

A stylized line art illustration of a man and a woman embracing. The man is on the left, and the woman is on the right, leaning into him. The lines are white and orange, set against a background of horizontal bands in shades of orange and yellow. The text 'Beginning Together' is centered over the image.

Beginning Together

What is the Beginning Together Project?

This is a weekly group for women during pregnancy and early motherhood. The aim is to provide a safe space in which women can explore their experiences of pregnancy and motherhood in a creative way.

Who can join this group?

The group is for women who are between 18-28 weeks pregnant at the start of the work and who have experienced an abusive relationship in the past.

Why might women who have experienced past abuse need extra support during pregnancy?

For women who have experienced abusive relationships in the past, pregnancy can sometimes bring some of the difficult feelings around these experiences to the surface. This group aims to provide an additional support so that you are able to engage fully in the experience of being pregnant and getting to know your new baby.

Does this mean that the group will focus on past abuse?

No. The focus of the group will be on pregnancy and motherhood not on past abuse. We will be exploring the experience of being pregnant, giving birth and of having a new baby.

How many sessions are there?

There are 14 group sessions. For the first 7 sessions you will come on your own. There will then be a break.

After the break there will be 7 more sessions for you and your baby to come along to together.

The sessions will be 2 hours long and will include time for snacks and drinks at the end.

What will happen in the group?

Pregnancy Sessions may include:

- Group discussion
- Image work
- Movement
- Pregnancy Journals
- Work with Myths and Fairy Tales
- Art work
- Relaxation

Mother and Baby Sessions may include:

- Exploration of birth experiences
- Singing
- Cloth play
- Music
- Touch
- Relaxation

What are the potential benefits of these sessions?

- Supporting bonding with your baby both before and after birth.
- Exploring feelings around pregnancy, birth and motherhood.
- Meeting other women who share similar experiences
- Having a space to play and to be creative
- Increasing in confidence in yourself as a person and as a Mother

How can I join this group?

Your midwife can refer you to the group. There will be space for 6-8 women.

Who will the sessions be run by?

The sessions will be run by Lottie Blackledge from CLEAR. CLEAR is a Cornwall based charity dedicated to the highest levels of care and support for people of all ages impacted by abuse and trauma.

Lottie is a HCPC registered Drama and Movement Therapist with a background in Early Years. Lottie has run a number of 1:1 and group therapy projects with women during pregnancy and early motherhood. She has worked for CLEAR since 2012.

Can I come along and try it first?

There will be a chance for everyone to come and meet Lottie 1:1 before the group begins to get a better idea of what the sessions will be like and whether this is something you would like to take part in. To build a sense of trust and safety this will be a closed group. This means that there will be no new members after the group has started.

How much will the sessions cost?

There is no charge as the group is fully funded by the Tampon Tax Community Fund.

Where will sessions take place?

Sessions will take place in a community space such as one of the family hubs in your locality.



Can you help us?

The demand for our services outstrips our current resources and we need your help to help us support more people.

#OnaCLEARday is our campaign to encourage as many businesses, organisations, schools and individuals as we can to have a fundraising event for CLEAR. There are 365 days a year to choose from and a myriad of possibilities. From a welly throwing contest, to a bake-off, to a sponsored walk!

Please get in touch for a fundraising pack. Thank-you.

Visit our Donate Now and #OnaCLEARday webpages www.clearsupport.net

What will your CLEAR day look like?

Contact us

01872 261147

Through the contact form on our website www.clearsupport.net

For referrals: referrals@clearsupport.net

For fundraising and general enquiries: admin@clearsupport.net

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CLEAR

Emotional Trauma & Therapy Specialists