

Support for parents expecting babies



When working with parents who are expecting babies, the below links may assist for support

Preparing for Birth & Parenthood

[Leeds Community Healthcare NHS Trust - Parents from Leeds and Group Support](#)

[Leeds Dads Voluntary Organisation](#)

[Baby steps](#)

[The Baby Buddy App](#)

[50 Things to Do | Leeds](#)

Feeding and Support

[Baby feeding and support](#)

[Get help to buy food and milk \(healthy start\)](#)

[Start for life](#)

Leeds Baby Bank

[Leeds Baby Bank](#) works on a referral only basis to provide support and urgent baby essentials for families in need.

Local Pop Up Baby Banks can be found on [Leeds Baby Bank - Facebook](#)

Children's Centres

[Children's Centres](#) are community-based provisions offering assistance to parents, ranging from groups, nursery provision support and signposting.

Mindwell

Mind well is the mental health website for people in Leeds.

[Support for new mums and parents - MindWell \(mindwell-leeds.org.uk\)](#)

[Which services should I refer to? - MindWell \(mindwell-leeds.org.uk\)](#)

[Haamla Service - MindWell](#)

Money Information Centre

The [Money Information Centre](#) offers a wealth of support and advice around - debt and money advice, benefits advice and Universal Credit, emergency food, lower cost loans, energy, utility and household bills, employment support, gambling harms.