

# Your voice matters!

Your chance to help create a plan for supporting babies and their families across Tower Hamlets



To get involved or find out more, please contact Avery:  
avery.woodruff@barnardos.org.uk  
Or call Stephanie Hall  
07519294409

Tower Hamlet's Council has partnered with Barnardo's - one of the UK's leading children's charities - to create a long-term plan to help give every baby the best start for life.

**If you are expecting a baby, or if you have a baby under the age of two**, we'd love to hear from you. Your views, experiences, and opinions will help us to support parents and carers experiencing strong feelings like low mood or anxiety.

You can also help us to shape support for parents to build their relationship with their baby. We call this perinatal mental health and parent-infant relationships.

To **thank you** for meeting us, you will receive a Certificate of Appreciation and a **£20 voucher** for up to 1 hour of your time.

Alternatively, you can complete our online survey and be in with a chance to win one of five £100 Amazon vouchers.

