

A GUIDE FOR PREGNANT WOMEN IN BRUGES



Do you want to know more about Geïntegreerd Breed Onthaal (Integrated Comprehensive Reception)?

Contact us at: gbo@ocmw-brugge.be

Responsible editor:

Colin Beheydt
General Manager

City Administration
and OCMW Bruges
Burg 12, 8000 Bruges

Design

Cel creatie (Creation
Department) - City of
Bruges **2021 edition**

TABLE OF CONTENTS

What can you apply for during your pregnancy?	5
months 1 to 3	5
months 3 to 6	7
months 6 to 9	8
What services can support you?	11
Do you need additional support? These social benefits are available to you	18
Useful addresses	22
Additional Information	27



Pablo
Annys *Vice-
Mayor for
social affairs*

Dear (expectant) mother

A little one will soon join your family. We are already wishing you sincere congratulations. We are also happy to help you on your way, because the arrival of a baby will bring a lot of changes in your life.

Did you know that there are support grants and numerous organisations you can apply to as a parent? During your pregnancy and the first years of your child's life, this is a much needed and welcome support. Among other things, you are entitled to a birth grant, a Groeipakket (growth package) and postnatal maternity care.

In Bruges, we also want to give every young family the best opportunities for growth. Those in need of basic care can come to us for advice. We will help you find appropriate childcare and we also reach out to the most vulnerable mothers. In other words, we do not turn our backs on those who live on a limited budget. Thanks to our extensive network, we are able to help you find baby essentials or other items when needed.

This brochure gathers all the useful information. Every page mentions which service can be contacted for what purpose.

We wish you and your little sprout a bright and warm future together!

Kind regards
GBO Bruges



WHAT CAN YOU APPLY FOR DURING YOUR PREGNANCY?



MONTHS 1 TO 3

Unplanned pregnancy

Is your pregnancy unplanned and do you need extra support?

Or do you want to know where to get help?

Then contact the CAW Noord- West-Vlaanderen (Centre for General Wellbeing Northwest Flanders), JAC Brugge (Youth Advice Centre Bruges) or Fara vzw.

CONTACT: CAW Noord-West-Vlaanderen, JAC Brugge and Fara vzw

Childcare

Are you pregnant? Start looking for childcare as soon as possible, preferably early in your pregnancy.

You can look for a place yourself or apply for a place in a Bruges childcare centre at www.kinderopvangbrugge.be. If you need help, contact the Loket Kinderopvang Brugge (Bruges Child Care Office).

CONTACT: Loket Kinderopvang Brugge

MONTHS 1 TO 3

MONTHS 3 TO 6

MONTHS 6 TO 9





Declaration of pregnancy with your employer

Are you pregnant and working? If so, inform your employer about your pregnancy as soon as possible. Hand in the medical certificate of pregnancy with the expected date of birth. In this way, you will be protected against dismissal and your employer can take your absence into account.

CONTACT: *your employer*

Declaration of pregnancy with your health insurance fund

During your pregnancy you should check whether you are a member of a health insurance fund and have paid your contributions. Because the fund will pay part of the costs of your hospital stay and your childbirth leave.

Your health insurance fund will also pay out a birth grant and other benefits for your newborn.

CONTACT: *your health insurance fund*

MONTHS 1 TO 3



MONTHS 3 TO 6



MONTHS 6 TO 9





Acknowledgement of child

You are not married? Then your partner can officially declare that there is a parental bond between them and your future baby. To complete the acknowledgement, you should go to the civil registry of your place of residence together with a certificate of pregnancy issued by a physician or midwife. Your partner will have the same rights and obligations with respect to the child as you do after filing this statement.

CONTACT: [het Huis van de Bruggeling](#)

MONTHS 1 TO 3

MONTHS 3 TO 6

MONTHS 3 TO 6

Maternity care at home

Apply for maternity care in time, no later than during the sixth month of your pregnancy.

For the first few weeks after delivery, a maternity nurse will assist you at home. He or she will help you take care of your baby and any other children. You will receive tips on (breast) feeding and they will help you do housework.

The price depends on your income. In some cases, you will receive an allowance from the health insurance fund or your hospital insurance.

CONTACT: [Expertisecentrum Kraamzorg 'de Wieg'](#)

MONTHS 6 TO 9





MONTHS 6 TO 9

Starting amount Groeipakket

When your child is born or adopted, you will receive a one-time payment. You can apply for this starting amount at the earliest 4 months before the estimated delivery date from an organisation that pays the Groeipakket. Therefore, you should provide the paying organisation with the medical certificate mentioning the estimated delivery date. There are 5 organisations in Flanders that pay out the Groeipakket. Visit www.groeipakket.be for more information.

