



# Helping Hands

University Hospital of North Staffordshire

## **Helping Hands**

Helping Hands is a local group for mums, dads and caregivers like you.

It is set up by mums and dads and supported by health professionals to give you support and advise about all aspects of your child's development.

We are here to listen to your concerns and give hands on help.

We are even here if you just want to pop in to see a friendly face and have a cup of tea.

We are an informal group where parents can meet other parents and your babies can play or just sleep!

## **IMPORTANT NOTICE**

To protect all the small babies present we would like to ask you not to attend if you or your baby have a cough or a cold, nor bring any siblings.

## **For Who?**

This service is offered to all babies born within the North Staffordshire area at 31 weeks or earlier, or below a birth weight of 1,250 grams (2lb 12oz) or other babies referred by a healthcare professional.

## **When?**

Helping Hands is every last Wednesday in the month between 10.00 and 12.00 noon.

## **Where?**

Child Development Centre  
Hilton Road  
Stoke-on-Trent  
St4 6QG  
(just down the road from the neonatal unit).  
Tel: 01782 - 552 568

## **More Info?**

Please contact the Community Outreach Team on the Neonatal Unit.  
Tel: 01782 - 672 400

Staffordshire, Shropshire & Black Country  
Newborn Network

