



# Mumma

SUPPORTING BLACK, ASIAN AND MIXED ETHNICITY FAMILIES  
THROUGH PREGNANCY AND BEYOND

**Free!!  
Sessions**



## Winter 2024 / Spring 2025 Activity Timetable

Are you Black, Asian or Mixed  
Ethnicity? Are you planning a  
family, pregnant, or have a child  
aged under 2 years old?

Do you live in Peterborough?

Join us for our **FREE** sessions!

### Weekly Coffee & Tea groups

**Monday 10am - 11.30am**

Unit 3, Pyramid Shopping Centre  
PE3 8NZ

**Friday 11am - 12.30pm**

East Family Hub  
21 Durham Road, PE1 5JU



### Monthly Coffee & Tea group

First Thursday of each month  
10am - 11.00am

Boroughbury Medical Centre  
PE1 2EJ

05/12 to 06/03



### Cultural Cooking Workshops

2024 dates - 12/12

2025 dates - 16/01, 13/02 & 13/03

10.30am to 12.30pm

Honeyhill Child & Family Centre  
PE4 7DH

### Weekly Wellbeing Workshops

09/01 to 23/01

13/02 to 27/02

13/03 to 27/03

10am to 11.30am

East Family Hub, PE1 5JU



To register for our services  
please scan the QR code  
or email us at:

[mumma@barnardos.org.uk](mailto:mumma@barnardos.org.uk)

# BARNARDOS

