

BLYTH VALLEY

CRAMLINGTON BROCKWELL CLINIC

MONDAYS 10.00—11.30am



BLYTH HEALTH CENTRE

MONDAYS 1.00—2.30pm



SEATON DELAVAL CHILDREN'S CENTRE

TUESDAYS 10.00—11.00am



BLYTH CENTRAL CHILDREN'S CENTRE

WEDNESDAY 1.00—2.30pm



For more Information about any of the above groups, or for breastfeeding peer support please contact 07919 592 281 or refer to Website



NORTH TYNESIDE BREASTFEEDING GROUPS


PLEASE CONTACT YOUR MIDWIFE OR HEALTH VISITOR FOR INFORMATION

NATIONAL BREASTFEEDING HELPLINE

0300 100 0212

Northumbria Healthcare 
NHS Foundation Trust

Breastfeeding Support Drop-In Sessions

- Congratulations on the arrival of your new baby.
 - We would be delighted to meet you at one of our breastfeeding support drop-in sessions.
 - If you would prefer we would be happy to discuss your breastfeeding with you over the phone.
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Useful Numbers.

**Debbie Wade -
07812 395 410**

**Carolynn Reavley -
07812 395 015**

**Gill Patterson -
07812 766 172**

**Hospital Tel No:
0344 811 8111**

CR/GP/DW/JMP 10/17

Please notify any changes to Janet Patterson 01670 843 137

Website: Breastfeedingnorthumberland.co.uk

CENTRAL NORTHUMBERLAND

Breastfeeding Groups

ASHINGTON CHILDREN'S CENTRE

MONDAY 9.30—11.30am

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MORPETH CHILDREN'S CENTRE

WEDNESDAY 9.30—11.00am

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BEDLINGTON CHILDREN'S CENTRE

THURSDAY 1.00—2.30pm

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GUIDE POST MEDICAL GROUP

FRIDAY 10.00—11.00am

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For more information about any of the groups above, see Website or for breastfeeding peer support please contact

07919 592 281

Website:

Breastfeedingnorthumberland.co.uk

NORTH NORTHUMBERLAND

Breastfeeding Groups

ALNWICK Children's Centre

BREASTFEEDING SUPPORT GROUP

Thursday 11.00—12.30am

Try a sling and get your baby weighed

BERWICK Children's Centre

Thursday 2.00—3.30pm

Try a sling and get your baby weighed

AMBLE AND COQUET

**BABY PLAY AT
COQUET CHILDREN'S CENTRE**
Thursday 10.00—11.30am

For further information and for support

Contact Sarah Fox on 07812 396 276

National

Breastfeeding Helpline

0300 100 0212

Open 09.30 to 21.30hrs

CR/GP/DW/JMP 10/17

Please notify any changes to Janet Patterson 01670 843 137

WEST NORTHUMBERLAND

Breastfeeding Peer Supported Groups

Hexham Children's Centre

Learning together through Play Baby Club

Monday 1.30pm-3.00pm

Bellingham Middle School

Baby Club

Tuesday 10am-12.00noon

Corbridge Primary Care Centre

Breastfeeding Group

Tuesday 11.00am—1.00pm*

*Breastfeeding support on the 4th Tuesday of the month

Ponteland Children's Centre

Baby Club

Tuesday 10.30—12.00noon*

*Breastfeeding support on the 2nd and 3rd Tuesday of the month

Prudhoe Bosom Buddies

Oaklands Health Centre

Thursday 1.30-2.30pm

For information about above groups or breastfeeding peer support see Website or Contact

Emma Grimwood

07812 399 505