

The Bubbles Groups



A support and developmental group facilitated by the Newcastle Community Nursing Team and Newcastle 0-19 Service for parents whose babies have been discharged from Ward 35 at the RVI.

What is Bubbles?

Bubbles groups are small, fun, friendly support and developmental groups facilitated by the Newcastle Community Nursing Team and Newcastle 0-19 Service for parents whose babies have been discharged from the Neonatal Unit (Ward 35) at the RVI.



The groups provide a safe and stimulating environment to encourage your child's development through play, sensory exploration, song & music time.

They give parents the opportunity to meet other parents whose babies have been on the neonatal unit to chat and support each other.

How to attend

Bubbles North - Run by Newcastle Community Nursing Team and 0-19 Service

**Sessions run every Wednesday from 13:00 - 15:00
A maximum of 10 parents & babies aged 0 -2yrs (corrected)**

Open to any parents whose baby was on the Neonatal Unit no matter where you live.

Book your place by scanning the QR Code or visiting www.tinylives.org.uk



Bubbles East – Run by the 0-19 Service

Sessions run the first and last Monday of every month from 10:00 - 12:00

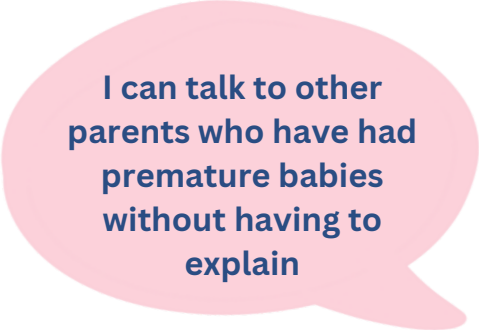
A maximum of 6 parents and babies aged 0 -1yrs (corrected)

Open to Newcastle parents only whose baby was on the Neonatal Unit*

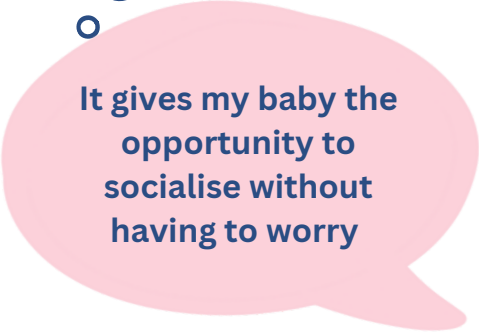
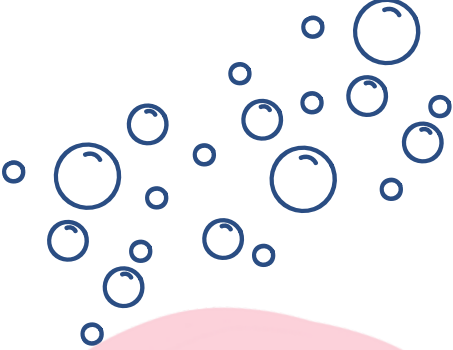
To book call the 0-19 service Single Point of Access number: 0191 2823319. You can also talk to your Health Visitor about booking you on.

***If you live in Newcastle and were booked to have your baby at the RVI but then moved to another hospital you can still attend.**


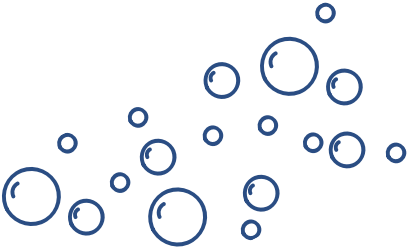
Bubbles is a great way to meet other families for practical advice, and support or just to have a chat and make friends over a drink and a biscuit with people who understand the neonatal journey.



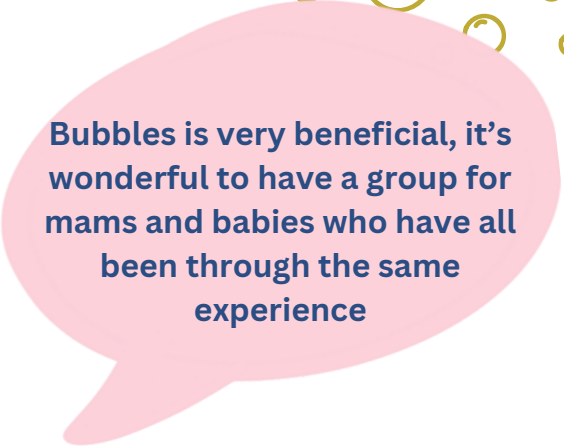
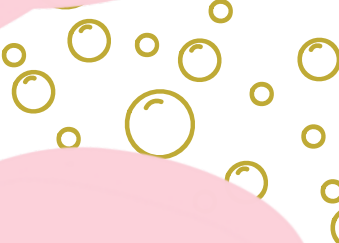
I can talk to other parents who have had premature babies without having to explain



It gives my baby the opportunity to socialise without having to worry



It's a safe space I can bring my child who is on oxygen



Bubbles is very beneficial, it's wonderful to have a group for mams and babies who have all been through the same experience

Can't make the group? You
can still join the **Mams Chat**
WhatsApp group run by
parents for parents.



For more information about Bubbles, contact:

Lisa McMenzie Community Nursery Nurse: 0191 282 3450

Lyndsay Stephenson Senior Health Visitor (0-19 service)
Neonatal Ambassador: 0191 282 3319

OR

Tiny Lives Trust: info@tinylives.org.uk

The
Bubbles
Groups


SPECIAL
CARE BABIES
Registered Charity Number: 1150179