



begin well

The Starting Blocks for Family Life

Churches Information pack



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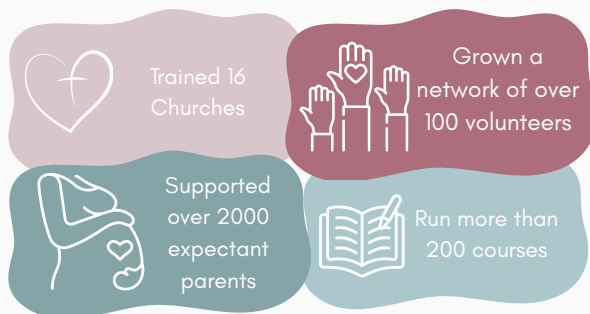


Our Story

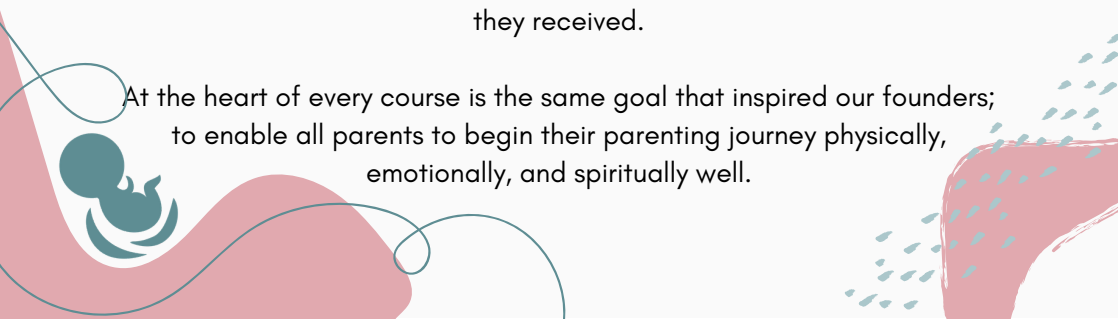
Begin Well began with a simple but powerful vision: that no expectant parent should feel lost, alone, or unsure of where to turn.

In 2017, Karen and Louise, an obstetrician and a health visitor, both deeply immersed in maternity care, recognised a pattern in their work. Again and again, they met parents-to-be who felt overwhelmed and under-supported, struggling to find trustworthy, accessible antenatal education. Together, they set out to create something different; a space that was welcoming, free, and rooted in both compassion and evidence.

What started as a local initiative quickly grew. By 2019, Begin Well had become a registered charity. And today, we partner with churches and communities to offer high-quality antenatal support to families across the UK. By 2025 we had;



Our sessions are designed not only to inform, but to welcome, and as feedback shows, participants feel welcomed and trust the information they received.



At the heart of every course is the same goal that inspired our founders; to enable all parents to begin their parenting journey physically, emotionally, and spiritually well.

Our Mission & Vision

At Begin Well, everything we do is rooted in our belief that early support can transform lives. Our team, from facilitators to volunteers to external professionals, play a vital role in helping us live out this vision.



Our Mission

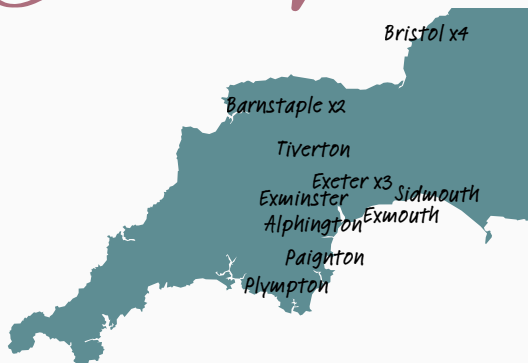
To empower families to give their children the best start in life through education, support, and community resources.



Our Vision

Antenatal education, delivered through churches, enabling all parents to begin their parenting journey physically, emotionally and spiritually well

Current Locations



The Course



Begin Well is a 5 or 6 week course delivering evidence based antenatal education. It can also be delivered over 2 Saturdays.



It is based on the NHS Birth and Beyond programme.



We adapted it to fit in body, mind and soul aspect bringing allowing the Christian ethos to weave through it.

The Sessions

Giving birth

Evidence-based information taught by health professionals prepares and empowers families for labour

Community

Meeting others, building friendships and connecting with church means that families leave with community and support

Caring for baby

Practical demonstrations alongside interviews with new parents. Information supporting safe sleep, coping with a crying baby and building loving relationships with baby

Infant feeding

Information and hands on activities to introduce infant feeding including breastfeed and bottle feeding. Signposting to local support

Health and wellbeing

Information and practical support for looking after physical, emotional and spiritual well-being. Signposting for where to get help

Relationships

Conversation starters for developing relationships and loving well. Practical ideas for navigating conflict, discussing finances and interviews with new families

Why Churches?



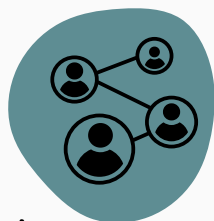
Love

Show love by welcoming and caring for each family



Support

Can serve and bless new families through courses such as CAP Money or marriage courses



Connection

Provides connection to church where there was none before



Groups

Journey through to church groups such as toddler groups or parenting courses



Community

Local knowledge and links to the community

Starting a Course

Starting a Begin Well course in your church is a meaningful and rewarding step, and you won't be doing it alone. Here's a simple guide to help you understand what's involved and what support you'll receive along the way.



