

Antenatal Virtual Workshops

Join one of our virtual antenatal workshops for information on:

- The Health Visiting Team and the support we offer
- Building a relationship with your baby
- Baby brain development
- Safer sleep advice
- Immunisations
- What to do if you are worried about your baby
- Getting ready for your baby
- Emotional wellbeing



You will also have the opportunity to ask a member of the health visiting team any questions you may have.

To find out next available dates/times and to book on to a session please phone 01908 725 100 or email cnw-tr.0-19adminhub.mk@nhs.net