenging negative thoughts are discussed and explored. A safe space for Dads to explore what is important to them. We aim to provide a collection of tools and reminders attendees can use to keep well and to strengthen social connections.

These are currently on hold due to low attendance. We are exploring what may be more effective in terms of support for dads.

I hope that all makes sense. Please feel free to get in touch with any comments or questions you may have.

**Kind regards,**

**Zainab Chagani**

**Perinatal Service Co-Ordinator**

