



Frisby College

NHS

**James Paget
University Hospitals**
NHS Foundation Trust

Invitation – To Learn English on-line Free with the Frisby College.

To help you, your baby and your family.

10am – 12pm, 2 hours per session, 3 sessions per week, days to suit.
Technical support & stationery can be provided if required: -
iPad, tablet, paper, pens.

The following areas will be covered:-

- + Fetal development from weeks 1 – 40
- + Monitor your baby's progress
- + Body parts of you baby
- + Shopping for your baby
- + Vaccines in pregnancy
- + Well-being & Managing pregnancy physically and mentally
- + Learn how to talk to your doctor, nurse, and midwife
- + Learn how to ask important questions
- + Make appointments with confidence

*Still unsure? Then why not attend a free taster session to see how it
all works.*

If you are interested then please contact:-

Nina Abbott, PA to Senior Midwifery Management Team

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