

Post Natal Group

Getting to know
your Health
Visiting Service



Free group for 0-6 months, their parents and carers (unfortunately we cant accommodate older siblings)

Our Post natal group, run by the Health Visiting Team, is a friendly and informative group where you can learn about topics important for you and your baby, seek health and development advice and meet other new parents. Each week a new topic will be discussed within the group, supporting families with transition to parenthood, sleep, keeping your child safe, recognising an unwell baby and child development.

North Sedgemoor & West Mendip | 0300 790 6836 | Contact the Team for the next dates:

Highbridge | Highbridge Childrens Centre | Wednesday

Cheddar | Ocean Adventure Play Centre | Wednesday

Glastonbury | Glastonbury Library | Wednesdays

Yeovil | 0300 323 0119 | Contact the Team for the next dates:

Yeovil Library | Thursday | 13.00-14.30

Taunton | 0300 323 0115 | Contact the Team for the next dates and venue:

Bridgwater | 0300 323 0116 :

Sydenham Childrens Centre | Monday | 9.30-11.00

East Somerset | 0300 323 0118 | Contact the Team for the next dates:

Wincanton | Wincanton Library | Thursday |

South Somerset West | 0300 790 6839 | Contact the Team for the next dates:

Langport | The Levels Children Centre | Tuesdays

Chard | St Mary's Church Hall | Monday

West Somerset | 0300 323 0115 | Contact the Team for the next dates:

Wilton Children's Centre | Thursday |