



First Steps

A four week webinar course for new parents

My name is Lisa Pearson and I work for the Northampton Wellbeing Service (IAPT) as a Wellbeing Practitioner, I specialise in working with pregnant mothers and parents with an under-fives. I am setting up a webinar aimed at supporting parents.

The webinar is called 'First Steps' and is a four week course for new parents, it looks at normal emotional changes after birth and gives practical techniques for parents to effectively look after their wellbeing.

It is running Monday evenings 6-7pm from the 6th July, 13th July, 20th July and the 27th July. I will be doing a 30mins twitter Q & A on NHFTNHS twitter feed #NHFTchat after the session to get some feedback about the webinar and the opportunity to signpost people to services if needed.

To join the webinar a parent would have to have an up to date email address and access to the internet.

Self referral

If people would like to self-refer (this includes patient and staff, the webinars are completely confidential) then they can;

- send an e-mail to mbsr.webinar@nhft.nhs.uk including the following:
Name, Address, Date of Birth, GP's Surgery and contact number.
- state what webinar you are interested in, which would be First Steps
- they will be directed by email about how it works and what to do next.

I am happy to give you more information and answer any questions you may have if you feel this is relevant to your patients.

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