healthwatch
Bedford Borough

A monthly newsletter brought to you by Healthwatch Bedford Borough

Top stories in this newsletter

i-learn Group – Kingsbrook Primary School

The re-launch of the Midwifery Led Birthing Unit at BHT

Top Story - The re-launch of the Midwifery Led Birthing Unit at BHT

On Saturday 26th January 2019, Healthwatch Bedford Borough attended the re-launch of the Midwifery Led Birthing Unit at Bedford Hospital, Cygnet Wing. The Acorn Suite provides women with additional birthing options.

The suite is organised and run by midwives and offers low risk women, midwife-led care, home-from-home surroundings, the latest birthing aids to encourage active birth, birthing pools and early discharge home following delivery. The aim is to offer 'one to one' care designed to suit each parent's requirements throughout labour, during birth and in the immediate post-natal period

i-learn Group – Kingsbrook Primary School

Healthwatch Bedford Borough representatives visited the i-learn group and met with some of the group members. i-learn is a new and exciting group where women can socialise, learn new skills and share experiences. Sessions include topics such as: sewing, crafts, swimming, English classes and many more.

The group is currently made up of mainly ethnic minority women, parents and toddlers. Women from all communities are welcome to join also. The group consists of a diverse age range, varying between 20 to 60 yeas of age. The attendees expressed their feelings of being very comfortable and supported at the group.

HBB gave a formal overview to the group on our health and social care involvement in the Borough. This welcomed open table discussion regarding personal experiences, which lead to some beneficial signposting for HBB.

Mental Health First Aid Event

Healthwatch Bedford Borough attended the Mental Health First Aid (MHFA) Training event on the 26th January 2019. This half day MHFA event was held at the Queens Park Community Centre. The course was run by Our Minds Matter and hosted by Queens Park Community Orchard.

It was intended to focus on families with lived experience of mental health issues. The event helped attendees become more self-aware about their own mental health and to gain a basic awareness of mental health illnesses and how to help themselves and others around them.

Healthwatch Bedford Borough had an opportunity to explain the work of its services generally to the meeting.

The event was attended by approximately 20 people from different ethnic backgrounds and in general people found the content both interesting and of practical assistance to them.

"A strong voice for local people"