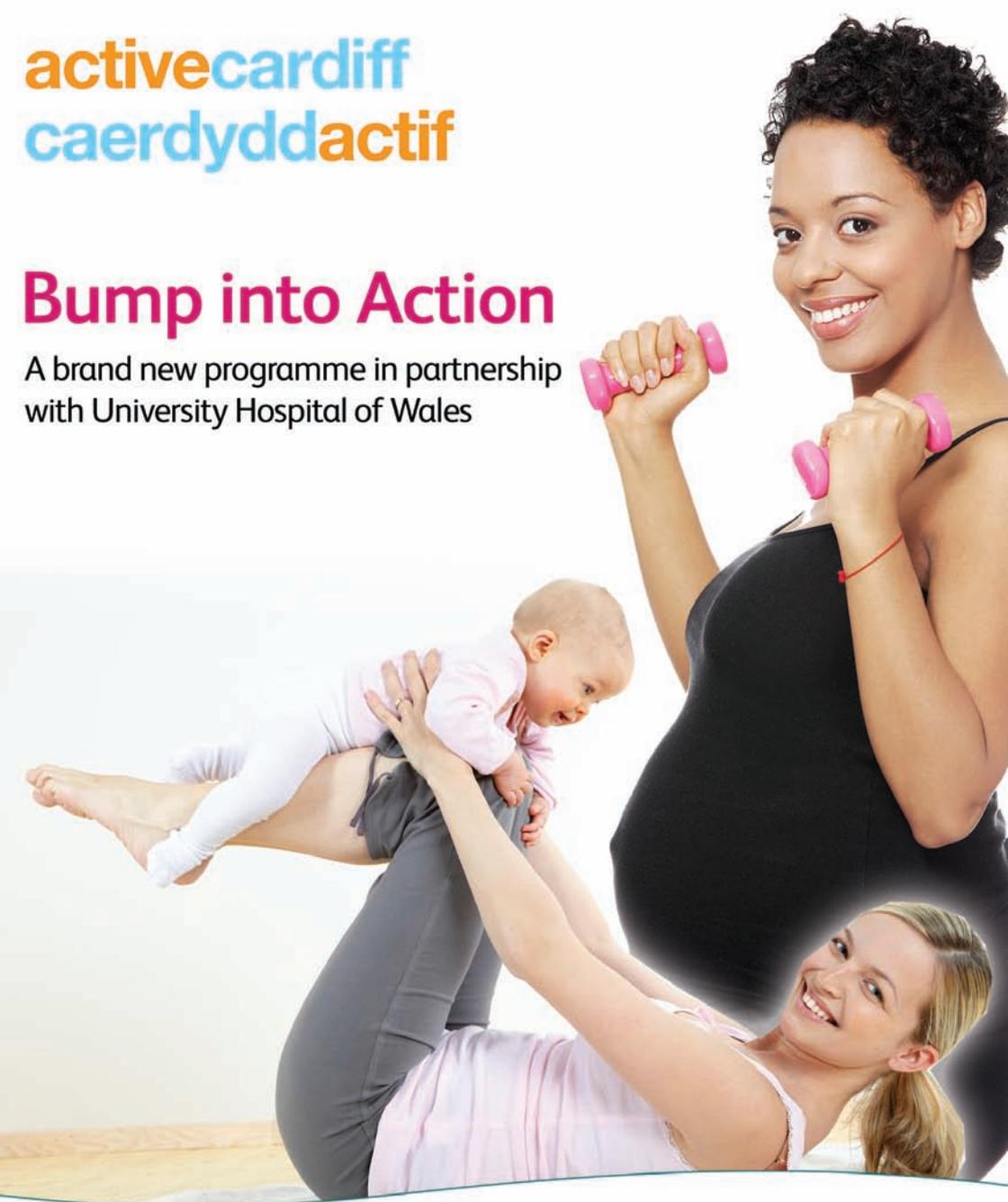


activecardiff
caerdyddactif

Bump into Action

A brand new programme in partnership
with University Hospital of Wales



GIG
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Cardiff and Vale
University Health Board



Bump2
Birth &
Beyond

A Proud Capital



Congratulations! You are pregnant and about to embark on the most exciting journey. As a new mum you will have a million questions about what you should eat, can you stay active, what's safe and what's not for baby, what support can you expect and most of all, where do you start?

This new and exciting partnership between Cardiff Council and University Hospital of Wales Midwifery team is the first of its kind and we hope that you find this information booklet helpful, with friendly advice for both you and your growing family.

Cardiff Council's leisure programme Active Cardiff and University Hospital of Wales are working together to provide you with the complete package of support throughout your pregnancy. Education sessions will take place at one of your local leisure centres and be delivered by the expert Midwifery team. Our professional health and fitness teams will be on hand to give you all the up to date information on staying active during your pregnancy, how to keep safe and what wonderful benefits you can expect for both you and your baby, by keeping active.

