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I WAS HAPPILY MARRIED, I WANTED A CHILD AND I WAS SURROUNDED BY SUPPORTIVE PEOPLE... **AND YET AFTER MY SON ARRIVED, I FELT COMPLETELY ALONE, TERRIFIED AND TOTALLY AFRAID.**

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## IMPROVING PERSONAL RESILIENCE TO COPE WITH CHALLENGES:

Motherhood is both an enjoyable and fulfilling experience. However, it can also present new challenges as a mother adjusts to living with increasing family demands.

Besides impacting positively on a mother's general health and well-being, INSPIRE seeks in a friendly, supportive environment, to help mothers develop coping mechanisms that will make their experience less challenging.

Within INSPIRE there are opportunities for mothers to take 'time out'; be part of a friendship group; be listened to and to share their experiences with people who understand their journey in a non judgmental fashion.

Understanding that some mothers may require additional 'one to one support', CIP has teamed up with LINKS Counselling Service. The LINKS team of trained, dedicated staff will be able to provide professional counselling support with the aid of interpreters in a number of language groupings.



**COMMUNITY  
INTERCULTURAL  
PROGRAMME**  
Connecting People

Should you wish to discuss the **INSPIRE Programme**, please contact the Family Coordinator who will provide further information about accessing the service or making a referral.

Family Coordinator:  
**Hetty Smith**

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INSPIRE is supported by COMIC RELIEF



**INSPIRE**  
PROGRAMME

SUPPORTING AND EMPOWERING  
BME MOTHERS AND THEIR FAMILIES

**INSPIRE** is an integral element of the family support which Community Intercultural Programme provides to BME Communities.

## WHAT'S IT ALL ABOUT?

INSPIRE is a maternal support programme designed to help mothers with children under 5yrs of age from Black and Minority Ethnic (BME) communities. The programme has been developed from needs identified by BME mothers and will include; one to one support; group activities; advice sessions and the introduction to appropriate support services that will improve their social integration and develop personal resilience to cope with the challenges of maternal well-being.



## PROGRAMME CONTENT:

- Weekly parent & toddler group
- One to one support
- English classes
- Resilience training
- Baby massage
- Home visits
- Information sessions
- Volunteering
- Family Trips
- Family events
- Integrative counselling



## DEVELOPING A SENSE OF BELONGING

Settling in a new country and to a different culture can produce 'culture shock', especially for young mothers who are attempting to navigate their pathway through pregnancy and the first years of bringing up their child.

INSPIRE aims to provide opportunities for mothers to both develop new friendships and informal support networks in which their voice is heard and their input will shape project delivery. INSPIRE also provides a level of enjoyment and the opportunity for positive interaction outside normal living environments thus building personal self-esteem.

INSPIRE will contribute, in a holistic manner, to the general well-being of participants, which will impact on their individual ability to parent their children with greater confidence.

## IMPROVING KNOWLEDGE OF SERVICES

Recognizing the cultural differences in the delivery of public services in diverse countries, mothers will be introduced to the unique way in which services are provided in Northern Ireland. They will be introduced to a range of support mainstream and community services and encouraged to access them with the support of CIP staff or volunteers.

Advice sessions provided by health professionals will also empower participants to make positive and informed choices for their families, or community activities.



## DEVELOPING NEW SKILLS

Newcomer mothers face a range of obstacles which restrict their ability to make the most of living in a new country. INSPIRE aims to create pathways which will ease their transition into opportunities that will release their full potential.

- English classes will develop basic communication skills.
- Life coaching will empower participants to deal with challenges positively.
- Self help groups and peer mentoring will develop soft skills.
- Volunteering opportunities will enhance leadership potential.
- One to One Support will provide opportunities for mothers to address underlying issues and develop personal confidence.