

JANUARY 2022

STOCKPORT ALLERGY AND ASTHMA PARENTS

Welcome!

Hello and welcome to Stockport Allergy and Asthma Parents, we hope that you find this group useful. The group is run by Kate, Steph and Leanne, three allergy and asthma parents. The group was initially set up as we all shared similar experiences in feeling isolated and confused when starting out our allergy journeys and wanting to create a safe space for us to chat. The group has now evolved and we now meet both with our children during the day time and in the evenings. We also have a very active Whatsapp group. If you would like to be added to the group, Please send us a DM and we will be in touch.



The Whatsapp Group

Fancy joining our WhatsApp group?

There are currently over 20 other parents in our allergy and asthma WhatsApp group. It is a fantastic resource to ask a question and get an answer from other parents who have been through similar. If you fancy joining us, send us a DM over on Instagram or an email to and we will swiftly add you in!



Meet Ups

All of our park meets are at Bruntwood Park at 9:30am
January 11th
February 8th
March 8th

Our Mum's Night Meets are all at Berretto Lounge at Red Rock at 7pm
January 25th
February 22nd
March 22nd

Everyone Welcome!



Our meetings are very relaxed and informal and you do not need a diagnosis to come along. We would love to meet you and chat all things allergy, asthma and general life being a parent.

Fave Free From Recipe



Less of a recipe and more of a tip I suppose, but did you know that you can add 300ml of a diet fizzy can, such as diet lemonade, to a Betty Crocker cake mix instead of the oil and egg suggested in the recipe?!

This has been tried and tested many many times in Kate's house and can definitely recommend!