Our programme will be split into two kinds of classes; Antenatal and Postnatal. Antenatal classes are for those mums who are looking to keep active with their bump and Postnatal are for those mums who want to make that positive step out, with their new bundle of joy. Our Postnatal classes are suitable for babies up to 1 years of age.

We have several ways to get you started into an active lifestyle, so please come along to your education session today.... don't delay!



By working together we aim to help you every step of the way...

The Active Mum

We understand the fears that new mums have about being active during pregnancy with myths around, increased chances of miscarriage, harmful effects on the baby, increased chance of injury. These myths are what have stopped mums enjoying the true benefits of exercise for years....

This booklet aims to highlight some of the important facts related to being an active mum during and after pregnancy. Did you know physical activity helps;

1. Promote a healthy lifestyle for you and your family
2. Alleviates many symptoms of pregnancy, like back ache, constipation and swelling
3. Send more oxygen rich blood to the baby via the placenta
4. Increase endurance levels for the labour
5. To reduce the time in active labour
6. To reduce the likelihood of needing obstetric intervention, like forceps, caesarean
7. Increase your ability to cope with labour anxiety and pain
8. Aid a faster recovery from labour
9. Improve sleep patterns (Particularly in the first two trimesters)
10. You return to pre-pregnancy weight, stamina, strength and flexibility
11. Enhance your self esteem, body image and improved confidence
12. Significantly with the treatment and recovery for post natal depression
13. Keep you stronger to lift and hold your baby after birth

Your body is very clever when pregnant and so many wonderful changes take place that are there to help you and your baby to stay active and well...

Bump into Action

Cardiff Council has 11 different leisure facilities for you to choose from. So whether it's a drop in session before or after work, or it's your nearest facility once you've dropped the children off, there is one near you. Select from a number of fun options to keep you and your baby active;

Antenatal Classes

Aquanatal

Experience the freedom and the weightlessness of water. For the first time enjoy moving without the added pressure of your baby weight. This workout helps to develop you and your baby's heart and lungs whilst keeping you strong and flexible. This class is fun, social and you don't need to be able to swim to join in.



Coretastic

Using the large gym balls (which some of you have at home) learn how to bounce your way to a stronger, more agile you. Working deep core muscles will improve posture, keep you strong and help strengthen those pelvic floor muscles. This class will also work on upper and lower body strength in the most inventive and fun way possible.

Helpful hints

- Always keep hydrated so bring a water bottle with you
- Postnatal classes are 1 & ½ hours to allow for breaks to attend to your little star and for breastfeeding. Every facility is breastfeeding friendly, so do what's natural.



Postnatal Classes

Buggyboo

Designed for you and baby to participate in exercise, play and have fun together. The outdoor environment is key for your baby's development and time out of the house for you. All you need is baby, buggy and you and we'll provide the rest. Take the first step towards your pre-baby weight and feel great. So come along and try this great functional class, for all abilities.



Mother and Baby Yoga

This is all about time for you and your baby together. Yoga improves wellbeing, flexibility and strengthens muscle groups needed for everyday life. Whilst you reap the benefits of yoga, your baby will reap the rewards of you bouncing, playing and even singing. Every mum who has tried this class comes away feeling refreshed, energised and usually the baby sleeping ready for a fun day ahead.



Suitable for both phases of pregnancy

Health and Fitness – Gyms

Each of our 11 facilities has a highly trained professional member of staff on hand to help. The gym is a safe place to exercise and our group sessions running throughout the week will allow you to meet other mums and have fun whilst you keep positive about your health during and after pregnancy. Pop along to your nearest facility and join in one of our group sessions and see what you can achieve for you and your baby.



Kangaboo Circuit

Enjoy the mental wellbeing and physical benefits of exercise. You will enjoy increased endurance levels, muscular toning, and better posture to prepare you for birth. This fun class gives you the motivation to keep strong and positive throughout your pregnancy, whilst enjoying the social atmosphere of working alongside other mums. Relax and listen to stimulating music throughout the class.

Frequently Asked Questions

What do I wear?

- Wear loose comfortable clothing. Remember you'll be moving your body through its fullest range of movements so ditch those tight clothes and put on those the stretchy ones instead.
- Wear a supportive bra or two. Always make sure you're comfortable and remember vigorous arm movements can stimulate breast milk, so if you need to, wear nursing pads.
- Footwear is very important so trainers with laces would be great. Always keep yourself safe and in control.
- In the pool remember you'll need a costume that grows with you and you might also need another sports bra. Just keep comfortable and you'll enjoy the whole experience

I haven't trained for a while, is it safe?

