



# Pregnant? New Mum?

Have you heard about  
the

# MUMMY BUDDY

programme

Your **NEW, FRIENDLY, local Buddy system** for pregnant and new mums

**Are you pregnant with your first child?**

Keen to see what life is really like with a new baby?  
Looking for a friendly new mum to talk things through with?

**Are you a new mum?**

Keen to offer support to a pregnant mum through the first few months of motherhood?  
Pass on all of that local baby knowledge?!



**Interested?**

Get involved and visit our website at  
[www.mummybuddy.org.uk](http://www.mummybuddy.org.uk)  
or contact Janey at [hello@mummybuddy.org.uk](mailto:hello@mummybuddy.org.uk)



**"What a life saver"**  
Nadine, Wimbledon



**"A great way to build confidence"**  
Lauren, Twickenham



**"So much fun"**  
Sarah, Leeds