

Portobello Expectant and New Parents' Event

Portobello Library – 12noon-2pm – Saturday 2nd May 2015

Are you expecting or have had a baby recently? Do you live in the Portobello or Joppa area?

Please come along to this free information event to let new and expectant parents know about groups, classes and services on in Portobello. We are lucky to have a great range of services for parents available locally, so this is a great opportunity to find out more about what's on and to speak with people from:

PEEP baby groups (NHS)

Coffee Break @ Portobello and Joppa Parish Church

Twins and Multiples group

Portobello Toy Library

Bookbug sessions

Porty Dads Group

Activities at Portobello Swim Centre and Tumbles

Birth and Beyond – Pre- and Postnatal mentoring

McMidwives – independent midwifery services

Portobello Natural Health – acupuncture, nutrition and massage

Positive Birth Group

Portobello Music School Infant classes

HypnoBirthing

Daisy Foundation Edinburgh East

Nurture Me – Birth and New Baby support

The Real Nappy Project

Closer to You slings

Sing and Sign

Tumble Tots

Breastfeeding Support

Juno PMHS

Pregnancy and Parents Centre Yoga

Wee Rebels Music sessions

Pre- and Postnatal Pilates

The first 50 people will receive a brilliant PlayTalkRead goody bag, so get there quick! There will also be a home-baking stall raising funds for Juno PMHS.

For more information, please contact Sarah at Sarah@birthandbeyond.org.uk

or check out our facebook page: “Portobello Expectant and New Parents' Event”