

Take advantage of MAMTA before, during and after your pregnancy.

MAMTA



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MAMTA ACTIVITIES

- Information and signposting accessing health care services.
- Preconception care and advice - healthier lifestyle before pregnancy.
- Workshops and learning programmes on women's health.
- Midwife clinic/parentcraft sessions - nutrition, birth, dangers for baby and smoking cessation.
- Phlebotomy/Blood Test Clinic for pregnant women.
- Postnatal sessions - baby's weight, weaning and breastfeeding support.
- Maternal health activities - swimming, fitness and diet.
- Child health activities - information on immunisations and diet.

Location and Access

FWT is based in a safe residential area, off the Foleshill Road and is easily accessible by public transport.

Bus routes from the city centre are the 20, 20A, 40, 48, 50 and 60. All buses travel down the Foleshill Road. You will need to exit at the Wheatsheaf Bus Stop and walk to Elmsdale Avenue. FWT is situated 200 yards along the road.

Please contact

MAMTA

FWT - a centre for women
70 - 72 Elmsdale Avenue, Foleshill
Coventry CV6 6ES

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Fax: 024 7666 2854

Email: noreen.bukhari@fwt.org.uk

Opening Hours:

Monday to Thursday 9.00am - 5.00pm

Friday 9.00am - 4.30pm



All sessions are culturally sensitive, women only and with language support.

“Healthy you makes a Healthy Baby”



Empowering ethnic minority women and women from new communities to take control of their own and their children's health.



A child and maternal health service brought to you by FWT - a centre for women in conjunction with NHS Coventry and Coventry City Council.

'MAMTA' - means "motherly love" in many South Asian languages - is a health project for black and minority ethnic women.

The aim of MAMTA is to empower these women to take control of their own and their children's health. One of the main aims of MAMTA is to work with health professionals on improving child and maternal health, in Foleshill and its surrounding areas, through advice and education.

MAMTA support mainstream services, such as midwifery, health visiting, smoking cessation in pregnancy and other services within the City Council and NHS Coventry in cascading key health messages to the community.

The activities of MAMTA target local health inequalities by addressing the root causes of ill health, removing barriers such as culture and language and offering a safe environment to support and advise women on health matters.

Preconception Care (before pregnancy)

- Tips on recognising the importance of being healthy before getting pregnant.
- Once pregnant, booking ante-natal care by 8-12 weeks with your midwife.



Postnatal Care (after pregnancy)

- Get health advice about breastfeeding, weaning and immunisation.
- Receive a MAMTA information pack.

During Pregnancy

- Enjoy the parentcraft course and learn about healthy eating, breastfeeding, how to look after yourself and your baby.
- Midwives to answer all of your questions.
- Blood Clinic at FWT.

So please make sure you visit MAMTA who will make a real difference to you and your baby, with friendly staff always here to give you advice and support. Gain knowledge and tips on how to have a healthy lifestyle for you and your baby before, during and after pregnancy.

Supporting women through our Social, Health and Economic programmes

