

Antenatal Classes: For women, by women

Bedford Hospital Midwifery Parent Education Team would like to invite you to attend antenatal classes, held specifically for women only.

The classes consist of three sessions covering:

- Labour, birth and coping at home
- Pain relief, modes of delivery and optimal positioning for baby
- Infant feeding, postnatal care and practical parenting skills

The sessions will be held at Pine Cones Children's Centre, Slade Walk, Bedford.

Sessions will be on Friday mornings from 10:00 to 12:00. Dates for classes are as below:

Month	Session 1	Session 2	Session 3
January	6th	13th	20th
February	3rd	10th	17th
March	9th	16th	23rd
April	13th	20th	27th
May	4th	11th	18th
June	8th	15th	22nd
July	6th	13th	20th
August	3rd	10th	17th
September	7th	14th	21st
October	5th	12th	19th
November	9th	16th	23rd
December	7th	14th	21st

If you would like to book on to these classes, please contact Pine Cones Children's centre on 01234 268459.

Alternatively, you can contact the Midwifery Parent Education team via e-mail at:
mpet@bedfordhospital.nhs.uk for details of other classes and locations.



Directions:

By car: Pine Cones is in Slade Walk, off Clapham Road, between Livingstone Lower School and Edith Cavell Lower School. Although Slade Walk looks like a walkway, it is accessible by car and is between Livingstone Lower School and Clarendon Street. Pine Cones is clearly signposted from Clapham Road. Parking is available.

By foot: Slade Walk has a pedestrian entrance off Manton Lane alongside Edith Cavell Lower School.