



Welcome to the perinatal group



Welcome to our perinatal group, run by staff from our Improving Access to Psychological Therapies Team.

Our group is for women who are expecting a baby or have a baby up to the age of one and their partners.

If you feel or experience:

- Anxiety or low in mood regarding adapting to the changes a baby brings.
- Psychological changes and physical bodily changes.
- Relationships changes - Support or lack of support.
- Labour worries.
- Work life balance concerns.

Then our group is for you!



Did you know?

Baby Blues

- 5 to 8 out of 10 mums experience the baby blues that's 50 – 80%

Post Natal Depression

- 1 in 10 mums will experience postnatal depression

Who can be part of our group?

Anyone expecting a baby or up to 1 year after the birth, including fathers who may also find this a worrying and overwhelming experience.

We cannot accommodate babies / children.

What do you get with our group?

- The chance to attend six sessions lasting two hours in a Doncaster town centre location.
- A small group size of 10 – 12 parents.
- The areas we cover are baby blues and postnatal depression, low mood and anxiety, feelings and vulnerabilities, dad's roles and relationships, practical nurturing, bonding, guilt, emotional tolerance and values, isolation, behaviours and routine, relaxation, mindfulness, conditional / unconditional happiness, support –both practical and emotional

How to get in touch

Contact the Talking Shop on 01302 565556 between 9am and 5pm to find out dates and to book a place.

Feeling emotional overload? Don't suffer in silence.

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

የሕገ ጽዕኖ፡ በግልጽ እንዲታይም በትልቁ፣ በብሬል ተጽፎ ወይም በቲፕ ተተኪድ ወይም በሌላ ጽንጻ ተጽፎ ለሞቲቮ የሚፈልጉ ከዋነኞቹ የሰነድ ምክር ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ይወሰዱ ይገባል።

Arabic

إذا أردت الحصول على هذه الوثيقة بالحظ الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজন্ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)。电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبان دیگری، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم زانیاریانە بە چۆنی گۆرۆ، برائیل یان ئەسەر شریتی دەنگی دەخوازیت باخود تۆم بەگۆنەنەمە بە زمانیکی دیکە دەخوازیت، تکلیه پەمووندی بکە بە خۆمخگوزاری پرلنمایی و هوناههنگی لهخوشهوه به ژماره 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਨਾ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੋਟੇ ਹੋ ਜਾਂ ਇਸ ਸਹਾਇਕ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੋਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستہ دیکھی کسی قابل زبان میں تو براے کرم پیسٹ ایڈ آف اینڈ لیزن سروس سے رابطہ کریں۔ 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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