

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

Where to find your local PHEW group

Day; Area;	Monday	Tuesday	Wednesday	Thursday	Friday
Ashfield				Kirkby in Ashfield Children's Centre 10-11.30am alternate weeks	
Bassetlaw		Prospect Kilton Children's Centre 1-2.30pm weekly			
Broxtowe	Eastwood Children's Centre 1.30-3pm weekly.			Beeston north with Lenton Abbey Children's Centre 10-11.30am weekly	
Gedling					
Mansfield		Ladybrook Children's Centre 9.30-11am weekly.			
Newark & Sherwood					
Rushcliffe			10-11.30am weekly at alternate venues: West Bridgford Young Peoples Centre and		