Whole Body Pelvic Health

by Claire Sparrow

Pelvic Health Cafe 2026

Mission

The Pelvic Health Café is a gently held space where women come together to talk openly about pelvic health through shared experience, listening, and connection.
It isn't a class or a webinar, and it isn't about being taught. It's a place to be seen, heard, and supported, much like a real-life coffee morning with women who understand.

Vision

We envision a world where pelvic health is spoken about with ease, honesty, and compassion.

By creating space for real conversations and human connection, the Pelvic Health Café helps women feel less alone, more hopeful, and more confident in understanding and supporting their bodies.

Values & Purpose

Presence & Connection
Connection grows when we can see and acknowledge one another. Showing up as ourselves helps create the warmth and trust that make meaningful conversation possible.

Listening & Sharing
Some women come to speak, others to listen, and both are equally valued. Being present together is what makes the Café feel supportive and real.

Inclusivity with Care
All women are welcome here, and this is also a protected space where care, respect, and mutual consideration help everyone feel safe to share.

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Community Over Content
The Café is not something to consume like a class, it's something to be part of. The value lives in the shared experience, not in information delivery.

Hope Through Shared Experience
Hearing other women's stories, at all stages and with all kinds of journeys, helps create hope, perspective, and a sense of "I'm not on my own".

How to Think About the Pelvic Health Café

The Pelvic Health Café is:

- A live, informal conversation space
- A place to listen, share, and feel supported
- Gently facilitated, not taught
- More like a coffee morning than a workshop

And it's also:

- A space that works best when we're present together
- A community built on trust, care, and mutual respect

Community Guidelines

The Café runs from **7.00–8.00 pm**. You're very welcome to stay muted and on camera throughout, and leave quietly if you need to.

To help the Café feel safe and supportive for everyone, we invite you to join us in the following ways:

Cameras On Where You Can
Seeing one another helps build connection and trust. If today isn't a day you can have your camera on, simply let us know in the chat when you arrive or perhaps listen to an episode of HOPE For Your Pelvic Floor Podcast and join us live at the cafe next month.

Introductions Help Us Feel Connected
When you join, please introduce yourself with:

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- Your name
- Where you're joining from
- Your connection to Claire or Chapel Allerton Pilates

This helps everyone feel oriented and at ease.

Listening Is Always Welcome
You're never expected to speak. Listening counts. Often we feel better just being present and in the room together hearing from other women and their stories.
If a topic comes up that you'd rather not engage with, you can type the word **"heart"** (or a heart emoji) in the chat and simply stay present.

Confidentiality & Care
What's shared in the Café stays in the Café.
This is a space held with trust, and no recording or sharing happens outside the group.

A Simple Check-In
Please type your **name in the chat** to let us know you've read and agree to these guidelines.

Thank you for helping us keep the Pelvic Health Café a kind, supportive place for all.