

WELCOME TO CORNERSTONE NURTURE CAFE

A Place to Pause, Connect, and Feel Supported

The Cornerstone Nurture Café is a warm, friendly place for parents, carers, and parents-to-be.

Whether you're navigating pregnancy, adjusting to life with a newborn, or simply looking for connection, you are welcome here.

Drop in any Tuesday morning for a cuppa, a chat, and supportive conversation with others on the same journey.

Tea and coffee are always free at the Nurture Café.

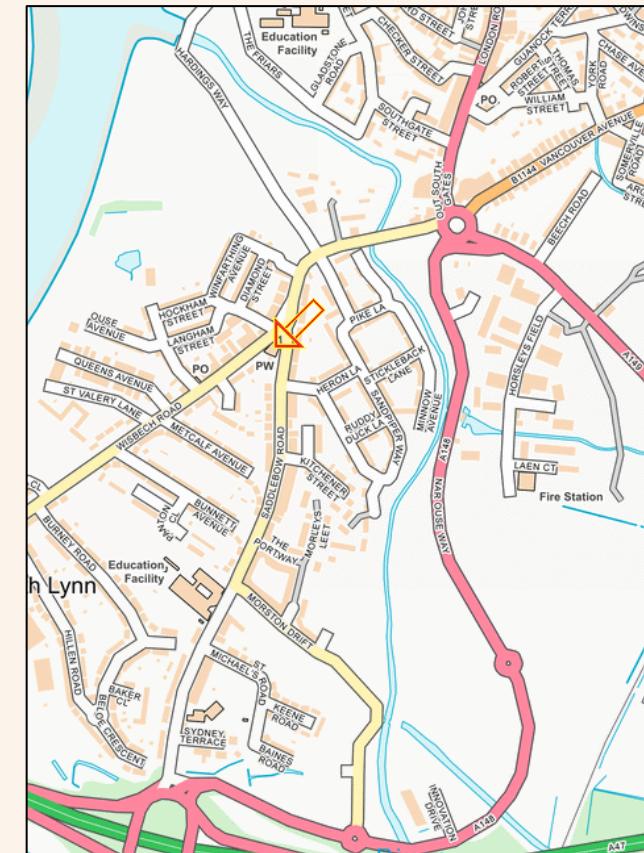
If you fancy something a little special, we also offer lattes, cappuccinos, mochas and other speciality coffees for a small voluntary donation. Light breakfast options are available each week for you and your little ones — all food and drink for children is completely free. Come in, relax, and help yourself.

Who Is the Nurture Café For?

The Nurture Café is for anyone who is pregnant, a parent, a carer, or simply preparing to welcome a child into their life. It's a relaxed, judgement-free space where you can come just as you are—whether you're thriving, exhausted, full of questions, or simply in need of a friendly face.

You're welcome to drop in at any point during the morning and stay for as long or as little as you like. Come to meet other parents, enjoy a warm drink, or chat with one of the practitioners available each week. If you have any concerns about feeding, sleep, development, emotional wellbeing, or anything else, you can speak privately with the appropriate professional, and they can guide you or refer you for further support if you wish. No appointments, no pressure—just a safe place to receive help, advice, and friendship.

How to find us:



Cornerstone Nurture Café runs on Tuesday mornings at Cornerstone King's Lynn Baptist Church from 9:00–11:15am.

Wisbech Rd, King's Lynn, PE30 5JS

Tel: 01553 763015 or 07843 841185

email: juneklbc@gmail.com

website: klbc.org.uk

Who is here to support you?

- **Father Inclusive Champions –**

Supporting dads to feel confident, included, and involved, whether parenting together or apart.

- **Infant Feeding Peer Supporters –**

Trained peers offering practical and emotional breastfeeding support.

- **Midwives –** Providing expert pregnancy

and postnatal care and reassurance.

- **NHS Infant Feeding Team –**

Breastfeeding help, safe formula preparation, nutrition guidance, and weaning support.

- **NHS Mental Health & Safeguarding**

Support – A compassionate, non-judgemental listening ear during the early weeks and months.

- **Family Hub Community Support –**

Advice on a wide range of family needs, including SEND support.

- **Early Childhood & Family Service –**

Support for families with children aged 0–5 across Norfolk.

- **Healthy Child Service –** Health Visitors

and Early Years Practitioners offering weighing and developmental advice.

And many others....

We also have a set of self weigh scales available every week for you to weigh baby



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Improving lives **together**
Norfolk and Waveney Integrated Care System



CORNERSTONE
Nurture
Café

**Supporting Families
Through Every Stage**

Tuesdays 8:45am – 11:15am

Cornerstone

King's Lynn Baptist Church

PE30 5JS

