

# Meet the team!

## Kelly

Peer Support Worker

I joined the Perinatal Team in June 2020. I have a real passion for supporting others through their recovery journey. I really enjoy writing, poetry, walking and my favourite colour is green.



## Laura

Peer Support Worker

I joined the team in November 2020 & love empowering & supporting others. Interests: nature, baking and music



## Catherine

Senior Occupational Therapist

I've worked in the perinatal team since October 2018. I enjoy designing and facilitating groups. I also love wild swimming, walking, crafts, foraging, and cats!



## Nicola

Occupational Therapy Assistant

I started with the team in December 2020. My interests are bike rides, sugar craft and my dog!



## Find out more

Scan this QR code to find out more and sign up for our groups



## Perinatal Community Mental Health Team

Online Occupational Therapy and Peer Support Work  
Antenatal and Postnatal Groups

# PEER Drop In Sessions

**PEER - (Parents Empowering Each other's Recovery).**

Drop in sessions run by Laura and Kelly our Peer Support Workers. A non-judgmental space to connect, support and hold hope for each other during your recovery journey.



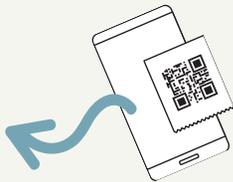
Monday's (fortnightly) 10am-11.30am  
Thursday's (fortnightly) 1pm-2.30pm

Alternates each week.

## Sign up!



Scan the QR code with your phone



Please note groups will not run on bank holidays and are subject to change due to annual leave.

# Groups



## PREPARE (antenatal)

**PREPARE - (PREparing for PAREnthood)** a group for antenatal women.

Over 3 interactive webinar sessions we will discuss the following themes:

- Expectations of motherhood
- Changes that happen
- Planning and preparation

Duration: 3 weeks

## MUMs (postnatal)

**MUMs - (Mums Understanding Motherhood)** is a 3 session interactive webinar for postnatal women.



We will discuss the following themes:

- Daily life
- Co-occupations (doing together)
- Home, work, leisure

Duration: 3 weeks

## Photography



Using photography we will explore motherhood and identity.

We will use abstract photography to express emotions and explore how we see and experience the world around us.

This group is open to people who are antenatal and postnatal.

Duration: 6 weeks



## Creative journaling

A space to express yourself and explore your journey of recovery.

Whether you're right at the start or further along that path, this group brings you together to explore this in a creative way. We will use different activities such as writing, drawing, scrapbooking, poems, art and comics. This group is open to people who are antenatal and postnatal.

Duration: 6 weeks