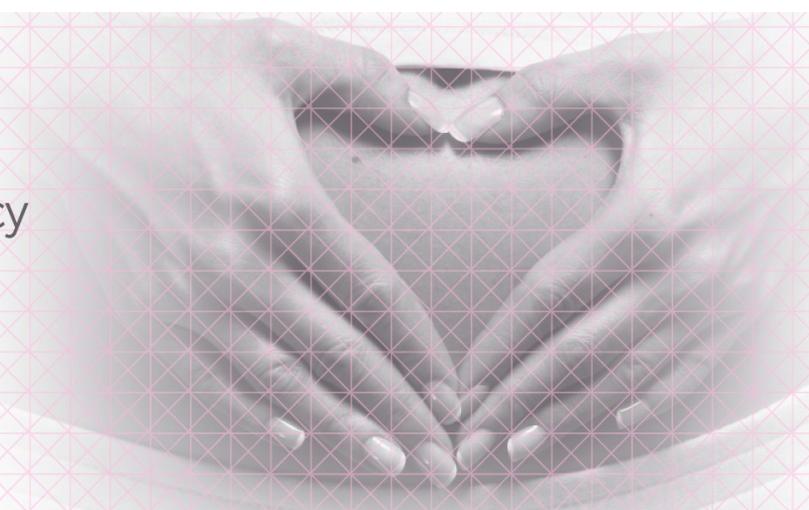




Pregnancy
Sickness
Support



**NATIONAL PREGNANCY
SICKNESS SUPPORT
CONFERENCE LONDON**

**5TH SEPTEMBER 2013
9AM - 4PM
CITY UNIVERSITY**

www.pregnancysicknesssupport.org.uk
info@pregnancysicknesssupport.org.uk
Charity No. 1094788

Supporting women with HG

Isolation is one of the most distressing aspects of
HG

Many women feel that unless you have been through it yourself it is hard to understand the experience.

Things women have said about our network:

“everyone around you expects you to be blooming, with HG that's not the reality. PSS and in particular my volunteer provided a lifeline where others couldn't. Having been through it these volunteers really understand the support needed. Having someone “virtually” checking in on me and understanding the complexities of what I was experiencing was amazing”

“HG is hugely debilitating and isolating. The support I received from [my volunteer] was so needed and appreciated.”

“We finally felt someone was taking us seriously instead of fobbing us off with “it's just morning sickness. After I got in touch with PSS my healthcare improved no end. To sum it up, PSS has saved my baby's life and my relationship.”

Who are our volunteers?

Women who have suffered!

Application form on our website is filled in.

Women is interviewed by our Volunteer Co-ordinator on the phone

References are requested

Once interview and references are cleared the volunteer is informed and can access online training

Once training is completed she is “Active” and can be matched to a sufferer in her region

The charity provides insurance for volunteers

References are requested and checked

Training is provided

Ongoing support is provided for supporters

Policies and guidelines are in place

Regular feedback is obtained from supporters and sufferers

Sufferers seeking support

Contact is predominantly via the website contact form or via the phone line

Women also make contact via facebook

Email direct to

support@pregnancysicknesssupport.org.uk

Or [info@...](mailto:info@pregnancysicknesssupport.org.uk)

What happens then?

Our volunteer co-ordinator will make contact via email or phone.

A registration form must be completed with an “in case of emergency” contact

Basic risks and needs assessment is completed
Suitable volunteer is found via database and contacted

Once arranged, the volunteer will make contact with the sufferer within 48hrs

What support can we provide

Most support is via text or email due to the nature
of HG

Phone support is also available and encouraged
Home visits have been arranged on occasion but
are not as common.

What we don't do...

Our volunteers give information NOT Advice!

The support is about encouragement, company and sympathy NOT about telling sufferers what they should and shouldn't do – Particularly when it comes to medications.

By referring women suffering HG to our network
you can significantly improve her experience and
reduce her loneliness!

Email: support@pregnancysicknesssupport.org.uk
for more information