




# HAPPY

## Online Antenatal Programme

For pregnant women in the  
Better Start Bradford area



Are you a midwife, health visitor or other healthcare professional supporting pregnant women?

During the COVID-19 pandemic, the **HAPPY** programme is now being offered to **all** women who are 22-32 weeks' pregnant living in the Better Start Bradford area (Bowling and Barkerend, Bradford Moor and Little Horton).

Find out  
more...

Believe in  
children



Barnardo's

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

Over six fun, interactive sessions women will learn all about:



Understanding babies and babies' brain development



Breastfeeding and bonding



Being active in safe ways



The future as parents and as a healthy family



The need to nurture yourself



Preparing for birth and beyond

## How are the sessions delivered?

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. A partner or a family member is welcome to join the video calls too.

### Eligibility:

#### Must live in the Better Start Bradford area:

- Bowling and Barkerend
- Bradford Moor
- Little Horton

Must be 22-32 weeks' pregnant at the time of referral.

### To refer someone, please contact:

**Sonam (Mon-Weds)**  
**07740 537810**

**Miryam (Mon-Thurs)**  
**07976 352454**

**Salma (Thurs-Fri)**  
**07852 418690**

Or e-mail:  
[happybsb@barnardos.org.uk](mailto:happybsb@barnardos.org.uk)