



Living Well North Tyneside

Supporting Health and Wellbeing

venue: west moor Community Centre



Time: 12:30pm - 2:30pm



Cost: No Cost



Type: Face to Face

Free weekly term-time sessions for new parents on Fridays 12:30pm to 2:30pm at West Moor Community Centre.

Are you a new parent? We would love to see you at one of our weekly drop-in sessions, where you can discuss parenting challenges in a supportive and friendly environment with our trained volunteers.

Please follow our [Facebook page Best Start North Tyneside](#) for updates and holiday sessions.

For more information, please contact beststart@voda.org.uk

While the main focus will be on breastfeeding, our trained volunteers also offer support on safe sleep, coping with crying, mental health, infant feeding, signposting and understanding your baby's needs. Refreshments provided.



[Young
parents](#) |

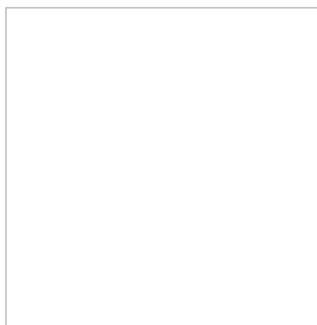
[parents support
group](#) |

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support](#) |

[babies](#) |

[baby
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[breastfeeding](#) | [baby group](#)



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<https://voda.org.uk/our-projects/best-start/>

