

COMMUNITY ANTENATAL

CLASSES

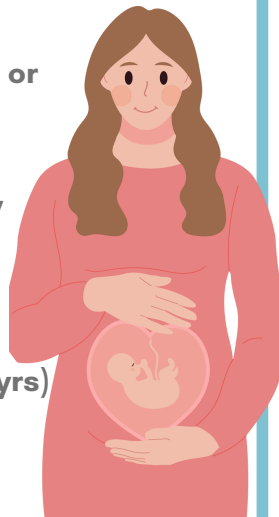


ANTENATAL CLASSES

Free antenatal classes supporting local communities with pregnancy health, wellbeing and education to help prepare for pregnancy, birth and parenthood.

WE CAN ALSO HELP WITH:

- One-to-one support with parenting.
- Parenting support advice and strategies for children 0-11 years
- Information and advice
- Support with housing concerns
- Benefit advice
- Foodbank vouchers including collection and delivery of food where needed
- Grant application
- Group support for parents or children
- Healthy-eating
- School readiness and play opportunities, help with education.
- Family events
- Children workshops (5 - 11 yrs)
- Holiday fund
- Volunteer support



Contact us on:

Email: Office@homestartcolchester.org.uk

HOMESTART

NORTH EAST ESSEX

Colchester: The Ark, Jack Andrews Drive, Highwoods, Colchester, Co4 9FF

Tel No: **01206 854625**

Email: Office@homestartcolchester.org.uk

Home-Start Colchester, Clacton and Jaywick is an independent local charity committed to making a real difference to the lives of local children and families. Home-Start is responsive to need, designing support to make a difference and help families remain independent and intervention to support children to achieve their full potential.



"Home-Start UK, that provides advice, training, information and guidance to schemes to ensure a consistent and quality support service for parents and children".



Suffolk and
North East Essex
Maternity and
Neonatal Services



'Commissioned partners of Suffolk and Northeast Essex maternity services'