

ABC Parents

Community outreach to empower local parents to build a happier and healthier future.

NHS

North Middlesex
University Hospital
NHS Trust

ABC Parents support group for local parents and carers

- Courses to learn child health & lifesaving skills
- Share experiences
- Support one another
- Discover local resources



FREE courses by paediatric doctors & nurses:

<https://childandbaby.eventbrite.co.uk>

JOIN OUR ENFIELD AND HARINGEY FAMILIES

ABC Parents

A Achieving a
B Better
C Community



Email for more info:

abcparentslondon@gmail.com



Twitter @abc_parents

Pymmes Parkrun every Saturday 9am

Discover fun, physical activity, friends, volunteering and better mental health



Pymmes parkrun
@pymmesparkrun

In partnership with:

**Connected
Communities**

NHS
Enfield
Clinical Commissioning Group

NHS
Haringey
Clinical Commissioning Group

NORTH LONDON PARTNERS
in health and care
North Central London's sustainability
and transformation partnership