

## Who are we?

Pregnancy and early parenthood can have many ups and downs and can sometimes seem like a whole new world! This is why we are here *“by your side in pregnancy and beyond”*.

**Community Parents** is an innovative local project which trains local parents to offer parent to parent support to families through their pregnancy and into their child's first year.

Our volunteers offer a listening ear, time, attention and respect. They can signpost and generally help expectant and new parents to navigate their own way through pregnancy and early parenthood. Our support is available to anyone living in Limehouse, Poplar & Isle of Dogs.

We also offer various different activities across the south east area of Tower Hamlets that are **FREE** for expectant and new mums to attend; details can be found inside this leaflet.



Supported mums say;

“I went from zero confidence to 100% confident!”

“My head feels so clear now, I just wish I had come sooner!”


If you would like to learn more please get in touch. We'd love to hear from you.

E: [cpenquiries@island-house.org](mailto:cpenquiries@island-house.org)

Tel: 020 7531 0314

[BHNT.cpenquiries@nhs.net](mailto:BHNT.cpenquiries@nhs.net)  
(professional referrals)

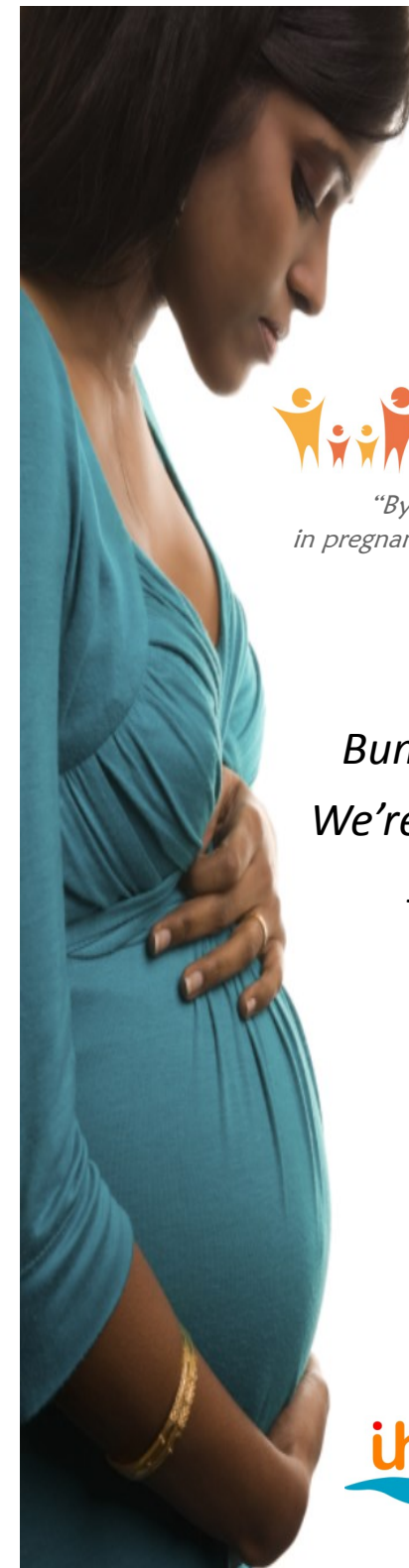
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 [www.island-house.org/projects](http://www.island-house.org/projects)

 [www.facebook.com/communityparents](http://www.facebook.com/communityparents)



Community Parents is a project of Island House registered charity number #1110519



*“By your side  
in pregnancy and beyond”*

*Bumps ahead?  
We're here for the  
journey*



## What do we offer?

### Free One to One support

Our fantastic volunteers are trained to support you from 12 weeks of pregnancy until your baby's first birthday. They offer weekly visits, a listening ear, evidence based information and can even help you access local activities and services.

### Activities

All FREE activities have a member of staff and one of our lovely volunteers present.

### Exercise classes

No need to book in advance, just pop in.

#### **Pilates**

Mats provided

Gentle toning session to strengthen your core muscles.

All abilities welcome.

#### **Mondays**

**Antenatal 10-11am**

**Postnatal 11.15-12.15pm**

**( non-crawlers)**

Chrip Street Children's Centre

23-27 Market Way

E14 6AH

#### **Legs, Bums and Tums**

Mats provided

For a healthy pregnancy and recovery!

#### **Wednesdays**

**Antenatal: 9:30-10:30am**

**Postnatal: 11:30am-12:30pm**

**(non- crawlers)**

Christ Church, Hall

151 Manchester Road

E14 3DR



### **Workshops** (Termly) (open to non-crawling babies) Call to register

6 fun and interactive weekly workshops aimed to give expectant and new mums the chance to meet and share their skills and experiences in a safe and caring environment. Workshop topics include preparation for birth, parenting, baby massage.

### **Drop In** (Weekly)

Open to all expectant and new mums or carers

Whether you have a bump or baby, your day's been bright or blue, why not join our friendly volunteers for a cuppa and a chat?

Our Drop In gives you the opportunity to come and share your experiences, bounce ideas and meet and support each other.

#### **Wednesdays**

**10.30-11.30am**

Christ Church,

151 Manchester Road

E14 3DR

(Use South door on Glenaffric Avenue)



## Want to be a volunteer?

Make a difference in your community by becoming a community parent volunteer and supporting someone through pregnancy and early parenthood

Help others to believe in themselves, feel confident and empowered to make their own choices.

Community Parents training course will provide you with all the skills and knowledge to become a peer support volunteer. Volunteers will go on to support families from pregnancy until the child is 12 months old. Regular supervision and ongoing training is provided.

If you have the time to give and would like to know more please contact us. We would love to hear from you!



City  
& Guilds

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