



HAPPY

Antenatal Programme

A **free online** group for pregnant women
in the Better Start Bradford area:

*Bowling and Barkerend
Bradford Moor
Little Horton*

Create a healthy, happy
lifestyle for you and your
baby with our free six-week
online antenatal programme.



Feel supported



Feel connected



Feel in control

Believe in
children



Barnardo's

07740 537810

happybsb@barnardos.org.uk

Find out
more...

What's covered in the **HAPPY** antenatal programme?

Over the six fun and interactive **online** sessions you'll learn all about:



Understanding your baby and babies' brain development



Breastfeeding and bonding with your baby



Being active in safe ways



Your future as parents and as a healthy family



The need to nurture yourself



Preparing for birth and beyond

How do the groups work?

There's a 1.5 hour session every week for six weeks with up to ten women in a group. Groups are currently meeting **online over Zoom** and are led by experienced, trained practitioners. Your partner or a family member is welcome to join you on the video calls.

How else will I benefit if I join a group?

With so much uncertainty at the moment due to COVID-19, **HAPPY** antenatal groups are a great way to meet other women who are likely to be experiencing many of the same hopes and fears as you. At the end of the six weeks you'll also receive a free gift!

Am I eligible?

You can join a group if you live in the **Better Start Bradford area** (Bowling and Barkerend, Bradford Moor and Little Horton) and are **22-32 weeks' pregnant**. It is completely **free** to attend.

How do I join a **HAPPY** group?

If you have any questions (including what to do if you don't have online access) or would like to join a group, contact:

- **Sonam** (Mon-Weds): **07740 537810** / happybsb@barnardos.org.uk
- **Miryam** (Mon - Thurs): **07976 352454**
- **Salma** (Thurs - Fri): **07852 418690**

You can also speak to your midwife.