The Mamta Project

The Project

The Mamta Project is a child and maternal health service run by the Foleshill Women’s Training, (FWT) in conjunction with the Coventry Teaching Primary Care Trust (PCT).

'Mamta' meaning "motherly love" in many south Asian languages, is a health project for black and minority ethnic women.

The aim of Mamta is to empower these women to take control of their own and their children’s health. One of the main aims of the Mamta programme is to work with Coventry NHS to achieve a reduction of infant mortality rates, in Foleshill and its surrounding areas, through advice and early intervention.

What they did

The activities of MAMTA target local health inequalities by addressing the root causes of ill health.

This is achieved by incorporating and removing barriers such as culture and language and offering a safe environment to support and advise women on health matters.

MAMTA serves the community with a needs oriented service, working in partnership with health professionals and other agencies.

*Mamta encourages women to come to visit them at any of the following stages:*

1. Pre-conception (before pregnancy)
2. In early pregnancy
3. During their pregnancy
4. After the birth.
5. Early Childhood stages

What's happening now?

- Preconception Care and Advice (before pregnancy.)
- Workshops and Learning Programmes on Health (Diet, Nutrition, Diabetes.)
- Midwife Clinic/Parent Craft Sessions (Nutrition, Birth, Dangers for Baby, Smoking cessation.)
- Postnatal sessions, (Baby’s weight, breast feeding support.)
- Maternal health activities (mums and tots, swimming, fitness, diet.)
- Child health activities (information on immunisations and diet.)
End Result

The statistics below show the number of people that Mamta reached in the first quarter of this financial year proving that the Mamta project is working and gaining respect and trust in the local community.

Local Women Given Access to Health Opportunities: Ethnic Minorities: 501

Young People Benefiting From Services: Ethnic Minorities: 163

Who said what?

One lady, supported through an interpreter said she felt isolated before and knew nothing about pregnancy. She said "I felt very comfortable in the sessions and it has alleviated some of my fears. I am now looking forward to having my baby and being a mother."

Key Learning Points

✓ To know your community and listen to your community and not to assume all ethnic minorities are the same.

✓ Shape services to cater for the needs.

✓ To empower women with knowledge as they want it.

More Details

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