

Healthy Lifestyles Perinatal Programme

Building mental wellness,
physical health &
connection for everyday
life



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Neighbourhood Doulas supported 53 participants in the first year of new programme.

We provided 6 blocks of 5 weeks of health education that included mental health awareness, healthy eating, pregnancy yoga, and art affirmations.

We also provided 3 live cooking events over the year for 44 families.

**Week
Three**

**Healthy
Nutrition**



**Healthy Lifestyles
Pregnancy Programme**

Why Healthy Lifestyles Matters for Pregnant Women?

Women face unique health challenges influenced by biology, lifestyle, and responsibilities.

A healthy lifestyle while pregnant promotes better maternal physical and mental health, prepares the body for labour, and ensures the baby receives essential nutrients for development.

Week Two

Pregnancy Yoga



Healthy Lifestyles Pregnancy Programme

Week Four

Nutritious Cooking with Gabriella



Healthy Lifestyles Pregnancy Programme

Week Five



Thriving in the Forth Trimester

Healthy Lifestyles Perinatal Programme

The Pillars of a Healthy Lifestyle



Balanced Nutrition



Regular Physical Activity



Mental Health Care



Sufficient Rest



Regular Health Checkups

Objectives



- 01 Understand the foundations of a healthy lifestyle.
- 02 Learn simple and effective practices for women's wellness.
- 03 Increase awareness about balancing body and mind.

Meet Our Facilitator: Kay Lakka

Week 1

Healthy Habits, Healthy Minds

- Doula
- Psychotherapy Consultant
- Grandmother



Meet Our Facilitator: Pinar Askar

WEEK 2

Pregnancy and Postpartum Yoga

- Doula
- Yoga Teacher
- Womb Wellness Practitioner



Meet Our Facilitator: Amisha Abeyawardene

Week 3 Healthy Nutrition

- Doula
- Birth Rights trainer
- Crochet artist and illustrator
- Ayurvedic practitioner



Meet Our Facilitator: Gabriella Molina

Week 4 Online Live Cooking

- Doula
- Professional Chef
- Arvigo Therapist



Meet Our Facilitator: Jazmine Lecky

Week 4 **Postnatal Preparation** **Thriving In The Fourth** **Trimester**

- Doula
- New Parent Facilitator
- Mother of four



Meet Our Doulas: Orooj Qadri

Week 5 Art Affirmations

- Doula
- Safe Guarding Officer
- Art Therapist



Neighbourhood Doulas provided 3 live cooking events over the year:

