

Cost

As a charity, funding is an issue. If you are able to, you are asked to make a small financial contribution of £2, to be paid at the start of each session.

We have a gift aid system if you or your partner are in employment. Please ask for a gift aid form to sign and use the envelopes provided.

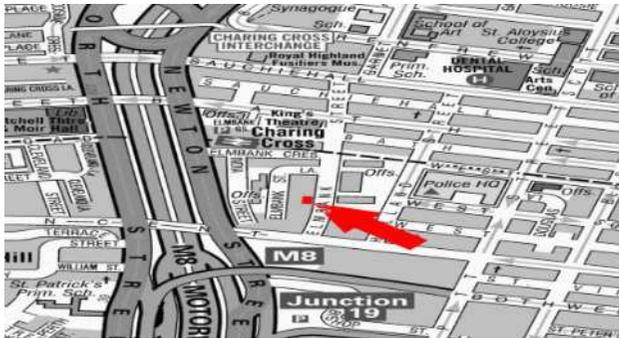
Referral

You can contact the service directly by phoning us or you can ask for a referral to be made by your Community Midwife, GP or Health Visitor.

All parents can have access to our policies and procedures on request. For further information about the Baby Massage Group or our counselling service please contact us.

Location

The Centre is located on Elmbank Street which runs from St Vincent Street to Sauchiehall Street in the area of Charing Cross Glasgow. It is about halfway up Elmbank Street next to the Scout shop. Charing Cross station and car parking is nearby. Level access is available for pushchairs and wheelchairs via the back door of the centre in Elmbank Street Lane.



23 Elmbank Street, Glasgow G2 4PB
Tel: 0141 221 3003 Fax: 0141 248 8452
Email: bluebell@crossreach.org.uk
www.crossreach.org.uk/antepostnatal-depression-bluebell-pnd-service



BABY MASSAGE SUPPORT GROUP

BLUEBELL PND SERVICE

Private and Confidential Support for Parents & their Children

TOM ALLAN Counselling CENTRE

23 Elmbank Street
Glasgow G2 4PB
Tel: 0141 221 3003



Introduction

Teaching baby massage to mothers struggling with Perinatal Depression/Anxiety has many beneficial effects. (It works best with babies from birth to not yet crawling)

Benefits for the Baby

- It can soothe comfort and relieve stress
- It can help with digestion.
- It can improve sleep patterns
- It can strengthen the cardiovascular and immune systems

Benefits for the Mother

- It can strengthen the mother/baby bond
- It can help the mother tune into and meet the baby's needs
- It can help build confidence and self-esteem
- It is also helpful to meet other mums whose experiences are similar

About Baby Massage

Massage is always done “with” and never done “to” the baby. It is built up gradually and flexibly, and covers five areas:

1. Legs and Feet
2. Tummy
3. Chest and Arms
4. Face and Back
5. Gentle movements and Revision

For very small babies, a little is a lot. They are usually used to feet and legs being touched. Tummy massage may be helpful for colic. If your baby sleeps or feeds, you can use a doll, watch others or simply get used to the space, routine & relax. If there is something specific you would like or feel you need in terms of your and your baby's needs, please ask.

Support Groups

Groups are facilitated by professionals trained with the International Association of Infant Massage (IAIM) and parents and babies are met with understanding and sensitivity.

Groups are very flexible and are run around the needs of the babies—feeding, changing, sleeping, soothing, etc. Smaller groups or one-to-one sessions can be offered to accommodate a couple, twins or where a group setting is not a suitable option.

We offer weekly sessions with the goal being for you to practice these skills with your baby at home. This is also an opportunity for you to meet other mothers (who are also anxious or depressed) in a quiet, supportive environment where both you and your baby can relax. Please call us if you would like to take part in the group.

What to bring

It would be helpful if you would bring with you a towel or soft blanket for your baby to lie on, as well as a change of nappy and a feed if necessary.

If you are unable to make your appointment please contact 0141 221 3003 as soon as possible in order for us to offer this place to another client.

One mum who attended the group said:-

“I would like to tell you how much I enjoy the baby massage group. The two ladies are so welcoming and provide such a nice atmosphere. After the massage class, I walk out of the Tom Allan centre and feel so much better and stronger! And in addition I am learning a new skill and how to use this for the good of my baby - who is obviously enjoying it! Thanks a lot for offering this opportunity!”