



NHS

Rotherham Doncaster
and South Humber
NHS Foundation Trust

Growing Friends

FREE for
all children
0-5 yrs

**Build your
child's roots and
grow new shoots,
plant the seeds and
watch your child
blossom!**

**At venues across Doncaster ask at your local
Family Hub or Health Visiting Team**

- ☀️ Play and activities aimed at growing healthy baby brains
- ☀️ Meet new friends
- ☀️ Drop in for health advice and support
- ☀️ Learn from the latest health visiting research
- ☀️ Healthy choices for your family
- ☀️ Topics and themes each week *we'd love to hear your*

Check out our Facebook page for more details



doncasterhealthvisitors Or



01302 566776

Visit  **www.healthvisitors.rdash.nhs.uk**

Growing Friends

**We have been listening
to our families in Doncaster
and made changes to modernise and
improve the service we can offer your family**

These groups aims to support your child's growth and development in the most important ways, we now know that supporting your baby's brain and emotional development is just as important as supporting their general growth.

Key points:

- For all children 0-5 years - Free to access
- At venues across Doncaster - ask at your local Family Hub or health team
- Play and activities aimed at growing healthy baby brains, encouraging interactions and forming attachment
- Meet new friends and have the opportunity for social play
- Specific topics and themes each week - we'd love to hear your suggestions!
- Learn from the latest health visiting research
- Drop in for health advice and support - a listening ear when you need it
- Build your child's roots and grow new shoots, plant the seeds and watch your child blossom!



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1001 Days Club