CONTACT a Groeipakket paying organisation or Kind en Gezin

Application for maternity rest

Every expectant mother is entitled to maternity rest. This consists of pregnancy leave and childbirth leave. In total, you can take up to 15 weeks of leave for one child and 19 weeks in case of a multiple birth.

The arrangement depends on your work situation. During maternity rest, your health insurance fund will pay out maternity benefits. The amount depends on your salary.

CONTACT: your health insurance fund

MONTHS 1 TO 3

MONTHS 3 TO 6

MONTHS 6 TO 9





Birth leave for partners

Is your partner a salaried employee? Then she or he is entitled to birth leave, according to his/her weekly working time. The employer will continue to pay their salary in full during this period. In addition, your partner can take additional birth leave. They need to do so within 6 months of baby being born.

CONTACT your partner's employer and health insurance fund

Application for perinatal physical therapy

Both before and after giving birth, your body can use extra support and care (prenatal exercises, back exercises, pelvic floor training). A physiotherapist can help you.

Ask your general practitioner to prescribe this treatment. Health insurance funds reimburse up to 9 sessions.

CONTACT your physiotherapist or www.pelvired.be

MONTHS 1 TO 3



MONTHS 3 TO 6



MONTHS 6 TO 9





WHAT SERVICES CAN SUPPORT YOU?



Kind en Gezin

Kind en Gezin can provide follow-up for your baby and your family.

A team of nurses, a family support worker, social worker and psychologist or educator offer this help free of charge.

You will get the following:

- an first interview during your pregnancy;
- home visits and meetings at a consultation office after the delivery;
- vaccinations for your baby;

- a hearing and eye test;
- advice about health, education, parenting, safety, and nutrition for your baby. You will get extra support for your family if you want.

Kind en Gezin will provide follow-up until your child starts school. From then on, further follow-up is provided by the CLB (Centre for Pupil Guidance).

CONTACT: Kind en Gezin



Midwife at home

A midwife can support you during pregnancy, delivery and after your baby has come home. This support is possible up to 1 year after birth.

The number of visits depends on your pregnancy and how long you stayed in hospital.

If the midwife is contracted (charging nationally agreed prices), you will pay an amount that is fully reimbursable by your health insurance fund.

Do you want more information? Or are you looking for a midwife?

CONTACT: Expertisecentrum Kraamzorg 'de Wieg' - www.vroedvrouwen.be or www.tiendemaand.be.

Expertisecentrum Kraamzorg 'de Wieg'

The Expertisecentrum Kraamzorg 'de Wieg' provides you with the following support:

- information and advice on pregnancy, birth, and postnatal period
- information about and referral to a midwife, maternity care, childcare
- help with multiple births
- information about administration and the groeipakket
- free information sessions for pregnant couples and young parents and their families
- maternity and breastfeeding supplies

CONTACT: Expertisecentrum Kraamzorg 'de Wieg'



Huis van het Kind Brugge

Huis van het Kind Brugge can help you with all your questions about growing up and education (e.g., childcare, study grants, education vouchers, the child code).

They also offer meetings with other parents, group activities for families, and conversations about raising your child(ren).

CONTACT: Huis van het Kind Brugge (House of the Child Bruges)

Centrum voor Kinderzorg en Gezinsondersteuning Sint-Clara

The Centrum voor Kinderzorg en Gezinsondersteuning Sint-Clara (= CKG Sint-Clara) organises home visits to provide early intensive counselling. They can help starting from the eighth month of your pregnancy.

They offer volunteer help and advice on your relationship with your baby. Apply in time, as there is a waiting list.

CKG Sint-Clara also provides shelter for children in changing family situations. This shelter is semi-residential, without overnight stays.

CONTACT: CKG Sint-Clara



Hospital social services

The hospital social services department offers counselling during your pregnancy and your stay in hospital. They also provide information about the allowances and support you are entitled to maternity leave, paternity and parental leave and the Groeipakket.

CONTACT: your hospital's social services department

General Practitioner

Your general practitioner provides support throughout your pregnancy. You can also go there with your baby after birth. If your baby is seriously ill, the general practitioner will notify the paediatrician (specialist).

When does your baby need urgent medical care?

- your baby has a persistent and high fever (38°C or more)
- your baby is no longer eating, is not urinating enough, has trouble waking up, is having difficulty breathing

At weekends and evenings, you can call the general practitioner on duty at 1733.

