Mellow Bumps and Dads-to-be are gender specific group based antenatal programmes, running for six weeks over 2-hour sessions. They aim to decrease stress and isolation, and increase social support in preparation for parenthood.

Maternal Wellbeing

It gives knowledge, support, a chance to socialise and a place to feel comfortable with others who may share similar issues

Mellow Bumps group member

Group Support

Relaxation & Self Care

Reducing Stress

Paternal Wellbeing

"It got you thinking about who you’d like to support you as a family... doing activities that make you feel differently towards her and the baby... I benefitted from the group"

Mellow Dads-to-be group member

Awareness of baby development

"It gives knowledge, support, a chance to socialise and a place to feel comfortable with others who may share similar issues"

Mellow Bumps group member

94% of attendees felt more connected to their baby as a result of attending the group

64% of attendees reported an improvement in their mental health and wellbeing

84% of babies were born with normal birth weights

74% of babies were delivered at full term

The likelihood of a man developing depression doubles as he makes the journey to fatherhood.

(Paulson & Blazemore, 2010)

If a mother experiences depression, anxiety, or stress during pregnancy, the risk of adverse outcomes for her child increases.

(O'Connor et al., 2013)

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