



Count Yourself Lucky

Count Yourself Lucky has been filmed by [Anima Goli Films](#), thanks to funding from South East London's [Local Maternity and Neonatal System](#) (LMNS) and support from [University of Greenwich](#), to be used as a training tool for NHS staff.

Our hope is that it fosters empathy, compassion, and a deeper understanding of the challenges migrant women face, and that other organisations can use it to educate and create change.

This video was made for training purposes. If you would like us to deliver a training for you or would you like to have more information, please contact Laura on info@theground.org.uk

Please kindly leave your email address to access the full video:

Email*

Access Full Video



The Local Maternity and Neonatal System and Creating Ground would like to thank all the women and birthing people from across South East London whose experiences have shaped this work.