

Community Parents

Contact Details

Provider

Community Parents

Telephone No

020 7531 0314 / 020 7531 0315

Website

<http://www.island-house.org.uk/projects/community-parents/>

Email Address

cpenquiries@island-house.org

Address Details

Street Number

Community Parents Project

Street

Island House

Town

London

Postcode

E14 3PG

Description

Service Description

We provide free one-to-one peer support to pregnant and new families in the E14 ward. We empower local families to build resilience to foster a positive experience during pregnancy and early parenthood. Our trained volunteers provide emotional and practical support during pregnancy and up to a baby's first year of family life.

Community Parents trains local parents to become peer support volunteers. Volunteers undergo a 20 week training course that leads to a Level 3 qualification in "Work with Parents".

Additional Information

Additional Information

FREE Exercise Classes
MONDAYS - Chrisp Street Childrens Centre
www.towerhamlets.gov.uk/childrencentres
020 7364 2856

ANTENATAL: 10:00 - 11:00

POSTNATAL: 11:15 - 12:15

These are gentle toning sessions to strengthen your core muscles.

THURSDAYS - St Lukes Church, Alpha Grove, London, E14 8LH

ANTENATAL: 09:30 - 10:30

POSTNATAL: 11:15 - 12:15

These are gentle toning sessions to strengthen your core muscles.

DROP IN

Inbetween the Thursday Exercise Classes we hold a friendly drop in where you can join other pregnant and new mums and our volunteers for a cuppa and a chat to share experiences and support each other.

Costs

Cost

Free

Cost per Session

£0.00

Cost per Hour

£0.00

Cost per Day

£0.00

Over 2's Cost per Week

£0.00

Under 2's Cost per Week

£0.00

Opening Times

Monday	from 09:00	to 17:00
Tuesday	from 09:00	to 17:00
Wednesday	from 09:00	to 17:00
Thursday	from 09:00	to 17:00
Friday	from 09:00	to 17:00

Questions & Answers

Has A Service Description? Yes

Further Information

Provider Type

Health Services |

Delivery Channels

In Person | Telephone |

How to Contact

Email | In Person | Telephone |

Referral Criteria

None (Self-referral) |

Details last updated

Last Updated

26 February 2021