CONTACT: your general practitioner



Physiotherapist

During your pregnancy and after delivery, you can visit your physiotherapist for antenatal exercises, to relieve back or pelvic pain or general exercises.

If you get a prescription from your general practitioner, your health insurance fund will reimburse up to 9 sessions of physiotherapy.

CONTACT: [your physiotherapist or a physiotherapist in your area](#)

Dienst Maatschappelijk Werk (Social Work Department) health insurance funds

The Social Work Department of the health insurance fund provides:

- information and advice on social benefits and services, exemptions, and financial support
- support and care as needed
- emotional support

This assistance is completely free. Home visits are possible.

CONTACT: [Your health insurance fund's Social Work Department](#)



CAW Noord- West-Vlaanderen

The CAW listens to you if you have questions about your mental well-being, health, or relationship. You can also talk about your family and environment, administration, financial situation, living, work and leisure.

There are three types of assistance:

- information and advice
- extended support processes
- shelter or crisis assistance when in distress

You determine how care and contacts will be organised.

CONTACT: [CAW Noord- West-Vlaanderen](#)

OCMW Brugge

The OCMW (Public Welfare Centre) will help you find your way in the welfare services on offer in Bruges. You can turn to them for financial aid, budget and debt assistance, housing counselling, help with administration or to apply for a reference address.

The Eerste Onthaal (First Welcome) service located in Hoogstraat 9 will answer your request for help.

CONTACT: [Eerste onthaal OCMW Brugge](#)



DO YOU NEED ADDITIONAL SUPPORT? THE FOLLOWING SOCIAL BENEFITS ARE AVAILABLE TO YOU.

Right to living allowance as a pregnant minor

Are you underage, pregnant, and struggling financially? Then you may qualify for the living allowance. The amount you may receive depends on the income of the family you live.

Do you want to know whether you are entitled to this allowance? Contact Eerste onthaal (First welcome) of OCMW (Public Welfare Centre) Bruges

CONTACT: Eerste onthaal OCMW Brugge

Lower childcare rate

Are you struggling to pay for childcare (income-based rate)? Then you can apply for an individual rate reduction or an OCMW childcare rate.

CONTACT: Eerste onthaal OCMW Brugge and Loket Kinderopvang Brugge

Birth grant & other health insurance fund benefits

If you are a member of a health insurance fund and inform them about the birth of your baby, you will receive a birth grant. The amount depends on your health insurance fund, just like the various benefits they offer. Please contact your health insurance

fund to find out.

CONTACT: your health insurance fund



Televestiaire Brugge

Do you need extra clothing (including for your baby) or household items? Or do you need items for your baby, but your budget is limited? Then visit Televestiaire.

After you are referred by a social worker from the CAW (Centre for General Wellbeing), OCMW (Public Welfare Centre) or your health insurance fund, you can obtain a benefit package and/or free supplies from Televestiaire.

CONTACT: [Televestiaire Brugge](#)

MamaStart

MamaStart provides material assistance to pregnant women and children up to 12 years of age. You can get free toys, clothing, and small items there on referral. Large items will cost €1.

Depending on your income, MamaStart also offers care packages and nappies.

You can go to MamaStart with a referral form. Kind en Gezin (Child and Family), OCMW (Public Welfare Centre), educational authorities or another social service can help you with that.

CONTACT: [MamaStart](#)



Social grocer 'De KABA'

KABA is a grocery store in Bruges offering a basic range of quality food, cleaning, and care products.

Families with a limited income can make purchases there after referral from the OCMW (Public Welfare Centre), CAW (Centre for General Wellbeing) or other social service.

CONTACT: KABA, Eerste onthaal OCMW Brugge OR CAW Noord-West-Vlaanderen

WeggeefWinkel Brugge

The WeggeefWinkel welcomes everyone, even without referral. You can find clothing, household goods, shoes, books, toys, baby gear and domestic appliances there.

For each giveaway, you are allowed to fill a maximum of 2 large shopping bags per person. Only take what you urgently need. The suggested price per adult is EUR 2 (free contribution).

During the giveaways, soup and bread will be available between 2 p.m. and 6 p.m., at a discount price.

