



ABERLOUR PERINATAL BEFRIENDING SERVICE

We offer emotional support for your family from pregnancy up to your child's first birthday

East Lothian

Tel 01875 632055

lothian.aberlourperinatal@nhs.net

Forth Valley

Tel 01324 503495

fv-uhb.perinatal@nhs.net





Aberlour Perinatal Befriending Support

Aberlour Perinatal Befriending Support provides emotional support for families in East Lothian and Forth Valley during pregnancy and up to their child's first birthday.

We work with families where a parent is struggling with their emotional health and well-being, or has been diagnosed with a low to moderate level of perinatal mental illness.

We also support families whose personal circumstances mean they may be vulnerable to developing a perinatal mental illness.

Service aims and what we offer

Aberlour Perinatal Befriending Support provides families with a dedicated, trained volunteer, who offers emotional support and support to access other services in the community.

The aims of the service are to:

- Improve parents' health and well-being
- Support a positive relationship between parents and their baby
- Reduce social isolation of families
- Increase parents' self-confidence by working with volunteer befrienders

The available support is tailored to meet identified needs and may include:

- Assessment of needs with Perinatal Support Co-ordinator
- Support to access local services, such as health services, shops, parks etc
- Home visits from a volunteer perinatal befriender offering emotional support
- Befriending support to reduce isolation

We work in partnership www.aberlour.org.uk/perinatalbefriending

About Aberlour

Aberlour is the largest solely Scottish children's charity. We support thousands of Scotland's most vulnerable children, young people and their families every year. Our dedicated team of staff work across the country from Stranraer to Elgin, helping children and young people who need additional care and support to achieve their potential and live safe, fulfilling lives.

Working in partnership

Aberlour Perinatal Befriending Support works closely with midwives, health visitors, GPs, specialist perinatal teams and other local family support services to enhance what is available to families.

A vital service

More information about our service

We can help by providing befriending support, throughout pregnancy and in the first year of the child's life, to women, their partners and immediate family. We aim to improve parents' mental health and outcomes for children by promoting a healthy attachment between the baby and parents. We also recognise the significance of sustaining wider family relationships.

Our volunteer befrienders are fully trained to offer support to families before and after baby's birth. All our volunteers are PVG checked and regularly supervised by our Perinatal Support Coordinators.

If you, or a family you know answers 'yes' to any of these questions, our service can help.

Worried about bonding with the baby?
 Concerned about perinatal depression / anxiety?
 Diagnosed with mild to moderate perinatal depression / anxiety?
 Losing interest in things?
 Feeling really slowed down?
 Staying home a lot?
 Feeling unable to or worried about going out?
 Feeling anxious or stressed about things the normally would not be?
 Suffered mild to moderate depression / anxiety in the past?
 On medication for depression / anxiety?
 Feeling alone?
 Having limited support networks?
 Experienced difficulties during pregnancy
 Found birth traumatic?

Please contact our Perinatal Support Coordinators for an initial chat about how to refer.

Contact us

If you would like more information on how to access or volunteer with our service, please contact us.

Aberlour Perinatal Befriending Service
 Randall House
 Macmerry
 EH33 1RW
 Tel : 01875 632055
 Email: Lothian.aberlourperinatal@nhs.net

Aberlour Early Years Outreach
 c/o Laurieston Campus
 Bog Road
 Falkirk FK2 9PB
 Tel 01324 503495
 Email: fv-uhb.perinatalservice@nhs.net