



GENERAL  
PRACTICE  
ALLIANCE

Social Prescribing Link Workers



## Calling new parents or those with babies up to one year old

- Have you struggled to adapt to new parenthood?
- Have you found new parenthood to be isolating during these unprecedented times?
- Would like to meet and chat with other new parents?

### **Come and join us for a socially distanced buggy walk in Abington Park.**

You can meet other parents in similar situations, share ideas and tips, learn how parenthood during coronavirus looks for others and you may even see the people you met at antenatal classes during your pregnancy.

**Join us outside of the café in Abington Park for our first meet up on 10.12.20@14.00-15.00, next planned meeting 17.12.20@14.00-15.00 and regroup on 07.01.21@14.00-15.00 for first New Year meet up.**

If you would like to come along please contact Michelle on 07704 156204 or email: [michelle.james14@nhs.net](mailto:michelle.james14@nhs.net)

