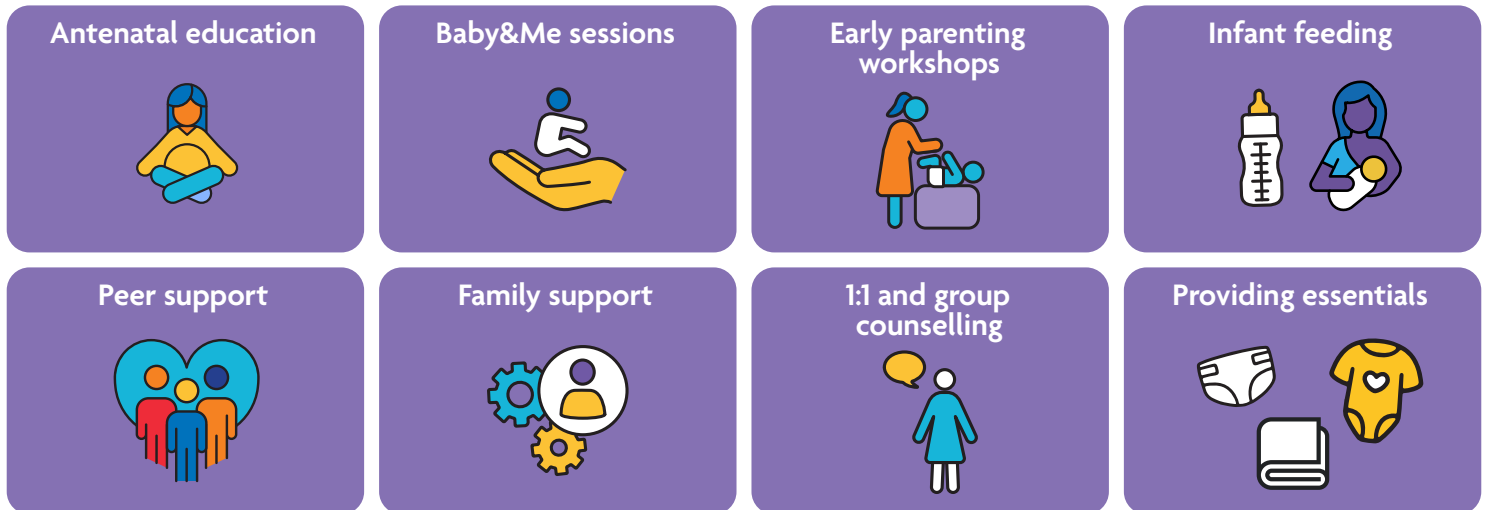


NEWHAM NURTURE PATHWAY

WHAT IS NEWHAM NURTURE?

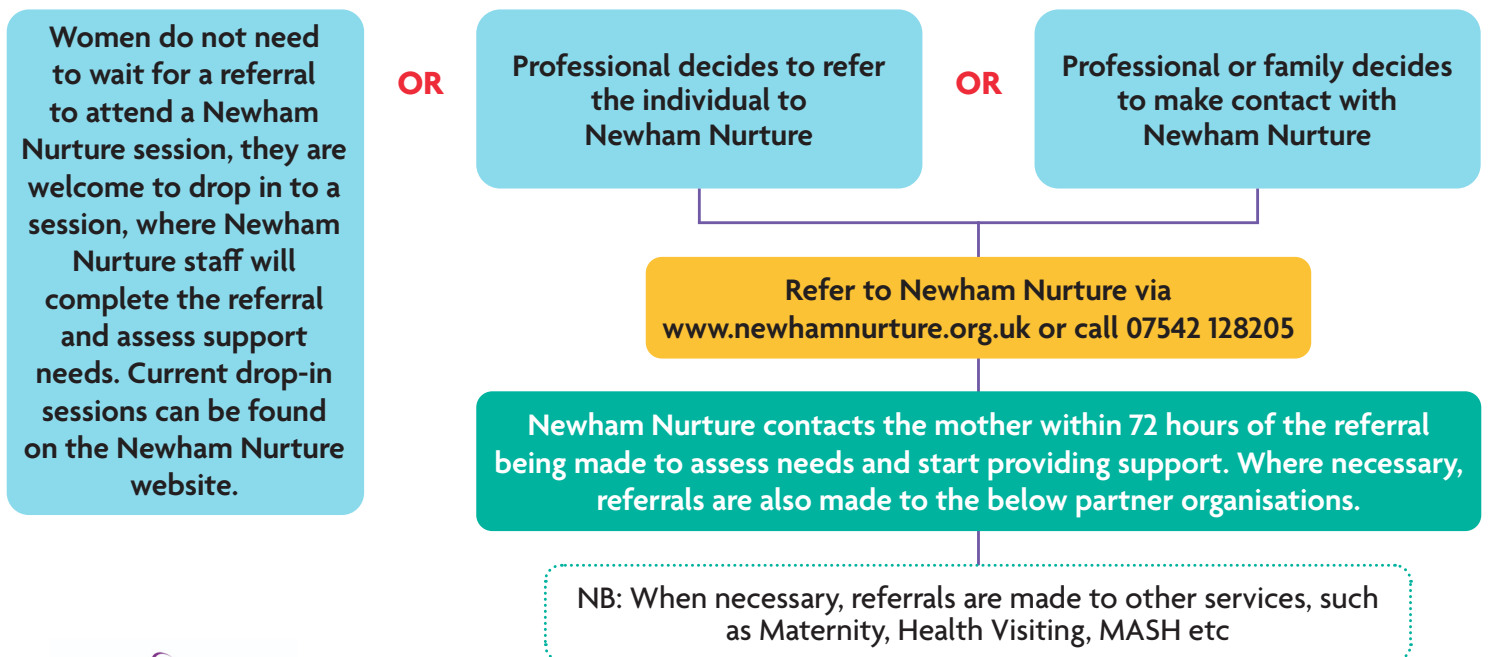
Newham Nurture is a community partnership with the National Childbirth Trust (NCT), Alternatives Trust and The Magpie Project. The programme supports asylum and refugee women, and those with no recourse to public funds through pregnancy and up to two years after birth.

