

## Linked-Up

### *Providing practical help for new mothers*

#### Background

We are a small, friendly band of mums (all with children who have reached primary or secondary school ages, or even beyond!), who have ourselves nursed our babies, and who wish to support younger mums in our communities who are just starting out on their parenting journey.

'Linked-Up' receives admin & other 'in-kind' support from a local social enterprise – Bump To Three C.I.C. We link with other voluntary organisations operating in the same geographical area eg the NCT & the La Leche League, as well as with NHS professionals eg midwives and health visitors, in terms of letting them know about our service, and being there to help their clients. We commit to confidentiality.

We collect donations of previously loved items of clothing for early & tiny babies, and we make them available to other parents of preterms via our 'Teeny-Togs' pop-up shop.

We also accept donations of as-new / new nursing-friendly tops & accessories (plus end-of-lines from retailers) and make these available to other mothers via our mobile 'Boost-Boutique' to ease & support their journey through early breastfeeding.

We currently cover the Kenilworth, Leamington & Warwick areas (+ Stratford soon!).

We also aim to raise funds in the near future to subsidise the rental of the Bednest Co-Sleeper cot, for mothers with particular health needs who are happy to be referred for Linked-Up support by midwives and health visitors. The Bednest can provide a safe sleeping space adjacent to the mother's bed. A baby has a separate sleep area alongside it's mother, yet is within arm's reach, so is easily comforted & brought close to mum to feed thru' the night. We aim to support mum-2-mum breastfeeding support from early 2015, in conjunction with the ABM & NCT Central Warks.

#### The Linked-Up Trustees for 2013 to 2015 are:

C. Hobbs – background as SCBU nurse & health visitor; mother of 2.

H. Slater – background in accountancy; mother of 3.

C. Pearce – background in the legal profession; mother of 3.

#### Initial members & supporters of Linked-Up are:

J. Shakespeare – nursing background, breastfeeding counsellor; mother of 3.

K. Perkins –background in administration & business owner; mother of 2.

H. Jones – trained as a midwife, now an administrator; mother of 3.

D. Sutherland – trained midwife & health visitor; mother of 2.