Celebrating Neighbourhood Doulas



Sunday 30-03-2025

11am-3pm

Bay 20, 71 St Marks Rd, W10 6JG

Arts & crafts

Mini massage treatments

Babies & children welcome

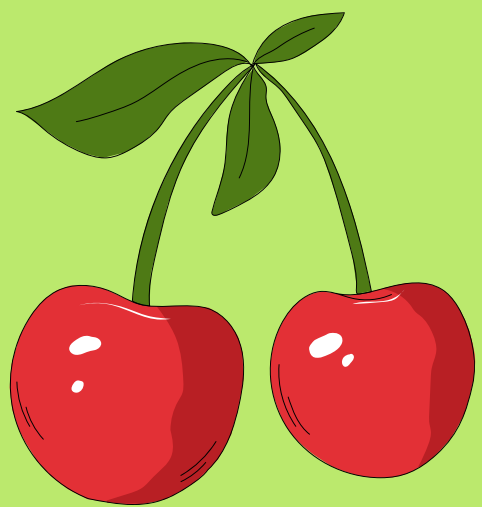


Lunch provided

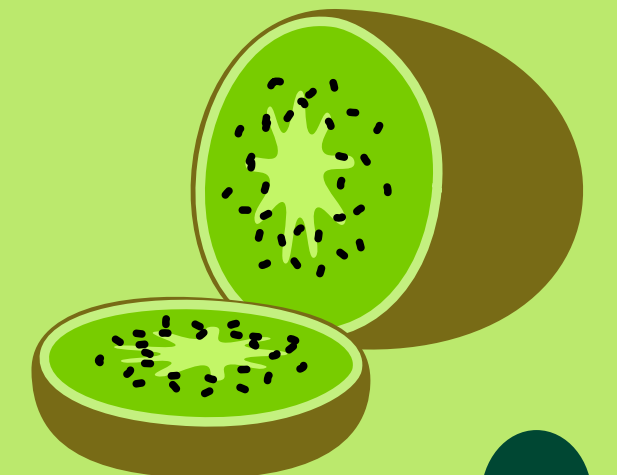
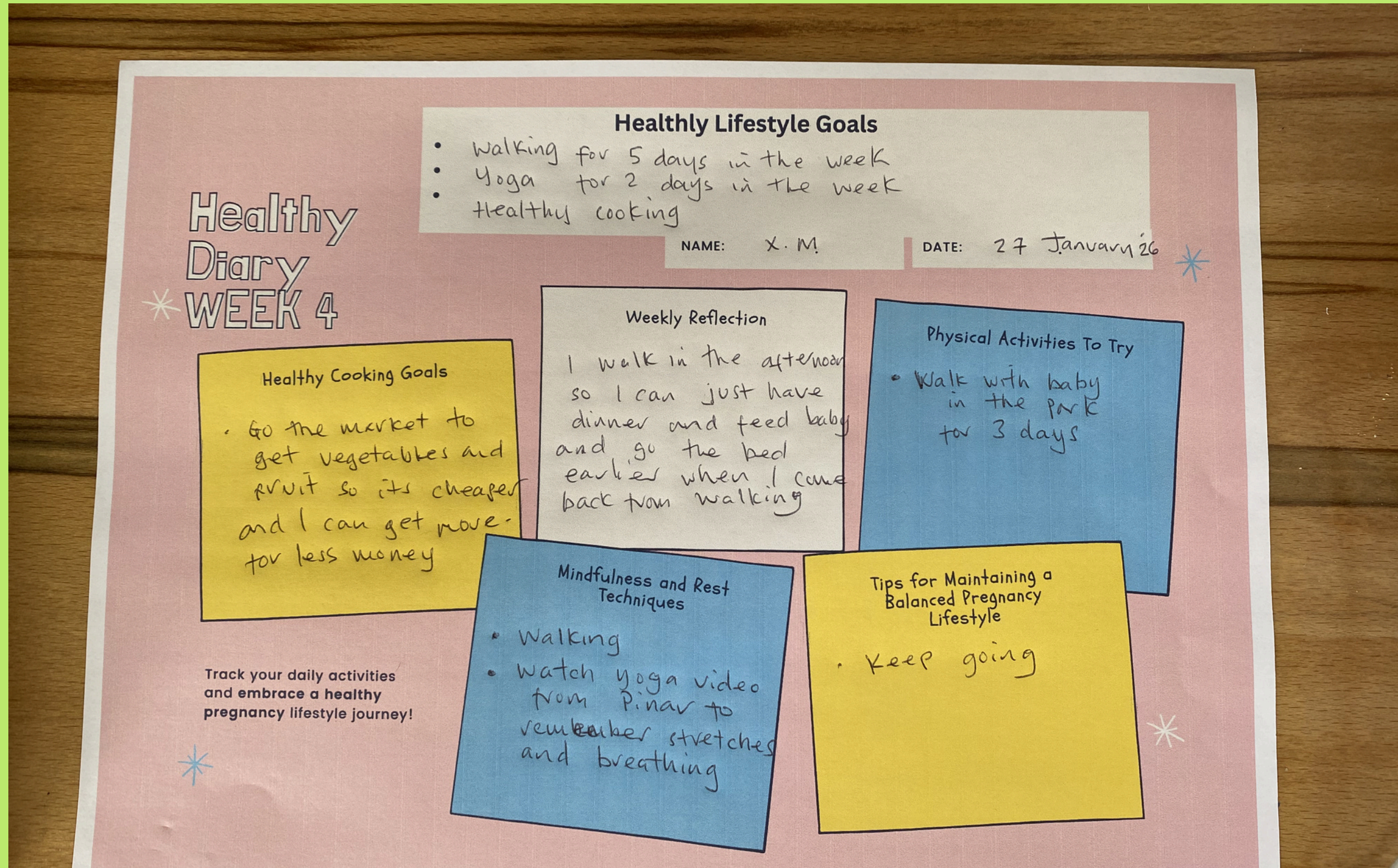
RSVP by 3rd March







At the end of each session participants completed a diary to log their progress and share at the next session.



OUTCOMES:

- 85% attended 5/6 sessions
- 98% reported that they felt welcomed
- 98% felt confident to sustain a new healthy lifestyle
- 95% created healthy coping strategies
- 100% reported the information and resources provided were relevant to them

Testimonials:



“These classes have been instrumental in my journey! The course has been so helpful and informative.

These online sessions are a lifeline for the women that attend! I’ve learned so much and have developed mental health coping skills that I’ll need for parenthood”.

“The content was good and it helped me to make changes in my lifestyle. Specially nutritional and physical changes, which is something the midwives don’t talk that much. It was good to meet other pregnant women and see that everyone is in the same boat”

“I look forwarded to every week’s session and enjoyed them. I am going away with lot’s of information and feeling more confident. My favourite sessions were the yoga and nutritional one as I felt relaxed and learnt how to make healthy options”



Join the Neighbourhood Doulas facilitators:

Healthy Lifestyles Perinatal Program

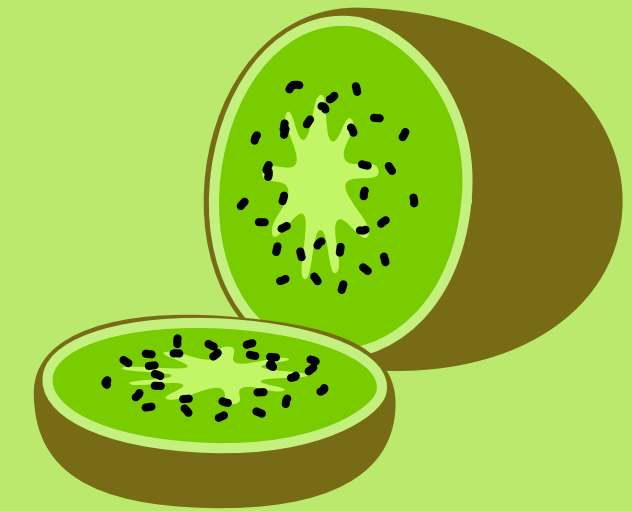
Mondays 10.30am-12pm (6 weeks)



**ONLINE CLASSES
STARTS JAN 5, 2026**



**COME
JOIN
US**



Thank you for inviting us to contribute to this amazing project!