1. Build Your Team

With the support of your church leadership and Regional Coordinator, begin gathering a team of committed volunteers.



2. Complete Key Documents

Each volunteer will:

- Apply for an Enhanced DBS through Begin Well
- Provide two references (one from their church)
- Sign the Volunteer Agreement

Your church will also:

- Sign the Begin Well Licence Agreement and Data Protection Policy. Payment is then made for Begin Well training, covering core team members.





3. Attend Training

Your core team books onto and completes Begin Well Training, which covers:

- Safeguarding, GDPR, and key policies
- The vision and ethos of Begin Well
- Course content, team roles, and how to run sessions

Please note: Training is subject to completed references and DBS checks.



4. Plan Your First Course

With your Regional Coordinator's help, begin preparing to launch:

- Choose your dates, venue, and session times
- Start advertising and reaching local families
- Begin Well will support you with admin, bookings, and resources
- You'll receive Parent Handbooks to use with your group



5. Run Your First Course

During the course:

- You'll receive a visit and ongoing support from your Regional Coordinator
- Focus on building connection, confidence, and community for expectant parents

Every Begin Well course is a step toward brighter beginnings. Thank you for helping families feel welcomed, informed, and supported.



Creating a Team



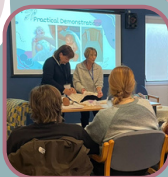
A facilitator

Lead sessions,
creating a warm,
supportive space.



Co-Leaders

Assist facilitators
and help sessions
run smoothly



Regular Team members

Provide consistent
weekly support and
build trusted
relationships with
families.



Health Professional

Preferably a
midwife or someone
with up-to- date
knowledge of
obstetrics



Refreshment/ Admin lead

Provide refreshments
Help setup
Take responsibility of
the bookings and liaise
with Begin Well admin
team

Team Requirements

To ensure every Begin Well course is delivered safely, consistently and to a high standard, each team is asked to meet the following requirements:

Complete Begin Well training – All team members must successfully complete the Begin Well training course before delivering sessions.

Health professional involvement – Each team must include at least one healthcare professional, ideally a midwife or someone with an interest or experience in obstetrics. They must be present at the “Giving Birth” and “Infant feeding” sessions.

DBS checks – All team members are required to hold a current DBS check.

Church-based team – Team members should be active members of the local church running the course.

Volunteer Agreement – Every team member must sign a Begin Well Volunteer Agreement.

Church Licence Agreement – Each church must sign a Begin Well Licence Agreement, which is renewed every two years.

Ongoing training – Team members are expected to attend refresher training and course updates to maintain the quality and consistency of Begin Well and uphold the licence agreement.

Regional support – Teams will receive ongoing encouragement, support and visits from their Regional Coordinator to help them thrive and develop.



The Details

£750 - This includes: a licence for 2 years, ongoing support, administration for your course, training of your main facilitator, access to all course materials, the google drive, yearly updates, and local hub meet ups.

£50 - Training per person, we encourage your core team to attend the training.

We will provide an enhanced DBS check from Begin Well for your core team

The parent handbooks are a cost of **£7.00** per book.

You will receive 1 handbook, 1 resource book and 2 facilitator guides as part of your training but if you require additional copies they are costed as below;

Resource book - **£10.00**

Facilitator guide - **£10.00**

(If costings are an issue please contact us as we don't want this to become a barrier to your church)



What people say!

"This is such a valuable thing to find freely offered within our community, it feels rare to have such an opportunity and I'm sure so many people benefit from it. I know friends in other areas of the country where there is no such provision so we feel really lucky."



"At first I didn't really want to attend. As I thought I wouldn't be my sort of thing. But when we got there everyone was very welcoming. They made it fun to learn about what will happen when the baby is here but also give us an insight to what to expect. I feel less nervous about becoming a dad now"



"Just all of it really was brilliant!!! Has really taken away anxiety, made me feel more prepared and less scared, helped me realise how trustworthy midwives and medical teams are and made me feel in safe hands. Feel really excited now! Also for husbands too, this will have given them so many tools for confidence in their roles too. I can not thank you all enough!!"



"They were all exceptional. The combination of midwives experience and of real women who have been through it themselves, just made it all so understandable and felt so approachable. Mental health session was really well done - we need to hear this and not feel alone if it happens to us. Thank you so much"





Holly's Story

When Holly signed up for a Begin Well antenatal course, she was exploring the idea of faith and community. What she didn't expect was how deeply that one step would shape her journey.

Through the course, Holly connected with a local church and went on to attend Alpha — a space to explore questions about life and faith. Not long after, she was baptised and is now part of the Begin Well team herself, giving back to others walking a similar path.

"I became a Christian about a year and a half ago after Alpha. Begin Well introduced me to Bay Church, and I took it as a sign to give it a try. It spiralled in the most positive way from there. Becoming a Christian has completely transformed my outlook and given me immense strength — especially in the harder times when I've been parenting alone during my husband's deployments."

Thanks to supporters like you, Holly found not just practical support in early parenthood, but community, purpose, and a renewed sense of hope.

