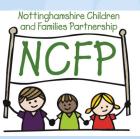
If you would be interested in giving the PHEW group a try and/or would like some more information, then please contact -

District	Lead	Base	Contact
			Details
Bassetlaw	Sharon	West Bassetlaw Childrens Centre	01909 731269
	Christiansen		
Broxtowe	Jane Gostlow	Eastwood Children's Centre	0115 9935750
	Teresa Herring	Chilwell Children's Centre	0115 9935780
		Beeston North Children's Centre	0115 9935740
Ashfield	Mandie Jobling	Butler's Hill Children's Centre	0115 9488910
	Sandra Garthwaite	Summit Centre, Kirkby-in-Ashfield	01623 404623
Gedling	Mel Hancock	Netherfield Children's Centre	0115 8830840
	Claire Webster		
Newark & Sherwood	Alison Bramley	Ollerton and Trent Villages	01623 861691
	Vicky Dernley		
Rushcliffe	Tracy Tomlinson	Rushcliffe District	0115 9694480
	Gail McKiernan	East Leake Health Centre	01509 882181
Mansfield	Eliz Thornton	Mansfield Woodhouse CC	01623 666370

We are more than happy to meet with you prior to attending the group and/or can give support in initially coming along



Nottinghamshire PHEW Groups

(Parent Health & Emotional Wellbeing)



PHEW groups are a small, relaxed and friendly play session that;

- Supports parents who are expecting a child or have a child aged 0-1 where a parent is experiencing mild to moderate mental health difficulties during the perinatal period (pregnancy – birth and up to one year).
- Aims to help parents currently receiving or seeking support around their emotional wellbeing with a view to reducing social isolation and building confidence.
- Support for families to access community resources
- Group led activities, responding to the groups interests/needs (mindfulness, coping strategies, stress release and reflection). Commissioned by: Delivered by:



				Friday
			Kirkby in Ashfield	
			Children's Centre	
			10-11.30am alternate weeks	
	Prospect Kilton			
	Children's Centre			
	1-2.30pm weekly			
Eastwood Children's			Beeston north with Lenton	
1.30-3pm weekiy.			10-11.30am weekiy	
	Ladybrook Children's			
	9.30-11am weekly.			
		10-11.30am weekly at alternate venues: West Bridgford Young Peoples Centre and		
	Eastwood Children's Centre 1.30-3pm weekly.	Children's Centre   1-2.30pm weekly   Eastwood Children's   Centre   1.30-3pm weekly.   Image: Children's Centre   Ladybrook Children's Centre   Ladybrook Children's Centre	Children's Centre   1-2.30pm weekly   Eastwood Children's   Centre   1.30-3pm weekly.   Ladybrook Children's   Centre   9.30-11am weekly.   Io-11.30am weekly at alternate venues:   West Bridgford Young	Image: Children's Centre 10-11.30am alternate weeks   Prospect Kilton Children's Centre   1-2.30pm weekly Beeston north with Lenton   Centre 1-2.30pm weekly   Image: Server Se