

# Oxford Mutual Aid

## Guide for New Parents & Maternity



[oxfordmutualaid.org](http://oxfordmutualaid.org)

## Emotional support and community

### **The Virtual 'MotherKind' Cafe**

An online community out of the MotherKind initiative that was set up out of Flo's in the Park, to provide an honest open space to talk about motherhood and mental health. Find the Facebook group [here](#).

## Birth Preparation

### **BirthBabyBalance**

An Oxford-based birth preparation and new parent support. They offer:

- 2 virtual baby groups per week on Facebook Live, via text chat on Facebook on Monday 10:30am and Wednesdays 10am
- Interactive 'Chat' session at 11am on Friday to answer questions about pregnancy, birth and early parenthood
- Coming soon: A breathing for Labour class online
- Antenatal classes - 1:1 via video link (for a fee)

You can also look at YouTube for 20 short videos with lots of information about labour and birth. Check out their Facebook page [here](#).

## Doula support

### Developing Doulas

A wide range of doulas who are offering remote support over the phone in early labour, including a range of free and 'pay what you can afford' options. See [their website](#).

### Nightingale Birth Friend

They offer Birth Support Services in Oxfordshire and Berkshire. You can check out [their website](#).

## Breastfeeding Support in Oxfordshire

### Oxfordshire Breastfeeding Support

They offer a [Facebook group](#) for anyone who is pregnant, breastfeeding, providing breastmilk for a baby, or looking to. Mondays, 11am till noon, is their Facebook happy hour: you can chat and ask questions in real time. They also offer free 1 to 1 support on video or over the phone. You can fill in the form to ask for help [here](#).

### La Leche League Oxford

They are holding online meetings once a week via Zoom. These meetings are an opportunity to chat with other people with similar experiences, and get reliable information and support from trained breastfeeding counsellors.

Invitations to the meetings will be posted in the [Facebook group](#), and in emails that you can sign up for [here](#). They start at 10am, and last for an hour. You can find the timetable of meetings on their website [here](#).

# National Breastfeeding Support

## The Breastfeeding Network

They offer a range of resources, including helplines. Check out [their website](#) for a breakdown of support on offer throughout the crisis.

## The National Breastfeeding Helpline

Part of the Breastfeeding Network, this Helpline offers volunteers who have all breastfed themselves, and have received extensive training.

Rydyn ni'n cefnogi mamau trwy'r gyfrwng y Gymraeg – ffoniwch 0300 100 0212 ac wedyn gwasgwch opsiwn 1.

W naszej ofercie nowy serwis z informacjami dotyczącymi karmienia piersią i emocjonalnym wsparciem mam w języku polskim. Zadzwoń pod numer 0300 100 0212 po czym wybierz 2

## Supporterline

A helpline run by BfN Registered Breastfeeding Supporters. Supporters are mums, who have breastfed their own babies and who have received extensive training in providing breastfeeding information and support. They work on a voluntary basis and are based in their own homes.

## Drugs in Breastmilk Information Service

The service offers evidence-based info on the safety of medications and treatments during breastfeeding. Find factsheets [here](#). You can follow the [Facebook page](#), or email [druginformation@breastfeedingnetwork.org.uk](mailto:druginformation@breastfeedingnetwork.org.uk).

For specific questions about medication and medical treatments while breastfeeding, send a private message to the [page](#), or email [wendy.jones@breastfeedingnetwork.org.uk](mailto:wendy.jones@breastfeedingnetwork.org.uk).

## Helplines

### 0300 100 0212

National Breastfeeding Helpline. Open every day, 9.30am-9.30pm.  
English, Welsh, Polish

BSL users in Scotland go to [contactSCOTLAND-BSL](#).

### 0300 456 2421

Breastfeeding Network Bengali/Sylheti Helpline

### 0300 100 0210

Breastfeeding Network Supporterline

## 'Baby Wearing'

For a comprehensive list of national and local sling libraries and consultants who are offering support during the crisis, you can go [here](#).

The document has information about the kinds of services they are offering, links to contact details and Facebook groups, as well as specific info about hiring and purchasing.

## General Parent and Baby Health Videos

### Global Health Media

They offer video series that cover a range of topics related to pregnancy and baby care that you can access for free [here](#).

These videos are available in English, as well as in a wide range of languages. Go to the website to find out more.

The topics covered include:

- Nutrition
- Small Baby
- Newborn
- Childbirth
- Breastfeeding

## Support for Fathers

### The DadPad

The DadPad looks to give fathers important information on what to expect and how to care for their baby. They offer a guide you can purchase, that was developed with the NHS. Check it out [here](#).