Background Information:-

This lady had just moved into the area, she booked her pregnancy and made it quite vocal she would like to join as many antenatal groups or classes as possible, it was her first baby and she had no family or friends around they were all living a distance away it was just her and her partner.

Intervention:-

Our antenatal programme Welcome to World was offered, on the first week she arrived quite early so she could have a chat and explained she was new to the area, it was first baby and that she was very nervous joining the group, she felt isolated due to her family and friends being a distance away.

As we would with all our ladies we made her feel at ease, and gave her plenty of reassurance. Over the duration of 5 weeks, this ladies confidence grew. She became friendly with the other ladies and built up a really good relationship with them.

Outcome:-

The last week, these ladies swapped contact numbers and social media pages. They arranged to meet for coffee. This lady went on to have a healthy beautiful baby as did the other ladies, they now all meet up to attend baby groups, this lady was so thankful and felt she had made friends for life due to being offered Welcome To The World, she was so grateful.