

Venues

Maryland Children's Centre
Buxton Road, E15 1QX
020 8534 8351

Newham Hospital
Glen Road, E13 8SL
020 7363 8026

Oliver Thomas Children's Centre
Mathews Avenue, E6 6BU
020 8821 0997

Plaistow Children's Centre
Junction Road, E13 9DQ
020 8548 5620

Rebecca Cheetham Children's Centre
Marcus Street, E15 3JT
020 8534 3136 and press 4 when asked

Training Suite, Gateway Surgical
Glen Road, E13 8SL
020 7363 8026

Newham Parent Education Team

Karen Gasper Lead Midwife
077998 95150

Maimunah Kisingo Midwife
Samira Young Midwife
Stella Ekwewu Midwife
Rebecca Alcindor Healthcare Assistant
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0207 363 8026

Newham Parent Education Team
Newham Hospital
Glen Road
E13 8SL

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Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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Patient information

Newham Maternity Services Parent Education Team

February 2017
Activity Brochure



The Newham Parent Education Team provides a wide range of antenatal classes and workshops for expectant mums and birth partners. We would like you to get as much benefit as possible from our tailor made services. Our classes are informative, fun, interactive and will prepare you for birth and beyond.

Antenatal Classes: Are five week evening classes or two day intensive courses. These sessions include stages of labour, relaxation, pain relief, caring for your new baby, life as new parents and more!

Waterbirth Workshops: Discover how labouring or giving birth in water enables you to have a gentle birth.

Relax for Birth Sessions: Learn how relaxation empowers you for labour and birth.

Maternity Unit Tours including Barking Community Birth Centre

Dadi Antenatal Day: A uniquely designed Antenatal class for expectant fathers to become empowered to support their partners during labour and beyond.

Breastfeeding Workshops: These workshops are definitely for you if you are considering breastfeeding or want to learn more about infant feeding.

Breastfeeding Groups are for antenatal and postnatal women.

There is a high demand for antenatal classes, spaces are limited so please book early from

24 weeks. Please telephone or email your requests.

Two-Day Intensive Course Dates:

| | |
|-----------------------|---------------------|
| 1 & 2 February | 10am - 4pm (spaces) |
| 2 & 3 February | 10am- 4pm (spaces) |
| 4 & 5 February | 10am – 4pm (spaces) |
| 7 & 8 February | 10am- 4pm (spaces) |
| 10 & 11 February | 10am – 4pm (spaces) |
| 14 & 15 February | 10am- 4pm (spaces) |
| 15 & 16 February | 10am- 4pm (spaces) |
| 18 & 19 February | 10am- 4pm (spaces) |
| 21 & 22 February | 10am- 4pm (spaces) |
| 23 & 24 February | 10am- 4pm (spaces) |
| 28 February & 1 March | 10am – 4pm (spaces) |

Five Week Course Dates:

| | |
|--------------------------|-------------------|
| 17 January - 14 February | 6pm- 8pm (full) |
| 19 January - 16 February | 6pm- 8pm (spaces) |
| 30 January - 27 February | 6pm- 8pm (spaces) |

Relax for Birth Course Dates:

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|-------------|---------------------|
| 4 February | 11am – 3pm (spaces) |
| 8 February | 11am – 3pm (spaces) |
| 11 February | 11am – 3pm (spaces) |
| 16 February | 10am – 2pm (spaces) |
| 17 February | 11am- 3pm (spaces) |
| 20 February | 11am – 3pm (spaces) |
| 22 February | 11am – 3pm (full) |
| 22 February | 10am – 2pm (spaces) |
| 23 February | 10am – 2pm (spaces) |

Dadi Antenatal Day:

| | |
|-------------|--------------------|
| 25 February | 10am- 4pm (spaces) |
|-------------|--------------------|

Waterbirth Workshop Course Dates:

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|-------------|-------------------------|
| 9 February | 10am – 12.30pm (spaces) |
| 23 February | 10am – 12:30pm (spaces) |

Breastfeeding Workshop Course Dates:

| | |
|------------|------------------|
| 7 February | 6pm - 8pm (full) |
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Weekday Maternity Tour Dates:

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|-------------|--------------------|
| 14 February | 2pm - 3pm (spaces) |
|-------------|--------------------|

Breastfeeding Drop – In Group Dates:

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|----------------------|--------------|
| 9 January - 27 March | 2pm - 4.30pm |
|----------------------|--------------|

Rebecca Cheetham Children's Centre

Marcus Street, E15 3JT

(Please note the children's centre is closed on Bank Holidays)

Course Prices:

| | |
|--------------------------|------|
| Two Day Intensive Course | £260 |
| Five Week Course | £210 |
| Relax for Birth session | £85 |
| Waterbirth Workshop | £55 |
| Dadi Antenatal Day | £130 |

These courses will be offered **free** to all Barts Health women and your birth partners if you are receiving care at Newham Hospital, Community Midwifery Practices or the Barking Community Birth Centre.

Venues

Barking Community Birth Centre
Upney Lane, IG11 9LX
020 3644 2450

Beckton Globe Library
1 Kingsford Way, E6 5JQ
020 3736592 / 020 3373 0853

Kay Rowe Children's Centre
Osborne Road, E7 0PH
020 8534 4403