

Made for Mams

Aqua Natal Yoga
delivered by
midwives

DELIVERY PARTNERS



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

6

MIDWIVES TRAINED

2

NEW CLASSES

30

PARTICIPANTS

FEEL HEALTHIER

83%

FEEL HAPPIER

100%

ARE MORE ACTIVE, MORE OFTEN

100%

FEEL MORE CONFIDENT

75%

MADE NEW FRIENDS

92%

INTEND TO CONTINUE TAKING PART

100%

“

I really like the class because it is all pregnant women, so I feel safe and comfortable. I also don't feel like everyone in the pool is looking at me or staring because I have a bump like everyone else.

”

“

I don't leave the house the rest of the week, this is the only thing I leave the house for and get social interaction. It has really helped me develop confidence and social skills and make new friends. I also really enjoy engaging in the sessions and sharing stories and similar experiences with the other women.

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**Congratulations
Sharon Webber,
celebrated as Nurse of the Year
by the Royal College of Nursing
in Wales, in the Category of
Improving Individual and
Population Health.**

