

Well-being Groups

Are you expecting a baby or have a child under two years?

Are you worried about your pregnancy, birth or your baby?

Would you like someone to talk to?

Come along to one of our friendly Well-being Groups for a coffee, chat and get support with your mental health from Sally our Peer Supporter.



Updated timetable from Monday 8 September

Monday	Shelton Family Hub College Road, ST4 2DQ	10:00am - 12:00noon
Tuesday	Hanley Market Family Hub Potteries Shopping Centre, Basement, Hanley, ST1 1PP (towards the back of the market)	10:00am - 12:00noon
Wednesday	Tunstall Family Hub Tunstall Town Hall, High Street, ST6 5TP	2:00pm - 3:00pm
Thursday	Chell Heath Family Hub Bishops Road, ST6 6QW	10:00am - 12:00noon
Friday	Bentilee Family Hub Dawlish Drive, Bentilee, ST2 0HW	9:30am - 11:00am
Friday	Bescura Family Hub Port Vale FC, Hamil Road, Burslem, ST6 1AW	1:00pm - 2:30pm

Find out more about the Well-being Groups and what support Sally can offer on the other side.

Print date 2/10/25



Hello, I'm Sally Stockton, Perinatal Peer Support Worker.

I chose this role as I wanted to give something back after the support I received during and after my own pregnancy. I felt lots of different emotions and despite having lots of support I still felt lonely and isolated. I want to support people who feel the same way I did.

Well-being Groups

- ✿ My wellbeing groups are for Mums to be and Mums with children up to the age of 2 years.
- ✿ They are drop in sessions, there is no referral process and no pre booking required.
- ✿ You can attend with a family member, professional or friend if you want to.
- ✿ The groups are inclusive and aim to be accessible, so please ask for any adaptations if that would make you more comfortable.
- ✿ You are welcome to take part in craft activities to take time to be kind to yourself.
- ✿ Drinks and biscuits are provided so if there are any known allergies, please let me know.
- ✿ I can offer practical and emotional support and signpost you to other agencies if needed.
- ✿ I am able to offer 1:1 appointments too. You can meet me before or after groups. This can help you to become familiar with where the group will be taking place.

You can text or ring me to ask questions and for me to introduce myself.

My work mobile number is 07790985725

My work hours are Monday to Friday, between 9:00am and 3:00pm

When I am not working my work phone is switched off

If further support is required the crisis team number is 0800 0328 728.