

**SOUTHWARK**  
**Maternity Mates - Training Programme**  
**January – February 2024**  
**Zoom & Classroom**

| Date                              | Time              | Content   | Location  | Lead                            |
|-----------------------------------|-------------------|---|-----------|---------------------------------|
| Wed 17 <sup>th</sup> Jan 2024     | 9:30am to 2:30pm  | Introduction and participant ice break exercise<br>Mentors in our lives<br>Continuum<br>Stages of the mentoring relationship<br>Social exclusion<br>Q&A | Classroom | Lynne Laidlaw                   |
| Thu 18 <sup>th</sup> January 2024 | 9:30am to 1:30pm  | Antenatal Care  | Zoom      | Rossana Buck<br>Denise Mcleggan |
| Wed 24 <sup>th</sup> January 2024 | 9:30am to 2:30pm  | Infant feeding – Day 1  | Classroom | Sherridan Stymest               |
| Thu 25 <sup>th</sup> January 2024 | 9:30am to 2:30pm  | Preparing for birth   | Classroom | Rossana Buck<br>Denise Mcleggan |
| Wed 31 <sup>st</sup> January 2024 | 9:30am to 2:30pm  | Infant feeding Session – Day 2  | Classroom | Sherridan Stymest               |
| Thu 1 <sup>st</sup> Feb 2024      | 9:30am to 2:30pm  | Trauma and its impact on our lives<br>Principles of basic advocacy<br>Active listening  | Classroom | Lynne Laidlaw                   |
| Wed 7 <sup>th</sup> Feb 2024      | 9:30am to 12:30pm | Birth and Postnatal support   | Zoom      | Rosanna Buck<br>Denise Mcleggan |
| Thu 8 <sup>th</sup> Feb 2024      | 9:30am to 11:30am | Baby bottle feeding   | Zoom      | Sherridan Stymest               |
|                                   | 12:30pm-2:30pm    | Maternal mental health  | Zoom      | Helen Westbrook                 |

|                                 |  |  |                     |                                  |
|---------------------------------|--|--|---------------------|----------------------------------|
| 12-16 <sup>th</sup> Feb 2024    | <b>Half-term week – no training sessions</b> |  |                     |                                  |
| Wed 21 <sup>st</sup> Feb 2024   | 9:30am to 12.30pm                            | Challenging and difficult situations<br>Case studies                               | Classroom           | Lynne Laidlaw                    |
| Thu 22 <sup>nd</sup> Feb 2024   | 9:30am to 2:30pm                             | Applied learning conversations (morning)<br>Applied learning scenarios (afternoon) | Classroom           | Helen or Amanda<br>Lynne Laidlaw |
| TBC                             | TBC  | Next steps and Induction   | Face to face        | Programme Coordinator            |
| Fri 19 <sup>th</sup> April 2024 | 9am  | OCN portfolio deadline   | Google<br>Classroom |                                  |