



# Starting Well

Becoming a parent  
can be hard...

**Let us help.**

 [www.lancashirewomen.org](http://www.lancashirewomen.org)  
 0300 330 1354

*We are*  
**LANCASHIRE  
WOMEN**



Department  
of Health &  
Social Care

Through funding from the Department for Health and Social Care, Lancashire Women can support parents and their families through our **Starting Well** project.

We are  
**LANCASHIRE  
WOMEN**

We're here for you when you need us...

Book impromptu conversation or weekly appointments.

Our **Starting Well** programme offers emotional health and wellbeing support for parents of babies who have experienced:

- **Neonatal Intensive Care Unit (NICU)**
- **Complicated pregnancies in Foetal Medicine Clinics**
- **Peri-natal period**

Lancashire Women can also support the whole family (e.g. dad, partners, grandparents).

Therapy: impartial, open, honest and non-judgement support.

Peer/Group Support is also available in the community.

**Working with Burnley, Preston, Blackpool and Lancaster Hospitals & local communities**