

24<sup>th</sup> April 2009

## **PRESS RELEASE**

### **New Government Grant For Free Antenatal Classes**

A new Government pregnancy grant has been launched in recent weeks and could enable you to get Free Antenatal Classes here in the Royal Borough.

From 6<sup>th</sup> April 2009, if you are 25 weeks pregnant, have received advice from your midwife or GP and live in the UK, you could be eligible for the new one off tax free payment of £190. Called Health in Pregnancy Grant, the money is to help mums-to-be and their unborn child stay well and healthy and to meet the extra costs during the later stages of pregnancy.

And what better way to prepare for the arrival of a new baby than use your grant for an Antenatal Course with the highly respected local provider *Birth Matters*.

Offering a variety of professionally run and managed antenatal courses, at Birth Matters you'll explore the different stages of pregnancy and birth for the optimum well being of you and your baby.

“It's not just about eating a healthy diet”, says local teacher Debra Jonckers. “Knowing about and understanding birth options and pain management during labour are equally vital for both mother and baby alike. This new Government Grant will enable couples to do one of our courses for ‘free’ and be advised by some of the best antenatal teachers in the area, enabling them to make the healthiest start in their new family life together.”

Birth Matters believe that women who do well in late pregnancy and labour are well prepared and fully aware of their options. They have a supportive birth partner and attend antenatal classes to gain some hands-on experience of early family life. But possibly most importantly, they have a supportive group of friends who are going through the same experience with a baby of similar age and can share ideas. So naturally all these areas are covered within their Antenatal Courses.

The Birth Matters team of 9 highly qualified teachers ran all the local NCT antenatal classes for over 10 years, until last autumn when they established Birth Matters. Now they offer Early Pregnancy, Antenatal and Second Parents course plus One-to-One and Postnatal care.

To find out more visit [www.our-birthmatters.co.uk](http://www.our-birthmatters.co.uk) or call 07005 803693 for Maidenhead / Marlow classes or 07005 938401 for Windsor / Slough Classes. To find out more about the Health in Pregnancy Grant visit [www.direct.gov.uk](http://www.direct.gov.uk) or ask your midwife / GP.

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**For more information contact:**

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Birth Matters comprises an exceptional team of teachers with over 80 years combined experience in maternity and postnatal care sector. All teachers live and work within their communities throughout Buckinghamshire and Berkshire.

Over the past 6 months have partnered over 600 couples on 80 Antenatal and Postnatal courses. Their emphasis is very much local courses for local people and helping their community.

Teachers can also offer specialist courses including Homeopathy, Doula Services, Counselling and Baby Massage if required. They also have very close links with local NHS midwives throughout the region.