



SCAN ME

Are you expecting a baby? ♥

Do you live in Lancashire?

Here at **Lancashire Healthy Young People & Families 0-19 Service** we deliver your community Health Visiting Service. We have worked with our partners to ensure you have access to **Antenatal Education** – see our [website](#) or scan the QR code for more information.

Live & interactive virtual groups

Antenatal Infant Feeding

Once a month –
Thursdays 1-2pm over 2 weeks

Bump, Birth & Beyond

Once a fortnight –
Wednesdays 12.30-2pm
(Now also available in-person)

To book your place contact us:
0300 247 0040 or email
vcl.019.SinglePointOfAccess2@nhs.net

Other Lancashire sessions

Pre recorded sessions

available on our **website** on many topics including Colic & Reflux, Infant Sleep, Breastfeeding and more

Family Hubs, Lancashire County Council – For info on a variety of groups contact your [nearest service](#)

Your local **Midwifery Service** may also offer a session - refer to your 'Notes'

National online sessions

'Understanding pregnancy, labour, birth and your baby' available in [different languages](#)

Association of Breastfeeding Mothers (ABM) [Team Baby breastfeeding course](#)

Remember, you are also free to attend any breastfeeding or baby group antenatally