

A list of support groups and resources for Neonatal Parents

This list has been pulled together with the recognition of the real challenges that families will have during the COVID 19 episode – there are some that are locality specific & other that are wider and on the later pages some that relate to C19 specifically, we hope you can share them with staff and families.

You can find the links to these via the NWNODN website: <https://www.neonatalnetwork.co.uk/nwnodn/>

Lancashire and South Cumbria

Believe in Miracles – L&SC Family Support Group launched w/c 30th March 2020

<https://www.facebook.com/groups/believeinmiracleslsc/>

Healthier Lancashire and South Cumbria have put together a guide to some of the mental health support resources available across Lancashire and South Cumbria:

<https://healthierlsc.co.uk/MentalHealthSupport>

Greater Manchester

Bolton Neonatal Unit Special Care for Babies Facebook group - not a support group as such but lots of activity around sharing parent stories - <https://www.facebook.com/groups/221502948011313/>

NICU babble (St Mary's) - not a support group as such.

<https://www.facebook.com/groups/1201306916630708/>

NEST Wythenshawe NNU group - not a support group as such <https://www.facebook.com/NEStatMFT>

Spoons Charity - Support for families in GM

Closed parent support group - <https://www.facebook.com/groups/SPOONSMCR/>

Website <https://www.spoons.org.uk/>

Email care@spoons.org.uk

Online support during the COVID-19 situation for GM parents only

Accessed via: care@spoons.org.uk

- WhatsApp group just for parents who are currently on the unit and can be accessed initially by texting 07920 026 035
- Weekly online baby yoga sessions
- Weekly online kids yoga sessions
- Weekly online or telephone mental health check-ins (by appointment call 07920 026 035)
- Weekly virtual parent chat groups via Zoom
- Mindfulness and meditation sessions (tbc)
- We can also offer financial support to families in crisis
- Support units with the purchase of items to help families
- We are also starting to do online quizzes and games as social events for families

Cheshire and Merseyside

Dinky Devas - <https://www.facebook.com/groups/165208040653944/>

Supporting families who have had babies in the neonatal unit at the Countess of Chester hospital. Support available via closed Facebook group and WhatsApp email: dinkydevas@gmail.com for more information

Wire Warriors Facebook group (Warrington area) <https://www.facebook.com/wirewarriors/>

We are here for parents who have spent time with a baby in Warrington hospital Neonatal unit (or are local to the area but spent time in another NNU). Premature, sick, long stay, short stay, whatever your story you are ALL welcome.

Neonatal Natter – <https://www.facebook.com/groups/289504641410211/>

Neonatal Natter is a group to support all families who have had a baby in Ormskirk Neonatal Unit.

Neomates - <https://www.facebook.com/groups/NeoMatesUK/>

NeoMates is a group to support all families who have had a baby in a neonatal unit.

NeoMates Liverpool <https://www.facebook.com/groups/1832896096926149/>

A peer support group for parents & families who have had a baby on the Neonatal Intensive Care Unit at Liverpool Women's Hospital.

Across NWNODN

Peeps HIE Charity Supporting families of babies who experience a HIE event

Website www.peeps-hie.org

Email info@peeps-hie.org

Closed parent group for those affected by HIE (run by parents not Peeps) - The HIE Network Forum

Tommy's – Help and support

Through our clinics, research centres, pregnancy information service and support line run by the team of Tommy's midwives, we are here to support parents and families who lose a baby, experience premature birth and to help everyone have a safe and healthy pregnancy.

<https://www.tommys.org/>

Infant Feeding:

Wigan have set up a **virtual clinic for infant feeding problems** via attend anywhere.

This can be accessed at <https://nhsattend.vc/WWLInfantfeeding>

Homestart Infant Feeding Support - Oldham Stockport & Tameside - 07802 883947

Association of Breastfeeding Mothers:

<https://abm.me.uk/how-lactation-works/>

<https://courses.abm.support/courses/team-baby-getting-ready-to-breastfeed/>

Face COVID-19 0 <https://smalltimemum1.wordpress.com/>

The link above takes you to a blog that has lots of links to support families might find helpful including:

- Overview of online perinatal mental health support
- Online Perinatal Mental Health Peer Support groups / forums
- Perinatal mental health charities offering their support in new ways during the isolation period
Maternal Mental Health Online Courses
- Useful details of national mental health charities and groups
- Regional perinatal mental health support in their usual form
- Support for BAME mums
- Other groups/apps/organisations that provide support to mums
- Breastfeeding Support
- Covid Support

- Support Resources
- Suicidal thoughts / Help in a crisis
- Perinatal Mental Illnesses and their symptoms

Maternal Mental Health Alliance

<https://maternalmentalhealthalliance.org/news/mmha-members-offer-reassurance-amid-coronavirus-outbreak/#more-6633>

PATH – Parenting through Coronavirus

<http://path-perinatal.eu/uk/covid.html#!#c4>

Looking After Yourself During The Coronavirus Outbreak (taken from <https://v2.bigwhitewall.com/resources/article/looking-after-yourself-during-the-coronavirus-outbreak>)

Public discussion of COVID-19 can be distressing, and it's normal to experience symptoms of stress. The information below explains how to manage your emotional wellbeing if you feel affected by the Coronavirus outbreak, are self-isolating or social distancing.