

Pram Walk and Talk



Reduce Isolation

Promote yours and your child's health and wellbeing

Improve your own mental health

Improve your self-esteem and confidence

Make New Friends



For new parents with babies in prams

Are you feeling lonely and isolated? Regular contact and conversation during this time can make you feel less alone with your new baby.

Home-Start Surrey Heath are organising short, safe and social pram walk and talks in Frimley Lodge.

Starting at 10.30am – 11.30am – Thursdays. Led by one of our friendly staff members and a volunteer who are there to offer support and facilitate friendship with other parents. For further information and to register please contact Sam on 07946 498220