

## Supporting you through pregnancy & beyond



# H.E.N in Pregnancy

Our H.E.N in Pregnancy course provides support on a range of topics to help you stay well during your pregnancy. The H.E.N in Pregnancy team include our Registered Midwife and Public Health Specialists who provide evidence based advice to support your health and wellbeing.

H.E.N in Pregnancy runs for six weekly sessions, with topics covering:

- Nutrition in pregnancy
- What to expect during labour & birth
- How to build healthy habits
- Gentle exercise for pregnancy
- Managing your mental wellbeing
- Visits from local family support organisations



## During our H.E.N in Pregnancy course we:

- Create a relaxed and supportive atmosphere
- Have lots of opportunities to ask questions
- Invite birth partners to labour & birth session
- Help you to build your village of support

## To join our H.E.N in Pregnancy course you will be:

- Living in North Somerset
- Pregnant
- Able to attend a minimum of four sessions

### You can:

- **Ask** your Midwife to refer you,
- **Scan** the QR code to register or
- **Email** [hen.pregnancy@n-somerset.gov.uk](mailto:hen.pregnancy@n-somerset.gov.uk)



# Postnatal H.E.N

Our Postnatal H.E.N course aims to support your recovery from pregnancy & birth. Our postnatal team includes our Healthy Lifestyle Advisor and qualified pre & postnatal Personal Trainer who can provide advice to keep you healthy during parenthood.

Postnatal H.E.N is a 12 week course for those who are ready to make change, focusing on healthy lifestyle including nutrition and fitness.

Topics covered include:

- Eating well for parenthood
- Creating your own health goals
- Food labels & portion sizes
- Support to increase your strength & fitness
- Sharing recipes & healthy swaps



**During our Postnatal H.E.N course we:**

- Have a healthy lifestyles workshop
- Take part in gentle exercise
- Support your parenting journey
- Welcome babies to attend with you

**To join our Postnatal H.E.N course you will:**

- Live in North Somerset
- Have had a baby in the last 12 months
- Had your 6 week postnatal check up & cleared by your GP to begin gentle exercise

**You can:**

- **Scan** the QR code to register,
- **Ask** your Health Visitor to refer you or
- **Email** [healthylifestyles@n-somerset.gov.uk](mailto:healthylifestyles@n-somerset.gov.uk)



# What our 'HENs' say

*"I absolutely loved this course, it has built my confidence.  
Thank you so much!"*

"I've also been more aware of food labels & looking at healthier options."



"Session on giving birth was fantastic - made me feel lots more confident."

## TESTIMONIAL



Postnatal HEN has been the starting point to living a healthy lifestyle. I have learnt sustainable habits and I have increased my confidence in a supportive and non-judgemental environment. I have learnt how to safely exercise after having a baby which has encouraged me to be more active.

"It's made me happier & more at ease with my pregnancy."

# Benefits of H.E.N

## Why join H.E.N?

- Receive specialist advice on nutrition & exercise
- Make small, sustainable changes to improve your health
- Gain support for both your physical & emotional wellbeing
- Paid time off from your employment to attend\*
- Meet others who are pregnant or recently had a baby
- Find out about local organisations who support parents & families
- Receive incentives to help you stay active during pregnancy & after birth

## Our Supporters

Our H.E.N courses are supported by local organisations and teams who work with parents and families throughout pregnancy and after birth.

Scan the QR codes to find out more about our supporters.



North Somerset







## More support during pregnancy & parenthood



Breastfeeding Support  
Clevedon, Yalton and Yeo



BreastfeedingSupport  
WESTON

