



Best Start
Healthworks

Free Pregnancy Social Groups

Our free Pregnancy Social Groups are for families living in Newcastle and are relaxed, informal and friendly. They are a great way to meet others, and to get support and information from one of our members of staff or a volunteer

We offer the following weekly Pregnancy Social Groups:

Monday	Wednesday	Thursday	Friday
3 - 4.30pm	10 - 11.30am	4 - 5.30pm	1 - 2.30pm
The Health Resource Centre	The Byker Sands Centre	The Haven, Kenton	The Galafield Centre
NE4 8BE	NE6 2FF	NE3 3RX	NE5 1LZ

For more information, send us a message or call us on 07826531575. You can also pop over to our Bump Buds Facebook page for lots of ongoing information and support.



Healthworks
the community health charity



www.healthworksnewcastle.org.uk