

twins TRUST

we've got you



Welcome

We understand, support and champion the needs
of all families with twins, triplets or more.



We've got you

For 50 years, Twins Trust (formerly TAMBA) has helped families across the UK to feel equipped and confident to meet the challenges that come with having twins or triplets.





How we help:

Information:

Our expert information has helped thousands of families. We have guides, pregnancy and parenting courses and expert drop-ins to help you during every stage.

Connection:

We can help you meet others who 'get it' both online and in-person.

Build confidence: If you're facing a specific challenge or just want to offload – our Helpline connects you with trained volunteers, who are also parents of multiples.

Support:

If you need more intensive support, our services – including educational, practical and legal advice – are there for you.

What else does Twins Trust do?

Membership: Our membership lets you access the best support available, while helping you save hundreds of pounds on items from prams to holidays.

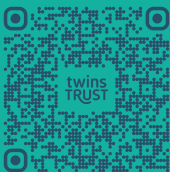
Work with healthcare professionals: Our CPD helps clinicians develop the best possible care to improve the safety of multiple pregnancies.

Campaign for change: We help shape government policy and improve NHS support for our families.



What you can do next

- ☐ Visit our website
- ☐ Download a pregnancy check-list
- ☐ Join a course
- ☐ Become a member
- ☐ Contact our Helpline for extra support



www.twintrust.org
01252 332344
@twintrust

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