

Making Connections in the Community – A Case Study

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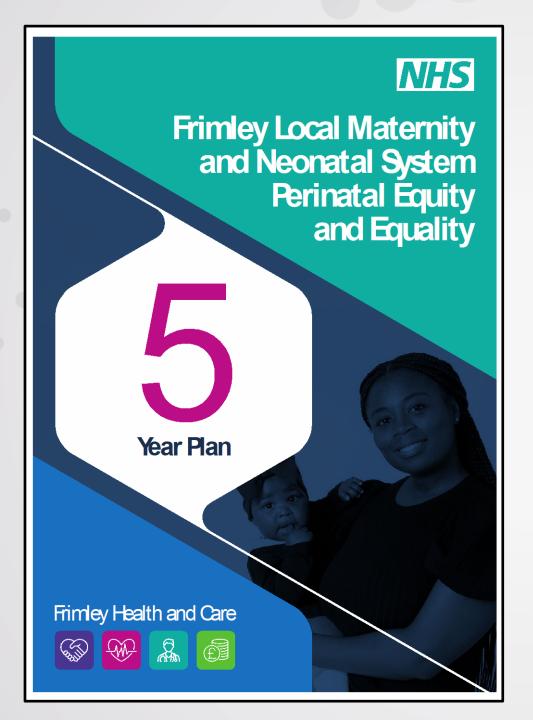


MNVP Co-Produced Projects Breastfeeding Peer Support

Developing a Frimley Trust Breastfeeding Peer Support Team

- Made up of local women, who are experienced breastfeeders
- Trained by the ABM
- Offering help, support and signposting on postnatal wards and Maternity Hubs









We want to hear your truth

How did you feel?
What were your experiences?
What can we learn to do better for the future?



We want to hear from women of Black, Asian, and Ethnic Minority backgrounds about their experiences of maternity care. This is so we can make **improvements to our future services.**

If you have had a baby at **Frimley Park or Wexham Park hospital** in the last year or if you are currently pregnant, then we would love you to attend a listening group of your choice.

Book using the QR code, email louise.harvey5@nhs.net or call 07493864881

- Mon 13/06 10am -12pm, Elliman Children's Centre, Slough
- Tues 21/06 12pm 2pm, Chalvey Grove Children's Centre, Slough
- Tues 28/06 10am 12pm, Farnborough Centre for Health,
- Wed 29/06 10am 12pm, Wexham Road Children's Centre, Slough
- Mon 4/07 10am 12pm, Princes Hall, Aldershot
- Wed 06/07 12pm 2pm at Farnborough Centre for Health



We appreciate that your time is precious and value your feedback so we are offering a £20 High Street voucher to everyone who takes part.

MNVP Co-Produced Projects Positive Birth Boxes

Make available in all birthing rooms props to create a calm, relaxed environment



- Fairy Lights
- LED candles
- Light projectors
- Positive birth affirmations
- Stress balls and acupressure combs
- Ideas cards for boosting natural oxytocin
- Ideas cards for positions to increase comfort and open the pelvis



ویکسم پارک بٔسپتال فرملی اور بچہ پیدا کرنے والی سروس اورنوذادہ آوازیں۔ باہمی اشتراک سے نوزادہ اوربچہ پیدا کرنےوالی سروس کو بہتر کرنا

آپ کی راۓ اہم ہے کیا آپ نے پچلے دو سالوں بچہ پیداکرنے والی سروس استمال کی ہے؟ کیا آپ اردو یا پنجابی کو آپنی پہلی ذبان سمجھتے ہیں اور انگریزی میں آپ کو دشواری کا سامنا ہے ؟

> فرملی اور ویکسم پارک ۂسپتال بچہ پیدااکرنے والی سروس اورنوذادہ آوازیں

آپ کےلیے سننےوالے گروپ کا انقاد کر رہے ہی جب: جمعہ 2 فروری2024 وقت: صبح 10بجھے کاک۔2کہاں:چہلوی گروہ چلڈرن سنٹر

آپ ہمیں آپنی راۓ سے آگاہ کری کے حمل کے دوران اور پیداش کے دوران اور بھد ۔ کیا آچھا تھا؟ اور کیا آچھا نہی تھا ؟ اور ہم اسے کس طرح بھتر بنا سکتے ہیے ؟۔

آپ کے وقت اور شرکت کے لیے آپ کا شکریہ ادا کرنے کے لیے ریفرشمنٹ اور واوچر دستیاب ہونگے ·بچوں اور چھوٹے بچوں کا بھی خیر مقدم ہے براۓ کرم مزید محلومات یا اگر آپ شرکت کرنے <u>chair@wexhamMVP.org.uk</u> کے لیے اس پر ای میل کریں سے قاصر ہیں لیکن پھر بھی اپنی راۓ سے آگاہ کریں





Your Opinion Matters!

Have you used the maternity services in the last 2 years? Do you speak Urdu or Punjabi as your first language and struggle to express yourself in English?

Frimley & Wexham MNVP are holding a listening group just for you!

When: Friday 2nd February, 2024

Time: 10am

Where: Chalvey Grove Childrens Centre, SL1 2TE

We want to hear **your** experiences of maternity care during pregnancy, birth and after:

What was good? What wasn't good? How could we make it better?

Refreshments will be available and a voucher to thank you for your time and participation. Babies and toddlers are welcome too.

Please email Chair@WexhamMVP.org.uk for more information or if you are unable to attend but would still like to give your feedback



Making connections in the community:

• Time

Commitment

Serendipity

Thank you for listening!