

Happy Mum, Healthy Bump

Specialist Weight Management Service

What we offer?

We can support you to have a happy and healthy pregnancy, and to help you manage your weight both during and after pregnancy. As a result of Covid-19 we are currently providing telephone consultations instead of face to face clinics.

How to access the service?

- Midwife or GP referral
- To self-refer or to find out more information contact us directly on **01942 483 370**

Who are we and what do we do?

You will be supported by a physiotherapist and dietitian who will not only help you with your weight but also help you with the following:

- ◇ Pregnancy related symptoms such as nausea, heartburn, constipation, incontinence
- ◇ Sleeping positions
- ◇ Safe activity
- ◇ Pain management
- ◇ Pacing
- ◇ Postural advice
- ◇ Optimising nutrition for you and your baby
- ◇ Emotional eating
- ◇ Food safety
- ◇ Meal planning
- ◇ Routine



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request.

Please contact:

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