

East of England Supported Return to Training Antenatal Workshop for Doctors in Training



Date: Saturday 20th January 2024

Time: 10:00 - 16:00

Location: Broomfield Hospital, CM1 7ET

For
information on
SupportT
please
scan the QR
code



or click
[SupportT](#)

The Supported Return to Training (SupportT) team are excited to announce an antenatal class for doctors in training and their birthing partners.

Please join us for a relaxed, evidence-based day as we prepare you for the birth of your baby, parental leave, including information on how you can be supported on your return to training. Suitable from any gestation from 12 weeks onwards.

It is aimed at **postgraduate doctors in training** in the East of England and their birthing partner.

Any queries, email: england.supportt.eoe@nhs.net

The day will include short sessions on:

- Physiology of spontaneous birth
- Pain relief options
- Obstetric interventions
- Postnatal pelvic floor health
- Breastfeeding & infant feeding
- Basic infant care and when to get support
- Postnatal mental health
- Return to work, including childcare
- Accessing SupportT, including the benefits
- Less than full time (LTFT) training

To register for place for you and your partner click, [Antenatal Workshop booking link](#)

**or
scan the QR code:**

**Refreshments and
lunch will be
provided on the day.**

