

Group Guidelines

Our group guidelines have been compiled by group members, to help every one feel safe and respected within the group. If there is anything you would like to discuss or add, you will be very welcome to discuss this with your staff members.

—oo0oo—

We appreciate that you may need to be contacted by friends, family and professionals during the session. We request that you keep your phone on vibrate, make any calls or texts outside of the main room and refrain from using social media during the session. This rule is aimed at making everyone's Saplings experience an enjoyable one.

What is said in the room stays in the room. Please do not talk about other members or spread anything via social media about any other Saplings group members.

Please listen to one another and give everyone a chance to speak and state their opinion.

Please respect one another's personal space, opinion and privacy.

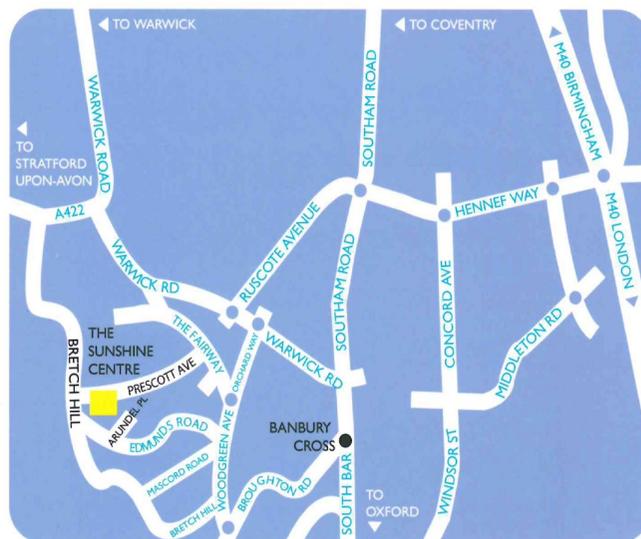
Please do not judge another group member. We are all different and in different situations for different reasons.

Only share what you feel comfortable to share.

You always have a right to pass during discussions etc.

Feel free to move around, at all times.

Registered Charity Number 1124335
Registered in England & Wales No 05876714



WHERE TO FIND US

The Sunshine Centre
Edmunds Road
Banbury
Oxon
OX16 0PJ

Tel: 01295 276769

Email: community@sunshinecentre.org

**Telephone: The Sunshine Centre on
01295 276769 for more information**

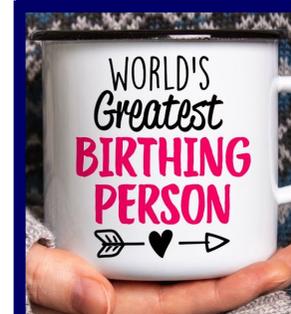
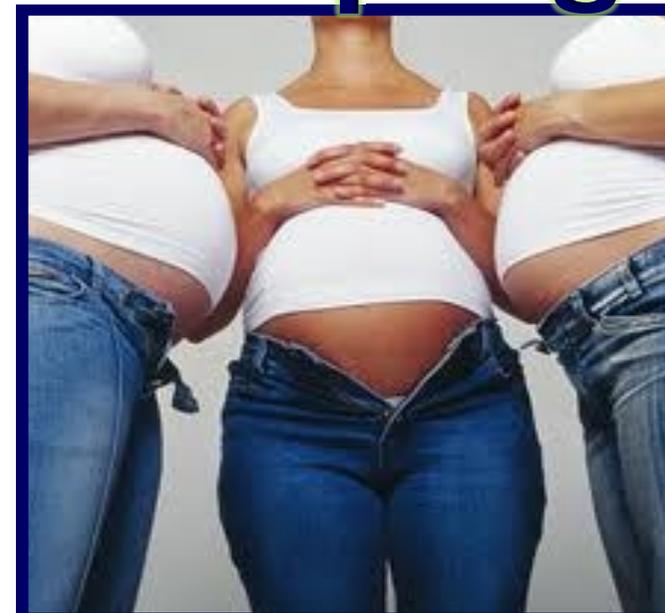
**Contact the Horton Midwifery Led Unit on
01295 229779 for medical advice**



The
**Sunshine
Centre**
SUPPORTING & ENCOURAGING COMMUNITIES

 **OXPIP**
Oxford Parent
Infant Project

Saplings



**Birthing people
welcome**

**A group for
parents to be**

*Run by The Sunshine Centre
& OXPIP
Your Community Midwives will
also be available to answer
any questions*

**Wednesdays
10.15am - 11.30am**



WELCOME

You have been referred to Saplings by your Community Midwife for extra support during your pregnancy. If you would like to you can attend every week, until baby is one month old. You can have all of your antenatal appointments at the Sunshine Centre, join in with our antenatal information sessions, access other services such as, support with housing and benefit advice, outreach support, 1-1 parent infant therapy, groups for you and your children or just come along for a cup of tea and a chat.



You don't have to be a first time parent to come along.

This service has an adult education focus. However we are aware that sometimes it is difficult to find care for your older child/ren and we would not want this to prevent you from attending. In these circumstances you can bring them along, but we encourage you to bring with them some toys or something which will engage them appropriately during this time.

Weekly Programme Example

10.15am - Welcome and time to socialise

11.00am - Weekly session (topic examples)

*Labour and giving birth
Attachment (bonding)
Looking after your new baby
Family mental health
Feeding baby
Staying healthy
Getting ready for baby
Baby massage and movement
Playing and learning with baby
Relationships*

11.30 noon - Session finishes

Weekly topics will be related to pregnancy, labour, childcare and taking care of YOU. If you would like a topic covered please ask a staff member and we will do our best to organise this for you.



WHO ARE WE?



Janine Beck
Community Midwife
Tel: 07564718525

I can support you with all of your antenatal and postnatal care. I deliver parent craft sessions with Saplings and offer emotional support and signposting.



Rachel Smith
Community Midwife
Tel: 01295 229776

I have over 25 years midwifery experience. I can support you with all of your antenatal and postnatal care.



Naomi MacQueen
Midwifery Support
Tel: 01295 229776

I can offer additional support at home after baby has arrived, and can offer you anything from a listening ear to help with feeding baby.



Katie Bailey
OXPIP Parent Infant Therapist

OXPIP has 4 therapists who work in Banbury and offer one to one parent infant therapy sessions. We can take referrals up till a baby is age 2. Katie can offer 45-minute drop in sessions to explore this further and make a referral.



Sharon Ellis - Children and Families
Community Worker
01295 27676

I am able to offer, baby massage courses through the Sunshine Centre, and can signpost you to various additional support.