

## Additional Resources

### **Obstetrics antenatal and post-natal care**

<https://www.nhs.uk/conditions/pregnancy-and-baby/pelvic-pain-pregnant-sp/>

<https://www.squeezyapp.com>

<https://pogp.csp.org.uk/information-patients>

<https://www.nhs.uk/common-health-questions/womens-health/what-are-pelvic-floor-exercises/>

<https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/pi-pelvic-girdle-pain-and-pregnancy.pdf>

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>.

### **Bladder, Bowel and Gynaecology**

<https://www.bbuk.org.uk/>

<https://www.squeezyapp.com>

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>.

### **Mindfulness Apps**

Stop, Breathe, Think

Insight timer

Headspace

Calm