

Antenatal Classes

Women and Children's Division



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

To Book any classes

Ring: 07342064057

Between 10am - 3pm

Monday - Friday

Places are limited.

If you have booked classes and cannot attend please cancel.

Congratulations! Expecting a baby can be a daunting prospect if you are not prepared. We are happy to offer you information and support to enable you to cope with your birth experience and the early days of parenthood.

Our sessions will include preparation for labour and birth. Breastfeeding, Aromatherapy, Aqua natal, Water birth training and Yoga sessions will be offered separately.

The best time to book is when you are 24 weeks pregnant. You will then commence your classes between 30 - 34 weeks.

You are invited to bring a partner and the sessions will last 2 hours.

Bring your own refreshments.

We advise you to wear loose comfortable clothing or trousers.

We advise that you bring a pillow with you, if you are attending parent craft for your own comfort.

If you require any further information ask your midwife.

We wish you a safe and happy experience!

Telephone: 07342064057, between 10am - 3pm weekdays.

Birth Preparation Classes

At New Cross we offer classes on a Monday evening, this involves attending 2 sessions. Or a Saturday which is a longer session where the course is done on one day.

Classes are also available at Cannock

Hypnobirthing.

This involves 4 sessions and your birthing partner is welcome.

There is a charge for this service and it includes Book, CD and Oils.

Ring: 07342064057 for details. We use the Wise HIPPO method if you wish to look at any information before booking.

We have classes at New Cross and Cannock

Breastfeeding Information Sessions

An informative, engaging session for you and a guest.

1st or 3rd Wednesday of the month, 6.30pm - 8.30pm

To book call: 01902 307999 ext: 8389

Waterbirth

2 hour preparation class

Aromatherapy

Involves one session which includes instructions, how to use the oils and your birth partner will be shown how to massage you during labour. The cost is £4.50 to pay for the oils.

MLU Visits

Due to high activity we are not able to offer tours of the unit. If you are booked to give birth on the MLU you may ring to look around anytime. If activity allows you will be invited in. Ring New Cross on extension 4033.

Aquanatal

Thursday evening

Wolverhampton Fitness and Swimming Centre

Planetary Road, WV13 3SW

Tel: 01902 384777

You need to be more than 16 weeks pregnant.

No need to book. Just pay for a swim.

Please take your Green Antenatal Notes with you and arrive 15 minutes early for your first visit. Your blood results need to be in your notes. Wear a good supporting swimsuit and do not have a large meal prior to your session.

Meet in the cafe any time after 8.00pm to get in the pool for 8.30pm. We will get out of the water at 9.15pm.

The following classes are not affiliated with the Royal Wolverhampton NHS Trust.

Yoga

Pregnancy Yoga

Wolverhampton Swimming and Fitness Centre

Tel: 01902 384777

Web: www.yogapracticewithemily.com

Yoga, Me and Baby

Essington Community Centre, Hobnock Road, WV11 2AA.

Telephone: 07865 929200

Web: www.yogameandbaby.co.uk

Naomi. Tel: 07779595119 or www.matayoga.co.uk

Email: matayayoga@hotmail.com

Rebecca 07890 543 508 for details at Methodist Church Hall, High Street, Albrighton WV7 3JA.

Email: rebecca.buddingbellies@hotmail.co.uk

Exercise

Fit Mommas Ltd.

Fitness classes post natal for moms and babies.

Tel: 07508389490

www.fitmommas.co.uk

Attending a breastfeeding group while pregnant

Whether you have a breastfeeding query or would just like to meet other mothers to share experiences, Wolverhampton's breastfeeding support and social groups are relaxed and informal and are open to any pregnant or breastfeeding women.

Always a friendly welcome and sometimes a drink on offer too! You might be able to take along older children also - call in advance for details.

Ask your midwife or Health Visitor for details of your nearest breastfeeding support and social group.

If you are working, you may be able to ask your workplace for time off work to attend a group if they've been recommended by a health professional - ask your doctor or midwife for details.

You can find your local breastfeeding support and social group, plus access lots of information about feeding your baby, via the Royal Wolverhampton NHS Trust's "Infant Feeding" webpages.



From the www.royalwolverhampton.nhs.uk homepage go to "Our Services" and select "Infant Feeding Team", search the internet for "You and your baby Wolverhampton", or via www.royalwolverhampton.nhs.uk/services/service-directory-a-z/infant-feeding/

Useful Contacts

NHS Smoking Helpline
0300 123 1044

Family Planning Association
<http://www.fpa.org.uk/>

Citizens Advice Bureau
03 444 111 444

NHS - National Breastfeeding Helpline
0300 100 0212
www.breastfeeding.nhs.uk

The Breastfeeding Network
Supporterline - 0300 100 0210
Supporterline in Bengali / Sylheti - 0300 456 2421
Drugs in Breastmilk - druginformation@breastfeedingnetwork.org.uk
www.breastfeedingnetwork.org.uk

TAMBA (Twins and multiple births association)
01483 304442
www.tamba.org.uk

This group runs various multiple specific parenting courses across the UK - check website for details.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。