

## Services available for Expectant Mothers

The Buckinghamshire Family Information Service (BFIS) website has lots of information for families, young people and professionals. On the directory, you'll find a wide range of services and organisations spanning the public, charity, and voluntary-community sectors. So whether you're looking for immediate help or planning future support, BFIS can help you find it.

### Related Search Categories



#### [Advice and Support](#) ▼

[Health and Wellbeing](#)

[Parenting Support and Courses](#)

[Money, Benefits and Allowances](#)

[Family Support Service](#)



#### [Family Information](#) ▼

[Childcare and Early Years](#)

[Things to do](#)

[Education and Learning](#)



#### [Family Centres](#) ▼

View timetables and the activities and services running

### Related Pages



[From Pregnancy to Early Years](#)



[About the Family Support Service](#)



[Parenting Support and Courses](#)



[Paying for childcare](#)



[Immunisation Information for Parents](#)



[Local Offer](#)



[Support organisations for families affected by imprisonment](#)

This is not an exhaustive list and new organisations and services are added regularly - Please check the website for a full directory

Use Bucks Family Info to find the advice and support you need. Here are a few examples...



### John and Lucy

Soon to be parents looking for information to prepare themselves for the birth of their baby

 Services, activities and organisations

**Babylists** - website created by two mums from Beaconsfield with lists for new parents and parents-to-be from packing your hospital bag.

**Perinatal Mental Health Support Group** - to support the emotional well-being and mental health of new and expectant mothers.

**Buckinghamshire NHS Birth Choices** - website providing an overview of what to expect from maternity services during pregnancy and the birth choices on offer.

 Advice and Information

While searching the directory John and Lucy found advice on

[> Choosing Childcare](#)

[> Mental Health Information](#)

[> From Pregnancy to Early Years](#)



### Sarah

Sarah is expecting her first baby soon and worried about coping financially and emotionally

 Services, activities and organisations

**The Baby Bank** - providing essentials to families experiencing hardship. Products include clothes, bedding, uniform, baby equipment.

**Family Nurse Partnership** - as Sarah is 19, she found she is able to receive additional support from the Family Nurse Partnership team. Their specially trained nurses will visit Sarah regularly to help her prepare for the birth of baby.

**Local Family Centres** - and the nearest Family Centre Plus that offers drop-in support.

 Advice and Information

Sarah also takes a look at the Money Information to find support services, charities and signposting to trusted money advice websites

[> Money, Food and Housing Help](#)

[> Signing, posting to Money Advice Service](#)



### Tracey

New mum looking to get to know other mums nearby

 Services, activities and organisations

**Baby and Toddler Groups** - a variety of groups running at the Family Centre, churches and Bounce and Rhyme at the local library.

**NCT Baby Massage Courses** - with a few hours spare each week find the NCT running a baby massage course.

**P3 Charity Weekly Drop-in** - Tracey is thinking ahead of getting back into employment and finds a local charity that are running advice sessions at the jobcentre.

 Advice and Information

Tracey takes a look the options and schemes to help with paying for childcare

[> Money, Benefits and Allowances](#)

[> Paying for childcare](#)

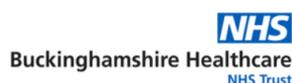
🔗 Select each logo/icon for more information



**Baby Bank** - covers newborns up to 16 years old Baby Bank provide essentials such as clothes, bedding, uniform, baby equipment to those Families that are experiencing hardship.



**NCT** - services, courses and groups by the NCT including Baby Bundles, Essentials antenatal courses and Baby Massage courses.



**Family Nurse Partnership** - additional support from the Family Nurse Partnership team for those aged 19 or under and expecting their first baby. Specially trained nurses will visit regularly whilst pregnant. Visits will continue up until baby is two years old.



**Perinatal Mental Health Support and Postnatal Wellbeing Groups** - a new initiative to support the emotional well-being and mental health of new and expectant mothers.



Because we like babies. And we like lists.

**Babylists** - a website created by two mums from Beaconsfield with over 100 lists for new parents and parents-to-be from packing your hospital bag, which buggy to buy, to baby proofing your home.



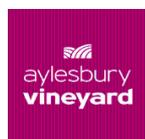
**Baby and Toddler Groups** - all over Buckinghamshire - provide the time and the space for little ones to play and parents and carers to meet.



**Ladybird First Aid** - two hour friendly baby and child first aid classes in various locations in and around the Oxfordshire, Buckinghamshire and Berkshire borders as well as in the comfort of your own home.



**Family Centre activities and services** - a range of open-access sessions and universal health services for families with children aged 0 to 19 years (or up to age 25 for those with SEND).



**Storehouse Project** - provide gifts of furniture, food and children's clothing for people on low incomes, benefits or who otherwise would find themselves in temporary hardship.

This is not an exhaustive list and new organisations and services are added regularly -  
Please check the website for a full directory

## Searching the BFIS website

[Read more on how to search](#)



### Filters

Filters help you to refine your results by location, age range, free or low cost, and by SEND Needs. Filters appear in the left-hand side on a desktop computer and just above results on a mobile.

Ticking a filter will automatically refine the results and the number of matches returned will show in brackets beside it. As you filter your results, filters that have no corresponding matches will disappear making it easy to see the breaths of services, organisations and activities available. An A to Z bar at the bottom of the website also lets you jump to activities, services and organisation by name.



**Good to know:** From the town list, you can filter by Nationwide and Buckinghamshire-wide to find national services and organisations - these results can then compliment results for a specific town

### Shortlists

Advice pages, services, organisations and activities can be added to custom shortlists to view later, share or print. To do this simply click the '+ Add to My Favourites' button that appears on records and pages. By emailing shortlists to yourself, you'll receive a link to those results that can be shared or used as a hyperlink.

 Add to My Favourites

### Pathways and Referrals

If a service, organisation or activity requires a referral, this information will be detailed on the record. This will usually include who can make the referral and how. Find these details under the Referral heading.



### Language, accessibility, and Browsealoud

The BFIS website can be translated into 99 languages and translated aloud in 40 of those. Select the orange 'SPEAK' button to launch Browsealoud to begin. [Read more about how we make our website accessible.](#)

 SPEAK 

## Feedback

How the Virtual School used BFIS to find support for a vulnerable family



I just wanted to say a **big thank you** to you both for your invaluable help and signposting this week. Working with very vulnerable families is a stressful process and finding out information to help children who are experiencing traumas such as a parent with cancer or a bereavement was not something I knew much about. However after being sent to you by a **social care team member** proved to be really insightful, as you quickly showed me how to navigate the system to find support for these children and also suggested providers which may be relevant to them.

I feel you both went over and above to help me **locate relevant support** and this makes a really nice change when everyone is so busy, thank you both so much for your help and I am sure I will be over again soon.

A colleague from The Virtual School Team



## Learn more about BFIS and the team

If you would like to know more about the BFIS, including how to use the website, come and see us on the 1st floor or email [FISdigital@buckscc.gov.uk](mailto:FISdigital@buckscc.gov.uk)



Similarly, if you know of a service not featured on the BFIS website, let us know. Our collaboration with other teams and services help us continually improve the information available.



**Good to know:** We take steps to monitor and review records on our directory. Individual organisations and services are responsible for keeping their own records up to date. BFIS is an impartial service and cannot recommend or endorse any service.

