



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

Perinatal Pelvic Health Service



What's New At PPHS Black Country

Specialist Midwife Paula says...

"Don't forget to signpost ALL women and birthing people to our Online antenatal/postnatal education webinar"



Our Ladywood groups have now come to an end as West Birmingham funding closed in March. The good news is West Birmingham residents birthing at MMUH are still very welcome to join our webinar.

For Our Online webinar sessions, just scan the QR code or click the link [here](#)



For the Squeezy app, simply hop over to our webpage [here](#)

Team Update

We're delighted to welcome two new part-time team members, joining us on fixed-term contracts until July:

Maria – Project Administrator

Holly – Assistant Practitioner

Maria and Holly will play a key role in supporting and developing our group education offer, as well as helping to deliver the Single Point of Access (SPOA).

Our Current Focus

The SPOA, delivered through My Pathway, continues to be a key priority for our service. If you have any questions about how it works or how it may affect your referrals, please feel free to get in touch [here](#)

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service

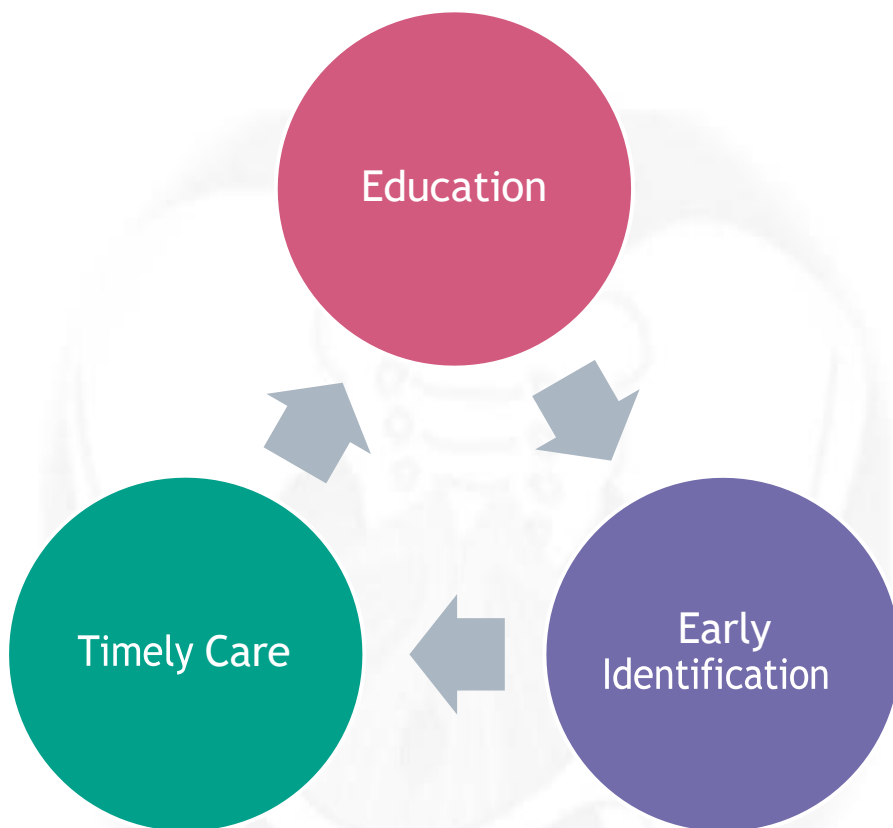


Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

Our Aims

Providing Preventative Pelvic Health Education



Ensuring Timely, Accessible & Equitable Specialist Care

Identifying Risk of Pelvic Health Disfunction Early

confident
you thank
stronger
learning
pelvic
great
Session
postnatal

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service

April 2026



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

Learn how to
do Pelvic Floor
Exercises at
home

Download
our
Squeezy
App

Watch our
self help
videos

Visit

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service to:

Download
our
informative
leaflets

Register for
your local
Postnatal Pelvic
Health Exercise
Classes

Sign up for
our Live
Antenatal
Pelvic Floor
Health
Sessions

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

It's so easy to sign up for Squeezy



Go via the website to sign up for your FREE SQUEEZY CONNECT APP

- Supports self management of pelvic floor health
- guided pelvic floor exercises
- customable reminders
- lots of videos and articles

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

Register for your Postnatal Pelvic Floor Health Exercise Classes

4.88

Average Rating



feeling better bladder symptoms floor strength floor muscles floor and exercises
knowledge along side the exercises safe way exercises pelvic floor floor has become stronger
explanation of each exercise Ruth help
pelvic physio classes exercise with a baby Able pelvic pain
harder exercises light exercise

Scan the QR Code or
click the link for the
Halesowen Class



[Halesowen](#)

Scan the QR Code
Or click the link for the
Wolverhampton Class



[Wolverhampton](#)

Scan the QR Code
or click the link for
the Walsall Class



[Walsall](#)

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services

Don't Ignore Your Pelvic Floor



Scan the QR code or click the link to Register for our LIVE Online Event

[REGISTER HERE](#)

Women's Health, Exercise and Pelvic Floor In Pregnancy and Beyond

www.blackcountry0-18.nhs.uk/pregnant-women/staying-healthy-pregnancy/perinatal-pelvic-health-service

April 2026



Black Country Local Maternity and Neonatal System

Working collaboratively to improve maternity and neonatal services