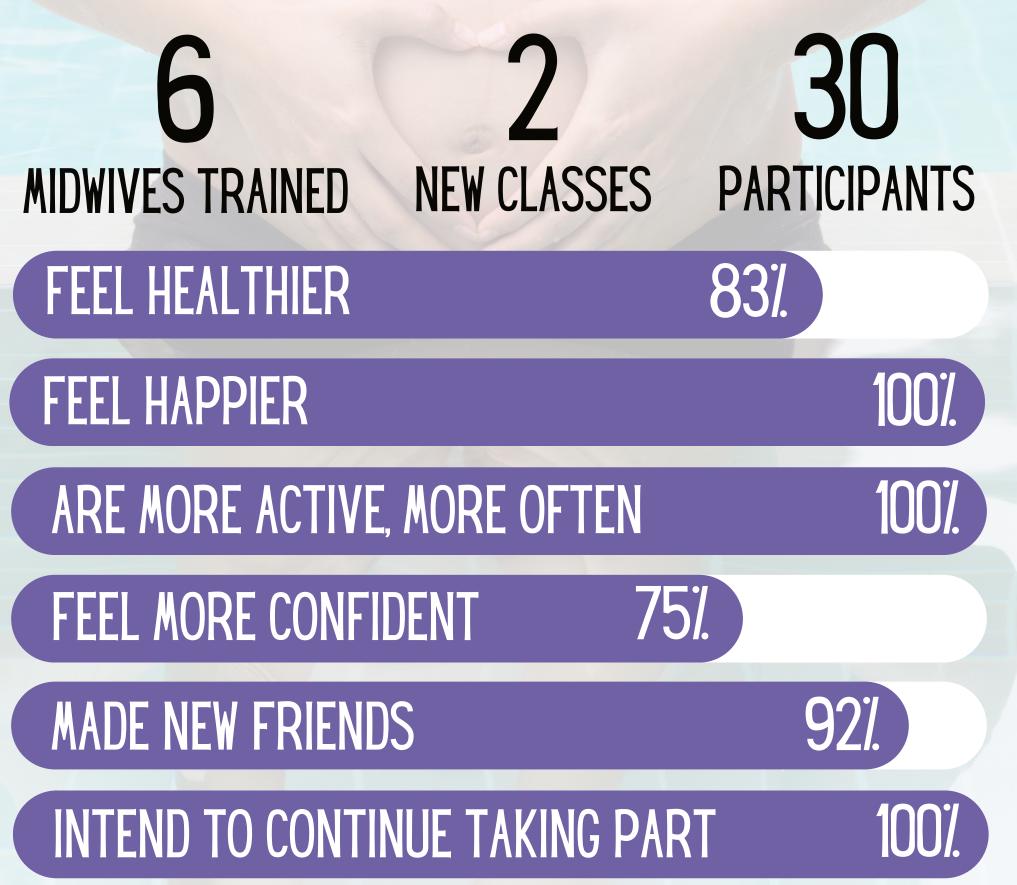
Aqua Natal Yoga delivered by midwives

DELIVERY PARTNERS





Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board Chwaraeon Rhct Sport RCT **Made Mams**



Chwaraeon Rhct Sport RCT

Made Mams

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. Chwaraeon Rhct Sport RCT

Made Mams

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.