



Career Pathway
PERINATAL GROUP LEADER

What does PERINATAL mean?

The period of time
during PREGNANCY
and AFTER
CHILDBIRTH

Perinatal and
Maternal health are
closely linked

Maternal wellbeing
during the perinatal
period is key to the
health of the baby

Importance of Perinatal Support

- Perinatal support ensures the wellbeing of the Mother
- Pregnancy and Motherhood are emotional, physical and mental tasks
- Many new mums may not be from the area due to relocation & marriage.
- Many new mums may not be near family or have female or peer support at home

The Friendship Café & Gloucestershire Clinical Commission

- Marvellous Mums is a Friendship Café project in partnership with the GCC
- The aim of this project is to support Perinatal Mothers from the BME community, within a safe and welcoming environment that celebrates diversity and respects religious and cultural sensitivities.



Marvellous Mums

With Bumps & Babies



Having a baby is an exciting and happy time but can also be an overwhelming & emotional experience

Marvellous Mums is a friendly group which welcomes & supports all expectant & new mothers from the whole community. It is a social group which understands the challenges of motherhood and focuses on the wellbeing of mothers.

*Come along, enjoy a coffee,
share experiences & make new friends*

Marvellous Mums

A friendly female only support group with support from healthcare professionals and GCC community officer

An opportunity to meet other expectant or new mums and to build a support network

Participation in well-being and mindfulness activities for the mother

Discussion groups and workshops to encourage mothers to help peers

Wellbeing Activities





Thank You & Any Questions?