

# Gingerbread\*

## Are you a single parent? \*

**We have a Nottingham Gingerbread group that meets in the central Nottingham area. OR - set up a group in your own area in partnership with your local Family Hub who can provide a venue.**

### **What is a group?**

The aims of a Gingerbread single parent group are to develop meaningful connections and friendships between single parents and to facilitate access to peer guidance and advice.

- \* Joining a group is free**
- \* A chance for a cuppa and chat with others who know what it's like being a single parent**
- \* Groups are supportive and inclusive**

**If you would like any more information on the Nottingham Group contact:**  
**nottsgingerbread@gmail.com**

**Setting up your own group contact:**  
**peersupport@gingerbread.org.uk**

**gingerbread.org.uk**



**"It's a safe place where you can say how you really feel. It is also very social, friendly and informative. I am so grateful for this group."**

**- Group Member**