

# PlayPlus

18  
Mar

⌚ Various Times

📍 WelCare House , 53-55 Canbury Park Road. [View map](#)

Your baby has arrived but life is not quite what you expected!

Are you struggling to cope with the symptoms of Post Natal Depression?

You're not alone, 1 in 10 new mums experience post-natal depression during pregnancy and during their child's first year. Typical symptoms include:

Feeling sad and low in mood

Lack of energy

Trouble sleeping

Lack of concentration

Feeling like you can't be bothered

Feeling agitated, irritable, hopeless and overwhelmed

Not enjoying the company of your baby, feeling indifferent

Thoughts of self-harm

Some mothers have thoughts of harming their baby which can be very unsettling

Kingston Welcare's PlayPlus Project help mums manage postnatal depression by bringing mum and baby/toddlers together to enjoy sensory play sessions. Our weekly play sessions include:

Sensory play, crafts, stories, song and movement

Mums also have access to:

1 to 1 emotional support

Small Group Peer support, via WhatsApp group sharing

If you would like to find out more or register for PlayPlus call Ingrid on 07873 592 216 (Monday/Tuesday 9.30am – 3pm) or use this link to register with us.

## Organiser and Contact Details

### Organiser

Welcare Kingston

### Website

<https://welcarekingston.org.uk/our-projects/copy-of-re-connect/>

## Event Repeats

### Repeats

This event repeats on the following dates:

- 18Mar
- 19Mar
- 25Mar
- 26Mar
- 2Apr
- 8Apr
- 9Apr
- 15Apr

## Additional useful information to download

### File Attachments

- PlayPlus Flyer (Portable Network Graphics (PNG), 612 KB)

- [PlayPlus Flyer page 2 \(Portable Network Graphics \(PNG\), 2.19 MB\)](#)

## We can remind you about this event

Please create an account or login to set up reminders for this event.

## Location Map

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