

THE SUNRISE PROJECT COULD HELP YOU IF...

- You are pregnant and feeling low and struggling emotionally.
- You have mild to moderate mental health difficulties that makes it difficult to manage pregnancy or affects how you are feeling as a parent.
- You have a baby or a child under one and are feeling low and struggling emotionally.

CONTACT US

Contact us if you think The Sunrise Project might be what you and your family are looking for.



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THE SUNRISE PROJECT



**Supporting expectant
mothers and mothers with
mild to moderate mental
health difficulties to
improve emotional health
and overall wellbeing**

EVERYONE NEEDS A BIT OF HELP SOMETIMES...

WE CAN HELP YOU AND YOUR FAMILY

Being a parent is hard work and many parents need help when they have had a new baby.

Friendship, advice or practical support during pregnancy and those early years when children are young can make things a little easier.

We support hundreds of parents just like you through our family mentors.

OUR FAMILY MENTORS

Are all parents themselves.

All complete a 10 week training programme and receive ongoing training and support.

Have DBS checks and must provide references.

Will respect your privacy and never forget that you have invited them into your home.



WE CAN OFFER

- Weekly home visiting support for you and your family
- One to one support for you and your child/children
- A listening ear - Someone to talk to
- Emotional support - Someone who understands
- Practical support - An extra pair of hands to help with daily tasks in the home or getting out and about
- Support to attend antenatal classes / appointments
- Group Support—the opportunity to meet with other mums/mums to be

OUR FAMILY MENTORS

Are parents themselves or have parenting experience, so they know just what you are going through.

They will visit you in your own home on a day and time that suits you and the support is tailor made to meet your individual needs.

ALL YOU HAVE TO DO IS ASK

If you would like our support you can:

- Ask your Midwife or your Health Visitor to make a referral for you
- Someone else could make a referral for you, on your behalf, by giving us a call
- You can contact us yourself.

For further information or to make a referral, call 0151 608 8288

WHAT WILL HAPPEN NEXT?

When we hear that you may want our support, a Family Support Co-ordinator will arrange to visit you and talk to you about what you need and what we can offer.

Home visiting family support—A family mentor will be matched to your family, and they will visit once a week for 2–3 hours for as long as support is needed.

Groups/Free Short courses—You will be given information about our groups/short courses that you can book onto. Your volunteer may be able to support you to attend these.

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