

Help for you

& baby



Help and Advice for Pregnant Women at

Ashwell Medical Centre, Ashwell Road, BD8 9DP

Friday 24 April 2026, 12-3pm

Find out what help and information is available to keep you and your baby healthy. Available on the day:

Information stalls

Health professionals

Free hand massage

Light refreshments

Fun activities

A free goody bag with baby essentials



To find out more:

Visit [HelpForYouAndBaby.org](https://www.HelpForYouAndBaby.org) for more advice
or contact Khela on 07908627784



New families connect