

The UK's Black Maternal Health Awareness Week 2023 is Here

24th - 30th April 2023

Theme: Respectful Maternity Care



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Black Maternal Health Awareness Week 2023 #BMHAW23

24th - 30th April 2023

What is this years theme?

**The theme this year will be
'Respectful Maternity Care'**

**We want to see changes towards
respectful maternity care as it is a
fundamental human right.**

**For decades now, Black women
have had a higher risk of maternal
mortality in the UK (CMACH 2007).**

FOLLOW THE WEEK BY USING THE HASHTAG #BMHAW23

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Black Maternal Health Awareness Week 2023 #BMHAW23

24th - 30th April 2023

Ways you can get involved and support:

- **Follow us on social media @fivexmore to stay updated on daily themes and events**
- **Share our posts and use the hashtag #BMHAW23 to spread awareness**
- **Join the conversation and share your story using the hashtag #BMHAW23**
- **Donate to organisations working to improve maternal health outcomes for Black women**
- **Educate yourself on the issues and share what you've learned with others**
- **Advocate for policy changes and write to your local MP**

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Day 1
24.04.23

**Black Maternal Health
Awareness Week 2023
Respectful Maternity Care**

Young Mums

Young mums experiences are often left out of the conversation when it comes to maternity issues. On this day we will be speaking to a number of young mums highlighting some of the common issues they face and how they overcome them, along with helpful tips and resources.

#BMHAW23YoungMums

#BMHAW23

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Day 2
25.04.23

**Black Maternal Health
Awareness Week 2023
Respectful Maternity Care**

APPG Meeting

**There will be a Black
Maternal Health All Party
Parliamentary Group
(APPG) meeting taking place
in Parliament which we
would love for you to be
able to join.**

#BMHAW23APPG

#BMHAW23

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*The colour of your skin should
have no impact on your health
outcomes or your baby's.*

Day 3

26.04.23

**Black Maternal Health
Awareness Week 2023**

Respectful Maternity Care

Muslim Mums

**We will focus on
highlighting some of the
myths and stereotypes that
Muslim women face due to
the intersectionality of race
and religion.**

#BMHAW23MuslimsMums

#BMHAW23

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Day 4
27.04.23

**Black Maternal Health
Awareness Week 2023
Respectful Maternity Care**

Fathers

On this day we will focus on Birthing partners and fathers sharing the Five X More recommendations and information on how to support a pregnant person.

We will also be hosting an event at the Prince of Peckham called 'Fatherhood Unsaid' where all dads and fathers to be are welcome.

#BMHAW23Fathers

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Day 5
28.04.23

**Black Maternal Health
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Mental Health

Mental Health can often be a sensitive subject in our communities. This day will be focused on good practices and wellness strategies to encourage better mental health throughout pregnancy and the postpartum period.

#BMHAW23MentalHealth

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Day 6
29.04.23

**Black Maternal Health
Awareness Week 2023**
Respectful Maternity Care

The Joy of Black Motherhood

We will be sharing positive stories across our pages and website is important to highlight that not all Black women and birthing people have negative experiences. On this day we will be sharing positive stories.

#BMHAW23JoyOfMotherhood
#BMHAW23

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Day 7
30.04.23

**Black Maternal Health
Awareness Week 2023
Respectful Maternity Care**

A Day Of Rest

**After a week-long campaign,
we are dedicating a day to
prioritize rest and self-care.
Join us on this awareness day
as we recognize the importance
of taking a break and
recharging our minds and
bodies. It's time to put yourself
first and practice some much-
needed self-love.**

#BMHAW23MentalHealth

#BMHAW23

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