

H A P P Y

Antenatal Programme

For pregnant women in the
Better Start Bradford area

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

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** antenatal programme?

Over eight 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



Baby shower celebration

How are the sessions delivered?

There's a 2 hour session every week for eight weeks, with up to ten women in a group. Groups are currently meeting online over Zoom and in local community venues 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
01274 513300**

**Perinatal Administrators
07852 418690**

**Or e-mail:
happybsb@barnardos.org.uk**