



**A friendship group for single parents run  
by single parents**

**An opportunity for other single mums and dads to meet new people, share experiences, relax and offer practical and emotional help to one another**

**If this sounds like something you would be interested in becoming part of please contact the Group co-ordinator (Viktoria) at following email:  
[northleedsgingerbread@gmail.com](mailto:northleedsgingerbread@gmail.com)**

**We'd love to meet you!!**

**Sarah Frost  
Sarah.frost @ljwb.co.uk  
0113 218 5849**



**Niki Rao  
Niki@1zone.org.uk  
0113 217 2531**

