

TRUST ANTENATAL CLASSES

DAY	NAME OF CLASS	DESCRIPTION	LOCATION	WHEN TO ATTEND	YOUR APPOINTMENT DATE*
Monday 1900-2030	Active Birth Class	For woman suitable to give birth on MLU	Midwifery Led Unit (MLU)	after 36 weeks	
Monday 1130 -1230 Term time only. Arrive at 1100 for your first session	Aquanatal	Exercise in water to music for pregnant mothers	Dudley Leisure centre, Wellington Rd, Dudley.	Any stage of pregnancy No need to book	
Monday 1900 –2130	Grandparents Evening	Modern practices for modern moms	Maternity Outpatient department, RHH	After 20 weeks	
Tuesday/Wednesday 1900–2130	Birth Preparation and Maternity Unit Tour	Information to help prepare for your baby's birth and baby	Maternity Outpatient department, RHH	30-34 weeks	
Thursday 1900–2130	Breastfeeding Workshop or Mom2Mom	You only need to attend one or other	Maternity Outpatient department, RHH	34-36 weeks	
Saturday at 0915	Maternity Unit Tour Only	This is a walk round tour of the maternity unit	Maternity Outpatient department, RHH	30-34 weeks	
Sunday 1000 – 1230	Birth Preparation and Maternity Unit Tour	Information to help prepare for your baby's birth and baby	Maternity Outpatient department, RHH	30-34weeks	

HOW TO BOOK:

Places need to be booked in advance (suggested time between 20-24 weeks) via community messages between 1000-1200 (Monday – Friday) on telephone number: (01384) 244358. **To book active birth class call 01384 244360 after 36 weeks**

***Tip: Keep this page to record the dates you plan to attend**