Guide to maternity wellbeing programme

For pregnant women and women who have had a baby in the last year.

If you need any further information please contact your health professional, or for an informal chat you can ring the Maternity Lifestyle Co-ordinator on (0191) 424 7773.

If you know someone who would like this information in a different format contact the communications team on 0191 424 7385.
What is the Maternity Wellbeing Programme?

The aim of the Maternity Wellbeing Programme is to help pregnant women and families of newborn children to live healthy lives.

The programme will target and offer support to pregnant women and their families within a year after delivery. It will focus on increasing physical activity, decreasing inactivity and improving eating behaviour.

A key part of this programme is a learning experience that motivates families for long term change.

Who is the programme for?

Any woman living in South Tyneside who is pregnant or has had a baby within the last year can join at any time and receive support for up twelve months. Families can also be involved in many aspects of the programme.

How will I benefit from joining in?

Being part of the programme will give you the chance to meet other women and make lifestyle changes which will improve your overall health in pregnancy and beyond. It will give you the confidence to achieve a healthy lifestyle and make healthy choices.

Joining in with exercise can help you stay healthy and enable you gain a healthy weight after your baby is born.

What kind of activities can I take part in?

There are activities at various venues across South Tyneside including Temple park, Hebburn pool, Monkton Stadium and some children’s centres and community associations.

- Join an existing group such as a walking, swimming, aqua natal, buggy walking, aqua babies (parents and babies over five months)
- Find out about other groups available and develop a network of friends to go with

Nutrition groups are also available. By taking part you will learn about foods that will help you stay healthy and give you the knowledge and confidence to make sure your child gets the best start in life.

All sessions are delivered by trained and registered dieticians and nutrition assistants.

Being part of any group means you are in touch with other women and families you can have fun and socialise. You might even choose to stay in touch as your babies grow up together.

The staff on the programme work closely with other services such as breastfeeding support and stop smoking services to support you to make healthy choices.

Ongoing support

You will receive support from the Maternity Lifestyle Co-ordinator for up to twelve months. The amount of support you receive will depend on your needs. We strive to ensure you receive the level of support that is right for you.

You will have regular reviews where you can meet up with a co-ordinator and discuss how well you are doing and ways that we can help you to continue to do well.

We will also be looking for the views and thoughts of women and families who are presently or have participated in the programme. These views will help monitor the effectiveness of the programme and develop it in the future

How do I join in?

You will need to be referred to the programme by a health professional for example a Midwife, Health Visitor or GP if you want to join in with any of the sessions.

There may be some conditions in pregnancy that may prevent you exercising. Your GP or Midwife will discuss these with you before referring you.

If you are pregnant, you must have had your 12 week scan and have no problems with your pregnancy. If you have had your baby, you must have had your 6-8 week postnatal check before you can join in.

What happens next?

At your initial appointment you will meet with the Maternity Lifestyle Co-ordinator, some basic measurements will be taken (height, weight, blood pressure). These measurements will also be taken at further assessments.

Your preferences for exercise and nutrition will be discussed and a personalised plan will be developed and agreed.

What should I wear/bring with me when I exercise?

- Wear loose fitting and comfortable clothing which will help you stay cool
- A good supportive bra is advisable
- Sturdy soft soled shoes or trainers
- Something to drink preferably a bottle of water (tap water is fine!)