



## Introducing a Digital Living Library to support new parents

The Living Library has been developed to provide **peer support** program for parents who have faced unexpected birth experiences/challenges. At this time due to the **COVID19 pandemic**, parents can receive this support remotely through video/audio services, in the form of weekly sessions of up to 40 minutes for up to 4 weeks.

Parents with similar experiences referred to as 'books' in our living library will now be able to provide support to other parents, without the need to leave your house.

## Get in touch

This is a self-referral service so if you or a family member has experienced unexpected birth challenges, *the baby is eight weeks old or more* and feel that you/they may benefit from this support, please email [lou.harris@chelwest.nhs.uk](mailto:lou.harris@chelwest.nhs.uk).