

ACP FAMILY WELLBEING CENTRE

Women's Wellbeing Hub Spring Newsletter



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Wellbeing Services

Spring is in the air! The clocks have gone forward, the evenings are lighter, Covid restrictions are slowly lifting and our Spring newsletter has arrived in your inbox. Our family wellbeing centre continues to support families and communities across the City. These last three months our wellbeing team has been working hard and supporting physical, mental and emotional help with a range of daily activities to keep people connected, feel better and live well through these challenging times. You can see all of our current wellbeing services on our website; Women Wellbeing Hub | ASHIANA COMMUNITY PROJECT (rit.org.uk) Our sessions since the start of the New Year have included, virtual run clubs, online Bhangracise, Toning & Strengthening sessions and Yoga classes. We have craft sessions and ran face mask sessions, we have covered nutrition and smoothie making and journaling for mental health. Our digital inclusion sessions are supporting women to upskill. The participation and feedback has enabled us to support the local and reached out wider and in times of adversity, communication and keeping spirits lifted is the key!



New Projects for 2021

GET INVOLVED IN OUR NEW EXCITING PROJECTS

Did you know that Pakistani women have the highest rates of infant mortality in Birmingham? ACP Women Wellbeing Hub are starting a project that aims to improve the health outcomes of BAMW women, during and after pregnancy including those who are wanting to start a family. The health programme will be accessible through your local GP, maternity provision or self referral; providing information on healthy eating from conception and encouraging positive lifestyle changes to ensure both mother and child have the best possible start in life. This is following shocking statistics that infant mortality is the leading cause for premature death, where the number of child deaths in Birmingham (3rd highest in England) are disproportionately higher across England. Infant mortality is highly correlated with poverty, in Birmingham 28.1% children live in low income families compared with 17% nationally.

We would like to interview pregnant women, new mums and mums to be, to discuss their experiences of birth, their lifestyles and the support provided during and after their pregnancies.

So if you are:

- Pakistani
- Mother of a child under 2 years
- Pregnant
- Looking to start a family

We would love to hear from you and based on the findings we are looking to run workshops with a Paediatrician to provide hands on practical advice and guidance for you and your baby. This will enable us to also further enhance and shape future projects to offer high quality care for pregnant mothers and potentially reduce the high risks associated with children born with health complications with increased chances of mortality.

All those interviewed will receive a complimentary wellbeing pack and access to our free women's wellbeing services.

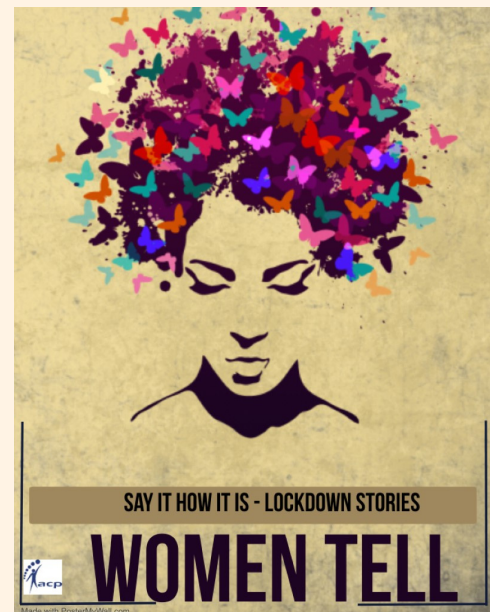
For more information or to get involved you can email us at womenwellbeinghub@gmail.com





Join our free 12 week exclusive health and wellbeing programme

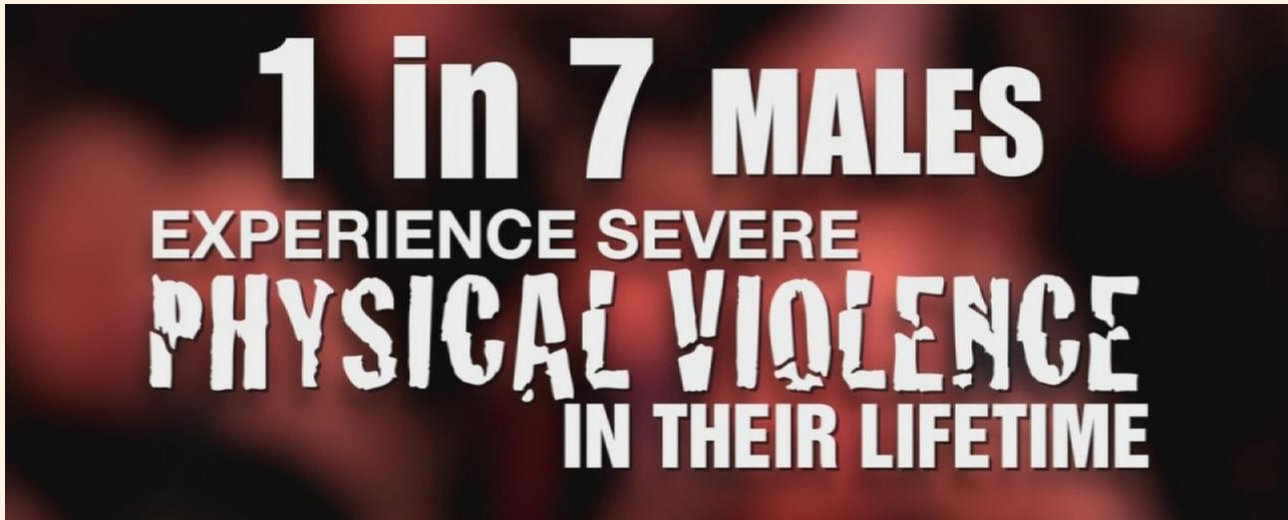
Spring is the perfect time of year to start a new regime and if you are looking for some motivation and need some support in getting fit and making healthier choices to enhance your wellbeing, then get in touch with us today! We have a dedicated programme to support BAME women in the community. It's been designed by BAME women for BAME women!



RAISING AWARENESS IN THE COMMUNITY OF THE IMPACT OF MENTAL HEALTH

We are also keen to hear from you about how you have coped during the pandemic and would love to hear from you we are collating a collection of stories from BAME women to inspire others and share their highs and lows and provide a source of comfort to those who may feel alone during these challenging times. If you have an experience that you feel could benefit someone in the community then get in touch with us. You can share a story anonymously.

THE RISE IN DOMESTIC VIOLENCE



OUR WELLBEING HUB HAS BEEN SUPPORTING BOTH FEMALE AND MALE VICTIMS.

The rise in numbers of cases of domestic violence has risen dramatically since the start of the pandemic. Our team has been busy with advising, signposting and supporting victims of domestic violence. We have since the start of this year provided coaching and wellbeing support to both female and male victims, Our family wellbeing centre has seen an increase in the number of male victims coming forward from BAME communities and using our services to support their needs. Our advice teams have been able to provide financial advice and guidance and the wellbeing hub have been supporting mental and emotional health.

Contact us

General Enquiries: info@acpgroup.org.uk

Womens Wellbeing Hub: womenwellbeing@gmail.com

Call our office

Telephone: 0121 6876767

www.acpgroup.org.uk