



Living Well North Tyneside

Supporting Health and Wellbeing

The project aims to fill this gap by linking mothers who have parenting experience (peer supporters) to new mothers who may need support. Volunteer peer supporters for the Best Start Project will work closely with the 0 – 19 team and the infant feeding co-ordinator. They will volunteer in community venues supporting families with basic information sharing and support around:

- Infant feeding
- Safe sleep
- Coping with crying
- Normal Newborn behaviour
- Emotional health
- Transition to parenthood
- Signposting to further support
- The peer support will help to reduce parental isolation and give new parents an opportunity to meet other parents in their own community.



[Young parents](#) | [parents support group](#) | [peer support](#) | [babies](#) | [baby feeding](#) | [breastfeeding](#) | [baby group](#)



01916432626



jo.woolley@voda.org.uk



Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR



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



Last Updated - 8th December 2023

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

