

Family Hubs Derby welcome you to our

NEST, NURTURE, GROW EVENT

Wednesday 25 March | 9:30am–12:30pm |

Quad, Market Place Derby |

Drop in or come along for the full session!

For expectant parents, new and existing parents and their little ones up to age of 2 years to meet others, play and find out about the range of services available through family hubs for families during pregnancy and beyond.



**FREE
parent and
baby cinema
tickets for the
first 75 families
who attend!**

**FREE
access to
Tiny Talk
session!**

**FREE
tea/coffee
and cake!**



**Free to
attend**

Activities include:

- Baby massage demo
- Sensory play station
- Mother and baby well being taster session
- Antenatal and postnatal exercise advice
- Peep Learning Together activities for you and your little one
- Advice on how to keep you and your baby well
- Support available for dads
- Meet and greet the professionals who will be taking care of you during pregnancy and beyond, including Family Hubs, midwifery, health and community support.



Please scan for further information

Reduced parking fee of £2.70 if you park at Chapel Street or ParkSafe multi storey car park on Bold Lane, they are both a short walk away. Just present your ticket upon arrival.