Yes it is safe. Speak to your midwife or one of our professionally trained staff for more help and advice. Activities of daily living such as walking and cycling are great for you. The more active you are, the better ready you'll be for labour and recovery.

When can I start training after labour or caesarean?

If you've had a normal birth, after you're 6 week check up and the midwife gives you the ok, you can start your post natal activity programme.

After a caesarean you will need to wait up to 8 – 10 weeks before starting an exercise programme, but always remember to speak to your midwife first, if you are unsure.



How much will it cost?

We have a number of different options for you to choose from. These can be given to you within your education sessions, or visit our website cardiff.gov.uk/leisure for more details. Otherwise pop along to your nearest facility to see it for yourself. You'll be amazed at what good value for money it really is.

"My first Mother and Baby yoga class with Eva was such a surprise. I'd never been before and I was really nervous. The instructor was amazing and put me at ease instantly. Eva loved every minute of music and play time, whilst I enjoyed stretching out in yoga. We can't wait to go back next week" - Laura, mum of one.

Partners in the programme



University Hospital of Wales

This new and exciting partnership between Cardiff Council and University Hospital of Wales Midwifery Department will see two professional teams come together to give new and more experienced mums the best possible support. This partnership aims to give mums and families the most accurate, up to date and forward thinking information regarding maternal health, physical activity and where to go for any additional information.



Family Information Service

The Family Information Service (FIS) provides free advice and information on a wide range of childcare options and activities for children aged 0-19, their families and their carers. This fantastic service offers information on nurseries, child minders, out of school clubs, playgroups and parent and toddler groups. We also provide help and advice on paying for childcare and working in childcare. With this abundance of information you'd be silly to miss out!

Contact the team on;

Telephone: 029 2035 1700

www.childcareincardiff.info/fis



Flying Start

Flying Start is an early years programme introduced by the Welsh Government which offers help and guidance to families with very young children who live in specific school catchment areas. It supports families with children aged up to 3 years and 11 months who may be eligible for extra help to get them off to the best start in life. Flying Start supports parents by providing health advice, learning skills support and practical ideas to help them guide their children towards a brighter future.

Contact the team on;

Telephone: 029 2035 1380

Cardiff Flying Start
The Pembroke Suite
The Conference Centre
Eastmoors Road
Cardiff
CF24 5RR



Libraries

At our libraries we can offer you a world of knowledge and entertainment, from books to CDs to DVDs and Internet Access, community events and a whole universe of online services. If all this new technology is a bit scary, don't worry, you can still come in and read the paper while you wait for your bus.

Contact your local library on;

www.cardiff.gov.uk/libraries

Useful information: www.bookstart.org.uk

**If you are interested to know what is happening in your neighbouring authority, please visit;
www.valeofglamorgan.gov.uk**



Cardiff Council Leisure Facilities – Where to participate

Eastern Leisure Centre

Llanrumney Avenue
Llanrumney
Cardiff
CF3 4DN
029 20796616
easternleisurecentre@cardiff.gov.uk

Star Centre

Splott Road
Splott
Cardiff
CF24 2BZ
029 2048 4637
starcentre@cardiff.gov.uk

Llanishen Leisure Centre

Ty-Glas Avenue
Llanishen
Cardiff
CF14 5EB
029 20762411
llanishenleisurecentre@cardiff.gov.uk

Splott Swimming Pool

Muirton Road
Tremorfa
Cardiff
CF24 2SJ
029 2046 2548
splottswimmingpool@cardiff.gov.uk

Fairwater Leisure Centre

Off Waterhall Road
Fairwater
Cardiff
CF5 3LL
029 2055 2210
fairwaterleisurecentre@cardiff.gov.uk

Maindy Centre

Crown Way
Off North Road
Cardiff
CF14 3AJ
029 2052 9230
maindycentre@cardiff.gov.uk

Pentwyn Leisure Centre

Bryn Celyn Road
Pentwyn
Cardiff
CF23 7EZ
029 2054 9211
pentwynleisurecentre@cardiff.gov.uk

Cardiff International Sports Stadium

Leckwith Road
Leckwith
Cardiff
CF11 8AZ
029 2078 8399
cardiffinternationalsportsstadium@cardiff.gov.uk

Western Leisure Centre

Caerau Lane
Ely
Cardiff
CF5 5HJ
029 2067 5060
westernleisurecentre@cardiff.gov.uk

Penylan Library & Community Centre

Penylan Road
Penylan
Cardiff
CF23 5HW
029 20788400
penylancommunitycentre@cardiff.gov.uk

Channel View Centre

Jim Driscoll Way
Grangetown
Cardiff
CF11 7HB
029 2037 8161
channelviewleisurecentre@cardiff.gov.uk

Visit www.cardiff.gov.uk/leisure
for more details

