

Want to be a volunteer?



Make a difference in your community



Help others to believe in themselves



Training and regular supervision is provided

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!

 **Community Parents**
By your side in pregnancy and beyond

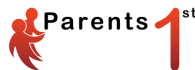
Contact us:
E-mail: CPenquiries@island-house.org
Tel: 020 7531 0314

BHNT.cpenquiries@nhs.net
(for professional referrals)

Rachel Redfearn, Health Manager

Community Parents Project
Island House Community Centre
Roserton Street
London
E14 3PG

With your help we can be there for more families who need us, offering emotional and practical support. We receive no government funding and your donations really do make a difference. To donate, please give at www.justgiving.com/island-house with hashtag #CommunityParents.



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



www.island-house.org/projects

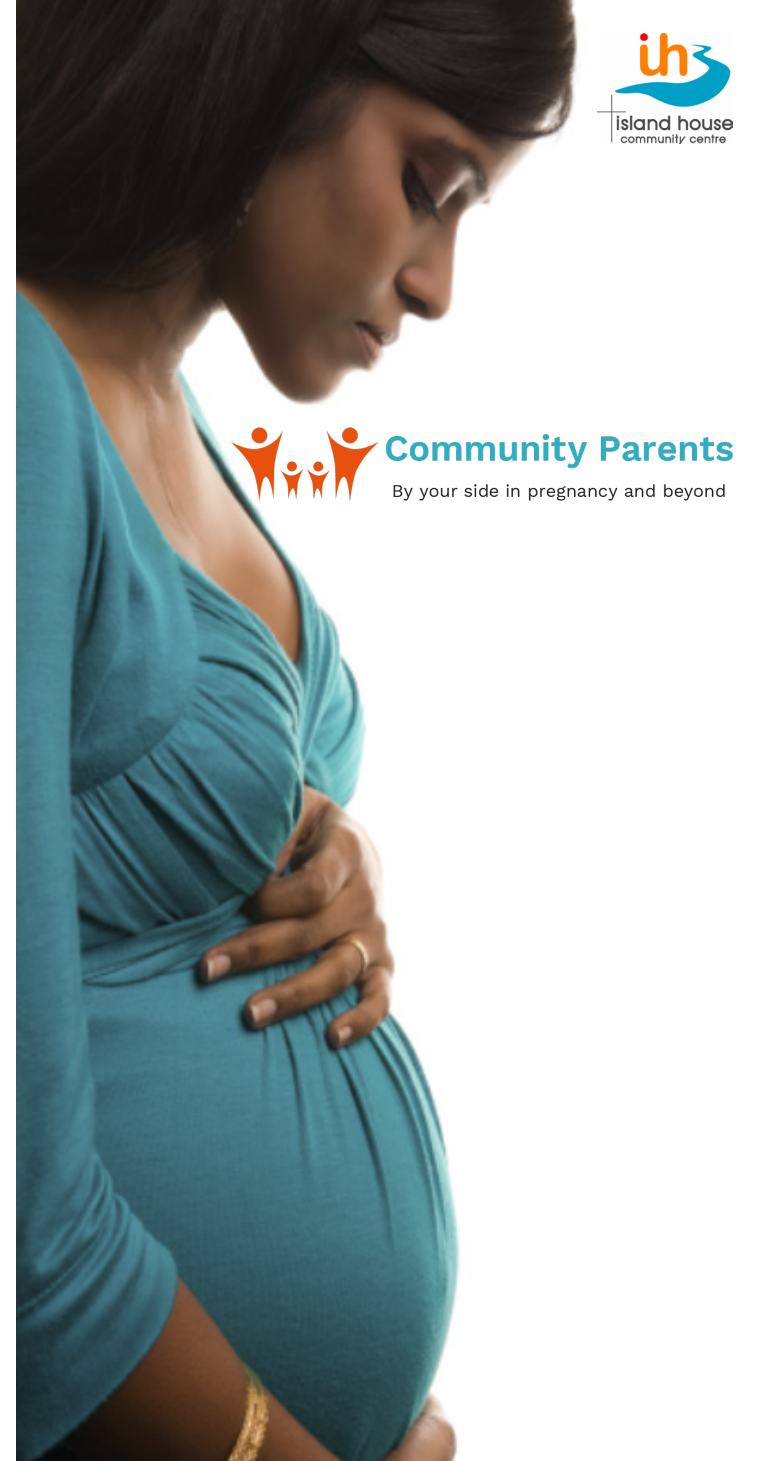


www.facebook.com/communityparents



Community Parents

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.

They can signpost and generally help expectant and new parents to navigate their own way through pregnancy and early parenthood.



Activities

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

Workshops (Termly)

(open to non-crawling babies)

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**. Call to register.

Monday

Where?
Chrip Street Children's Centre
www.towerhamlets.gov.uk/childrenscentres
Tel: 020 7364 2856

Exercise Classes

Pilates
Mats provided
Gentle toning session to strengthen your core muscles. All abilities welcome.

Antenatal
10 - 11am

Postnatal (non-crawlers)
11.15 - 12.15pm



Thursday

Where?
St Luke's Church,
Alpha Grove, E14 8LH

Pilates
Mats provided
Gentle toning session to strengthen your core muscles. All abilities welcome.

Antenatal:
9.30 - 10.30am

Postnatal (non-crawlers) 11.15 - 12.15pm

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**.

10.30 - 11.15am

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.

Community parent support is available to anyone living in Limehouse, Poplar & Isle of Dogs.

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

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

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

Our volunteers offer a listening ear, time, attention and respect.