

Lonely...

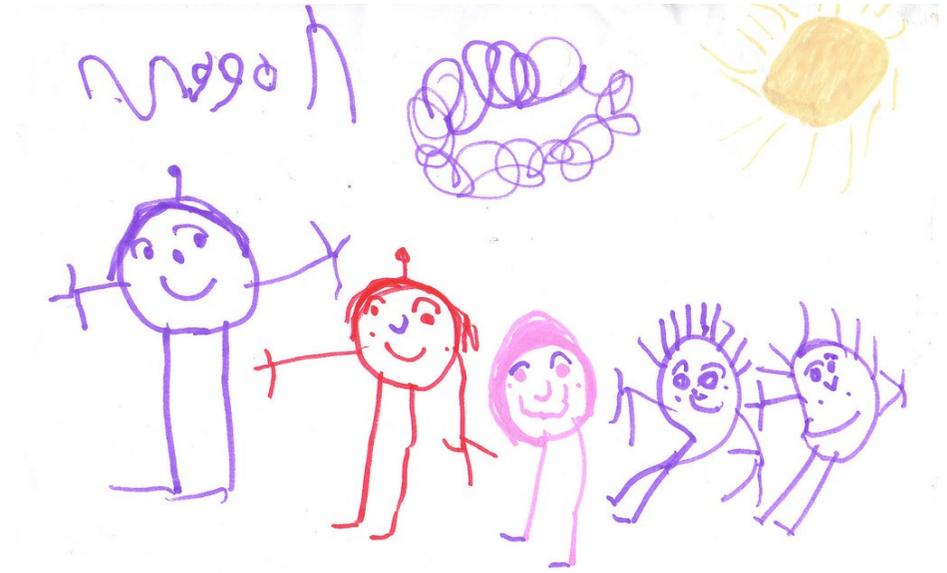
Anxious

Best Start

Peer Support Project

Stressed!

Feeling Down



If you live in South or East Leeds why not get involved, looking at different ways that you can start to cope better, improve your self-esteem and help others in your community too?

The next course in your area:

Middleton Play & Learning Centre

Throstle Ln, Leeds LS10 4JD

Starting Tues Jan 9th 2018 1230-3pm

Rothwell Children Centre

Cornwall Cres, Rothwell, Leeds LS26 0RA

Starting Weds 31st January 2018 12-30-245pm

Osmonthorpe childrens centre

129 Rookwood Rd, Leeds LS9 0LX

Starting Thursday February 22nd 2018 915-1130



To find out more, please contact:

*Karen Marshall (coordinator) / Clare Powell

0113 2718277 mobile 07760173498

(Touchstone)

*Leeanne Rowinska

0113 2762851.

(Women's Health Matters)

Or download application from our website:

www.touchstonesupport.org.uk/services/best-start/

Best Start Peer Support Project is funded by Leeds City Council Public Health.



What can we offer?

The Best Start Peer Support Programme is offering a free course (with Creche) to help people manage better when pregnant or if they are a parent/carers of children under 2yrs old.

The course is for 2hrs per week for 6 weeks, running in South and East Leeds only. See back for details of the next course in your area and who to contact.



At the end of the course there will be opportunities to join in with future Best Start Peer Support groups, events and new projects.

There is also the opportunity to train to become a Best Start Peer Supporter and receive further training and support to help other parents and carers in your community.



Who can come on the programme?

- You are pregnant, or a parent or carer of children under 2yrs?
- If you feel lonely, isolated, or feel like you need to boost your self confidence and meet others?
- If you feeling stressed or that you aren't coping very well?
- If you want to learn new skills to help yourself and others?
- You are looking to return to education or work?



What is Peer support?

- Peer support involves people drawing on shared personal experience to provide knowledge, social interaction, emotional assistance or practical help to each other, often in a way that is mutually beneficial.
- Peer support is different from other types of support because the source of support is a similar person with relevant experience.