Examples of what Newham Nurture can support with:



PATHWAY

NB: Newham Nurture encourages women to be referred as early as possible in pregnancy to prepare the mother for birth and provide other offers of support relevant to the circumstances of the individual.



Partner organisations



WE ARE NEWHAM.

NEWHAM NURTURE PATHWAY

CASE STUDIES

PREGNANCY SUPPORT

Fatima is 21 weeks pregnant with her first child, she is seeking asylum and is new to the UK. She is feeling isolated and doesn't feel confident speaking English. Fatima is registered with Newham's Acorn midwifery team and is attending her appointments regularly; she is due to give birth at Newham University Hospital. The midwife referred Fatima to Newham Nurture so she can meet other pregnant women and attend antenatal sessions to learn more about her pregnancy. Fatima is also wanting to feel more prepared for the birth as she doesn't yet have the essential things she needs for when the baby is born.



The midwife completed a professional referral with mother's consent, through the Newham Nurture website www.newhamnurture.org.uk. Once the referral had been made, Fatima received a phone call from Newham Nurture with an interpreter, within 72 hours. Fatima was then added to the Newham Nurture pregnancy Whatsapp group and invited to the next antenatal session, where she could meet other pregnant women and learn about pregnancy, labour, birth and guidance claiming the maternity grant. Her needs were also assessed and a support plan was put in place, with referrals to other organisations made as necessary. Fatima was encouraged to attend Newham Nurture's weekly antenatal sessions until she gave birth. When she gives birth, she will be invited to attend Baby&Me sessions to meet other new mums, attend workshops and learn more about caring for her baby and receive baby feeding support.

AFTER BIRTH SUPPORT

Amber is a mum of three children, with two under the age of two years. Her and her family have no recourse to public funds. She is new to Newham and was referred to Newham Nurture by her Health Visitor, to help her meet other families and receive early parenting support. On assessment by a Newham Nurture staff member, Amber was added to the Baby&Me WhatsApp group and was invited to attend weekly sessions. She received a schedule that included workshops on infant feeding, introducing solids, caring for mum and baby, sexual health and family planning and baby first aid. It was noted that Amber required immigration and housing advice and was referred to the appropriate organisations that could support her.



PEER SUPPORT AND COUNSELLING

Denise has a one and three year old child and is new to the UK. She is feeling low, alone and finding it difficult to settle into her new surroundings and find friends.

She was referred to Newham Nurture by a family Navigator. After an initial phone call by a Newham Nurture staff member, a peer supporter met Denise at her home and accompanied her to the Baby&Me play session where she and the children were able to meet other families. The peer support volunteer met with Denise regularly to help familiarise her with the area and services available, and provided a one-to-one non-judgemental space to talk. Denise was also offered one-to-one or group counselling and a space for her children in the crèche.

