**Starting Well programme information for professionals**

The starting well programme aims to improve health outcomes for children from preconception to two and a half years by offering a range of services for those most at risk of poor outcomes, including Black, Asian and Minority ethnic groups and those living in the most deprived areas of Luton. In addition to the programmes listed below, the family can access one to one support during their pregnancy and post-natal journey.

**Antenatal**

**ESOL for pregnancy**

This programme supports pregnant women with developing their English language skills with a focus on pregnancy and birth. These sessions aim to help enable women to be able to talk to their midwife and health visitor, increase their understanding of the importance of a healthy pregnancy for their baby’s health and development and build their confidence in asking and understanding questions about pregnancy, birth and their baby.

**Suitable for:** Pregnant women with limited English

**Healthy Pregnancy Club**

This programme provides social support and key information for a healthy pregnancy and includes sessions with and without partners. There are women only sessions that focus on mother’s health (eating well for pregnancy, physical activity and mental well-being) and sessions for partners to join that focus on baby’s health (labour and birth, feeding and sleep, safety and illness). Mothers will be encouraged to attend all 6 sessions but will be able to join individual sessions as necessary.

**Suitable for:** Pregnant women living in Dallow or South wards

**Postnatal**

**Starting Well**

This programme provides social and emotional support to new mothers and information on feeding, attachment, sleep, parenting practicalities and physical well-being.

**Suitable for:** New mothers living in Dallow or South wards

**Families, feelings and food** *Coming soon (Autumn 2021)*

This programme is based on the 5 ways to wellbeing (Take notice, keep learning, be active, give and connect) and supports parents with positive parenting and healthy lifestyles.

**Suitable for:** Parents with children aged 6 months to 2.5 years

**Family Activity sessions**

A range of subsidised activities for pregnant women and families with young children to help them get more active.

**Suitable for:** Pregnant women and families with young children

**In addition the above programmes families will be able to access our universal services. For more information visit** [**www.flyingstartluton.com**](http://www.flyingstartluton.com) **\***(from September 2021 Farley and Northwell wards will be included)