



Are you pregnant?

Family Hub networks can offer you the following services while you are pregnant:

Antenatal BABES

Not sure how to feed your baby and would like more information? This group is for expectant parents of 28 weeks plus gestation. It is for 4 hours 1 hour sessions. It will offer you information about feeding choices so you can make an informed decision in how you feed your baby. You will also cover other relevant topics such as safe sleep for babies.

Antenatal PEEP

This is friendly group, for you and your partner to meet other expectant parents, consider how life will change, and find out about local support. You will also discover how to strengthen your bond with your baby and understand early brain development and how to support it.

BABES

This group is a run as a drop in by trained volunteers. It is for expectant parents who want further information about breastfeeding and for parents who are breastfeeding their baby after birth. It is a friendly social group where you can pick up useful tips about feeding and meeting other parents.

One to one family support

We can offer you one to one support sessions in your own home or other venue. The support we can offer can be wide ranging from preparing for arrival of your baby, financial support, routines etc..... We also offer family appointments to discuss what you may need

For further information:

- Get in touch by phone, email (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

T : 0115 9773741

E : FHAshfield@nottsc.gov.uk

W : www.nottinghamshire.gov.uk/care/familyhubs