

## Gianna Baby Bank Plus and



## Hypnobirthing for the Community!

Hypnobirthing supports women and their partners to find ways to manage any anxiety and fear they may have around birth.

Catholic Care uses the Wise Hippo programme, studied by many NHS professionals. Their deep relaxation techniques reduce stress during pregnancy, birth and help to manage pain. This can be helpful no matter how you choose to birth your baby.

Belief and trust create confidence, allowing you to have the right birth for you.

Suitable from 20 weeks pregnant onwards. The programme will be delivered initially on line and then in person when allowed. We envisage that it will take between 4-7 weeks to complete all the programme depending on the length of the sessions.

All participants will receive a handbook and access to a range of online mp3 tracks video clip and support information.

If you're interested in attending a course currently, please contact Janet Kent at Catholic Care on 07739975008 or email at [Janet.kent@catholic-care.org.uk](mailto:Janet.kent@catholic-care.org.uk)