

What in the World is MU doing? ...

in Armidale Diocese with Bumps and Babies at Inverell NSW

The 'Bumps and Babies' course has run at St Augustine's Anglican Church, Inverell since 2009.

The Young Mum's Bible Study group at St Augustine's had always recognized that the maternity visitation, carried out by MU members and other helpers from the church at Inverell District Hospital, was a valuable link with new mothers in the community. The visits showed that their church cherishes new life, as our Lord and Saviour does - and that they were mindful of the particular needs of new mothers.

However, there were obvious limitations, as each contact was a "one-off" and they were unable to offer any real practical support to the mothers we visited. So they identified the need for a course that provided information and support for new mothers, equipping them for the enormous responsibility and life changes that motherhood brings.

Virginia Grice, from the Young Mum's Bible Study group at St Augustine's reports:

'We approached the Maternity Unit in late 2008 with our ideas. They were overwhelmingly positive and agreed that we had identified a real need in our community. With their support, we began the process of approaching local midwives, obstetricians, Fitness Trainers, Early Childhood Educators, Veterinarians, Family Assistance Officers, Ambulance Officers, Style Consultants, Dentists, Accountants and Photographers - as well as experienced mothers and fathers. Within a month we had a solid draft of a 6 week course, due to the fact that practically everybody we approached agreed immediately to be involved. The course was named "Bumps and Babies - a short course for new and expectant mothers."

MU members provide morning tea for each of the 6 weekly sessions, and help run a crèche for older siblings. They are always happy to nurse an unsettled baby, or give a newborn a cuddle whilst Mum enjoys a rare uninterrupted conversation over morning tea. Beautiful handmade baby gifts, provided by the church Craft group, are given to each mum at the completion of the course, along with a New Testament and some information about what our church has to offer young families.