CONTACT: WeggeefWinkel Brugge (Giveaway Shop)





USEFUL ADDRESSES

AZ Sint-Jan Brugge

Social services of AZ
Sint-Jan Ruddershove 10
8000 Brugge
T. 050 45 20 40
socialedienst.brugge@azsintjan.be

AZ Sint-Lucas

Social services AZ Sint-
Lucas Sint-Lucaslaan 29
8310 Brugge
T. 050 36 58 22
sociale.dienst@stlucas.be

CAW Noord- West-Vlaanderen

Onthaal Brugge
Ruddershove 8
8000 Brugge
T 050 66 30 01
onthaal.brugge@cawnoordwestvlaanderen.
be

CKG Sint-Clara

Garenmarkt 9
8000 Brugge
T. 050 33 82 06
ckg@sint-clara.be

Fara vzw

Geldenaaksebaan 277
3001 Heverlee
T 016 38 69 50
vragen@fara.be

Huis van de Bruggeling

Frank Van Ackerpromenade 2
8000 Brugge
T 050 44 80 00
geboorte@brugge.be



Huis van het Kind Brugge

Huis van de Bruggeling
Frank van Ackerpromenade
2 8000 Brugge
T 050 47 55 15
info@huisvanhetkindbrugge.be

JAC Brugge

Vlamingdam 36
8000 Brugge
T 0478 99 00 37
jac.brugge@cawnoordwestvlaanderen.be

Kind en Gezin

Local Team Bruges
Sint-Godelievedreef
20
8310 Sint- Kruis
T. 078 150 100 brugge@kindengezin.be

Expertisecentrum Kraamzorg 'de Wieg'

Initiative by Familiezorg West-Vlaanderen vzw
Ezelpoort 5
8000 Brugge
T. 050 33 38 53
info@dewieg.be

Loket Kinderopvang Brugge

Huis van de Bruggeling
Frank Van Ackerpromenade 2
8000 Brugge
T 050 47 55 14
loket@kinderopvangbrugge.be

MamaStart

Torhoutsesteenweg 136
8200 Sint-Andries
T 0483 07 99 23
info@MamaStart.be



OCMW Brugge

Dienst Eerste
onthaal)
Hoogstraat 9
8000 Brugge
T 050 32 77 70
eerste.onthaal@ocmw-brugge.be

Social grocer 'De KABA'

Welzijnsvereniging 't Sas
Professor Dr. J. Sebrechtsstraat
2 8000 Brugge
T 050 32 76 75
dekaba@sasbrugge.be

Televestiaire Brugge

Ronsaardbekestraat 55
8000 Brugge (Sint-Jozef)
T 050 66 30 00
(Contact: Benedicte Ongenae)

WeggeefWinkel Brugge (Giveaway Shop)

Project W2 vzw Gistelsesteenweg 22
8200 Bruges
T 0491 89 87 89
projectw2vzw@gmail.com



AGENCIES PAYING THE GROEIPAKKET

FONS

Koning Albert I-laan
1 8000 Bruges
T 078 79 00 07

Infino

T 078 15 12 30
vlaanderen@infino.be

KidsLife Flanders

Sint-Clarastraat
48bis 8000 Bruges
T 078 48 23 45
vlaanderen@kidslife.be

MyFamily

T 050 74 02 08
info@myfamily.be
Gistelsesteenweg 294 bus 201
8200 Sint-Andries

Parentia

Gistelse Steenweg 17
8200 Bruges
T 050 47 19 19



HEALTH INSURANCE FUNDS

Bond Moyson Bruges

Dienst Maatschappelijk
Werk (Social Work
Department) Silverstraat 43
8000 Bruges
T 050 44 79 18
dmw.wvl@bondmoyson.be

CM Bruges

Dienst Maatschappelijk
Werk (Social Work
Department) Oude Burg 19
8000 Bruges
T 050 20 76 76
brugge@cm.be

Helan (independent health insurance fund)

Dienst Maatschappelijk
Werk (Social Work
Department)
Gistelsesteenweg 294
8200 Bruges
T 09 269 85 77
dmw@helan.be

LMPlus

Dienst Maatschappelijk Werk (Social
Work Department) Revillpark 1
8000 Bruges
T 050 89 15 20
DMW_4@LMPlus.be

**Neutraal Ziekenfonds
Vlaanderen (Neutral health
insurance fund Flanders)**

Dienst Maatschappelijk Werk
(Social Work Department)
Torhoutse Steenweg 104 box 1
8200 Bruges
T 053 76 99 71
brugge@nzvl.be

**Vlaams en Neutraal
Ziekenfonds (Flemish and
Neutral Health Insurance
Funds) Dienst** Maatschappelijk
Werk (Social Work Department)
Koning Albert I-laan 98B box 1
8200 Bruges
T 03 491 86 50
dmw@vnz.be

ADDITIONAL INFORMATION

Additional information can be found at:

- www.kindengezin.be
- www.groeimee.be
- www.gezondzwangerworden.be
- www.moederzorg.be

BRU
GG E

GBO Brugge
Geïntegreerd Breed Onthaal


OCMW BRUGGE