

New Growth Project



The New Growth Project is a therapeutic support service for care experienced people who are pregnant. This is a new project within the Breaking the Cycle service.

We understand that pregnancy can be a difficult time for everyone and that being care experienced can bring additional challenges. We offer practical and therapeutic support and work at your pace. Some people may want to find out more before deciding if this is the right service. We are here if you would like to access our support and we want you to know that the choice is yours.

We can support throughout your pregnancy and after your baby is born

The Pregnancy Pathway

Our role is to support you from early on in your pregnancy, not assess you. We are here to help you feel safe and connected with those who can support you. We can help you understand any assessments that might take place and can attend meetings/appointments with you.

We understand that being pregnant can be an anxious time. We help to strengthen your relationship with your unborn baby and the professionals working with you. We can provide different services depending on what you need, including practical help and space to reflect on how you feel about pregnancy and parenting.



PREGNANCY
PATHWAY

The Parenting Pathway

We work alongside you to strengthen the relationship between you and your child/ren. We support your emotional wellbeing and run therapeutic parenting groups and family events.

We support you to meet other care experienced people and help you be the parent you want to be. We are not part of assessing your parenting, but can attend any meetings if this is helpful.



PARENTING
PATHWAY

Many care experienced pregnant parents have told us that they initially felt alone, vulnerable and judged when they became pregnant and that this led to mixed feelings about becoming a parent. The New Growth Project is a service that can support you in making sense of these feelings. We never judge you, but sit alongside you on your journey.



You can be referred by a professional or make a self-referral

MAKING A REFERRAL



Any professional supporting you or your child (such as your midwife) can make a referral with your consent. You can also self refer.

To find out more you can contact us on the details below:

Breakingthecycle@birminghamchildrenstrust.co.uk

07927 665329

WHAT TO EXPECT AFTER A REFERRAL



Once you feel ready to receive a service from The New Growth Project, we allocate a therapeutic worker. They will arrange an initial meeting to get to know you. We listen to you and what you need, working out together what support is most helpful and how to best use our time together. If it is helpful, we can also connect with other professionals in your support network to make sure you are getting the right level of support for you.

We offer a nurturing, safe space to get to know you. We usually offer weekly sessions but this can be more or less often, dependent on availability of you and staff.

Feedback

When I was first referred to BtC, I didn't understand what it was for and said no. After a few weeks, I had some questions and they arranged a meeting straight away.

They helped me with my pregnancy... they helped me understand the social work meetings. It was like having someone who was there for me, not just the baby. I would recommend them to anyone.

"To start with, I was very concerned talking to you because you're part of Social Services. I was a young child when I was taken into care. Basically, I found it hard to trust, but as the time went on, I knew that I could trust you and could open up to you and felt comfortable with you. It was a really good experience and helped me loads.

