

MESSAGES for mothers

Launch of a suite of online resources for women

Date: Tuesday 15th October

Venue: [School of Nursing and Midwifery, 24 D'Olier Street, Dublin2](#). Rm: 2.57.

Registration: www.eventbrite.ie/e/messages-for-mothers-tickets-75016150325

The MAMMI Study team is delighted to invite you to this free seminar to launch our new and innovative suite of online resources on from women's health

These resources were co-developed with women, participants in the MAMMI study and are inspired by what women said '*they wished they had known*' as they became mothers.

Why we developed these resources:

Following birth, postpartum healthcare and information shifts almost exclusively to child-focused healthcare information, and women's own health in the postpartum period is often overlooked or ignored. We know from the MAMMI study that many women experience a range of health issues that are preventable and treatable, if recognised early. However, when untreated, these health issues and problem impact negatively on women's physical and mental health, and they can leave women feeling miserable.

Women also tell us they struggle to access reliable resources and trustworthy information regarding their own health.

This seminar marks the launch of a suite of online resources that provide evidence-based content on women's postnatal health and are designed for mothers and their partners, and for healthcare professionals to use to complement their practice.

What's covered in the seminar:

You will hear from the women who helped us develop the content, and their and our motivation for developing these resources. We will showcase some of the visual and audio content, and you will be able to engage with some of these resources for yourself, so be sure to bring your smart phone with you. We will also invite you to join our free online course on Women's Health After Motherhood, where learners can freely access of the developed resources.

Who should attend the seminar:

Women, partners (babies and children welcome too!), healthcare professionals who work in maternity are or with pregnant and postpartum women, researchers, and anyone who is interested in women's health during or after childbirth.

Register your place at the seminar today at [Eventbrite](#)

www.eventbrite.ie/e/messages-for-mothers-tickets-75016150325

Registration opens from: 9.30 am.

Seminar will begin at: 10.00 am

Lunch: 12.00- 1.00 pm.

Please note: if you register your attendance for the event but find that you will no longer be able to attend, please contact the team at 087 118 6762 or email mammistudy@tcd.ie

If you have any questions, please email mammistudy@tcd.ie or call 087 118 6762

Our funding and projects:

This suite of resources was developed with funding from three separate grants.

1. MESSAGES (Motherhood, Empowerment, Sustainable Self-help: Addressing Gaps in Education with Science), funded by Science Foundation Ireland (SFI).

Our MESSAGES project contains self-help educational videos and interactive materials designed to help women understand the causes of urinary incontinence (leaking urine when you don't mean to), self-assess their own bladder health, and know how to do pelvic floor muscle exercises (PFMEs) correctly and track their progress over time.

2. Women's Health After Motherhood (WHAM) Massive Open Online Course (MOOC), funded by the European Institute of Innovation & Technology (EIT) Health.

Our free online course, which starts on 21st October 2019, provides evidence-based, trustworthy content and resources to help women become and stay healthy and well after childbirth, and offer health professionals resources to complement their practice.

*Registration for this free online course is now open on **Futurelearn***

www.futurelearn.com/courses/womens-health-after-motherhood

The content:

- Helps women to identify health issues and problems that are common, but not normal;
- Offers practical tips and strategies that women can take to improve their health;
- Helps women to know when to seek professional help, and know how to speak to healthcare professionals about sensitive health issues.

3. On-TRACK (Towards recovery After Childbirth through Knowledge), funded by the Health Research Board (HRB) Knowledge Exchange Dissemination Scheme (KEDS).

Our On-TRACK project aims to provide evidence-based, trustworthy content on:

- Anxiety, and creating a wellness plan;
- Sexual health and relationship issues
- Pelvic girdle pain (PGP).