



Living Library: Invitation to support other parents

A Digital Living Library to support new parents

The COVID19 pandemic and the need for physical isolation has meant that parents face newer challenges with a reduction in the length of hospital stay after the birth, lack of partners being able to support in the postnatal ward, reduction in face-to-face contact with community professionals and peer support and lack of hands-on wider family support.

The **Living Library**, a postnatal peer support program has been adapted to continue to offer support, now remotely (video/ audio call) to parents who have faced unexpected birth experiences/challenges.

Parents with similar experiences in the past, referred to as 'books' in the living library will be able to provide support to new parents 'readers' remotely via video link or telephone call. We will provide the necessary support to facilitate this.

We are keen to invite more 'books' to the living library to keep up with increasing demand at this time. If you, a family member or a friend who would like to be involved in supporting parents at this time, please ask them to contact lou.harris@chelwest.nhs.uk. Staff members are also welcome to join up and offer this support.

Thank you
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