

The 'Child at the Centre' Project

The Child at the Centre (CACT) is a project aimed at young mothers and their children (aged 0-4 years)



The aims of the project are:

- To increase the quality of caring and nurturing for babies and children.
- To encourage more contented babies who are safer.
- To reduce the feelings of isolation experienced by young mums.

Some of the activities on offer include:

- Baby massage/ Reflexology/ Yoga
- Jo Jingles
- Arts and crafts/ stay and play
- Self-esteem/ personal development courses
- Pregnancy support
- Dance/movement for pregnant girls